

Food Safety & Hygiene

Stage 5 Food Tech





Game time!

If you think the statement is TRUE - hands on heads.

If you think the statement is FALSE - hands on tails.



What is kitchen hygiene?

The cleanliness and safety practices used to prevent the spread of bacteria, viruses, and other harmful micro-organisms in a kitchen environment.

Importance:

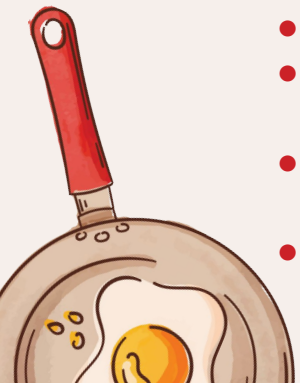
- **Prevents Foodborne Illnesses:**
Poor hygiene can lead to contamination of food with bacteria like *Salmonella*, *E. coli*, or *Listeria*, which can cause serious food poisoning.
- **Protects Vulnerable Groups:**
Children, the elderly, and people with weakened immune systems are more at risk of becoming seriously ill from unsafe food.
- **Maintains Food Quality:**
Clean conditions help food stay fresh longer and preserve taste, texture, and appearance.
- **Meets Legal and Safety Standards:**
In commercial kitchens, proper hygiene is a legal requirement. In home kitchens, it's still essential for health and wellbeing.



Personal hygiene in the kitchen

Keeping yourself clean and tidy while preparing or handling food. This includes your hands, hair, clothes, and overall health. It helps stop the spread of germs from your body to the food, surfaces, or other people.

- Wash hands before starting and after handling raw meat, using the bathroom, sneezing, etc.
- Tie back long hair
- Wear a clean apron and remove jewellery
- Cover cuts with blue waterproof dressings
- Stay out of the kitchen if sick







Cross-Contamination



Cross-contamination happens when harmful bacteria or allergens are transferred from one surface, food, or piece of equipment to another. This can make food unsafe to eat and is a major cause of food poisoning.

Examples:

- Using the same chopping board for raw chicken and salad
 - Placing cooked meat on a plate that held raw meat
 - Not washing hands between tasks
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High Risk Foods

Let's Brainstorm



The Temperature Danger Zone

Between 5°C to 60°C

Bacteria grow fastest in this range and can double in size every 20 minutes.

Food kept in this zone for too long can become unsafe to eat, even if it looks or smells fine. This can lead to food poisoning if the food is eaten without proper cooking or reheating.

Key Practices

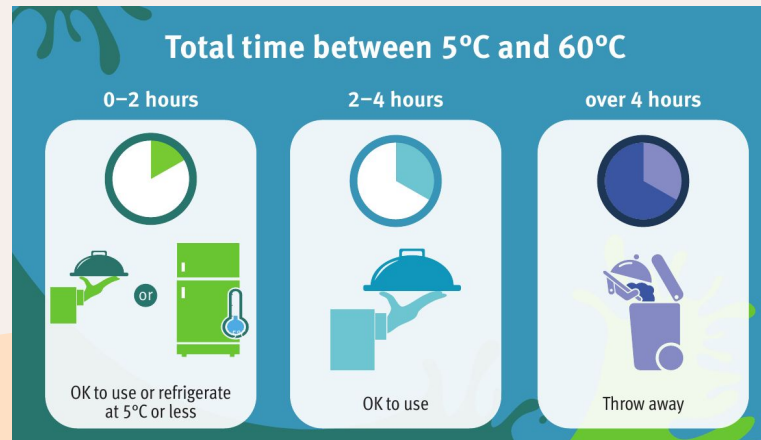
- Refrigerate perishables quickly (below 5°C)
- Keep hot foods above 60°C
- Don't leave food out for more than 2 hours



The 2hr/ 4hr rule

This rule helps you know how long food can stay in the danger zone:

- **Less than 2 hours:** Safe to use or refrigerate.
- **2–4 hours:** Safe to eat, but **don't put it back in the fridge.**
- **More than 4 hours:** **Throw it away** – it's no longer safe.



Food Storage Safety

Correct way of storing food to prevent contamination, spoilage, and the growth of harmful bacteria. It involves organising food in fridges, freezers, and pantries in a safe and hygienic way.

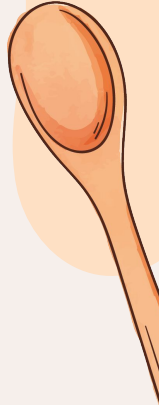
- Fridge temperature: Must be below 5°C
- Freezer temperature: Should be -18°C or colder

Storage Order in the Fridge (Top to Bottom):

1. Ready-to-eat foods (e.g. salads, cheese, cooked meats) → Top shelf
2. Packaged foods → Middle Shelves
3. Raw fruits and vegetables → Middle Shelves
4. Raw meat, poultry, and seafood → Bottom Shelf

Pantry Storage Tips:

- Keep dry goods (e.g. flour, rice, pasta) in sealed containers
- Check expiry dates and throw out any spoiled food



Equipment and Kitchen Safety



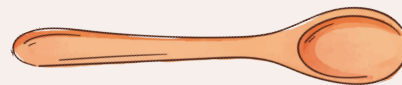
Knife Safety

- Keep knives sharp and clean
- Use a claw grip when chopping
- Cut away from your body
- Don't leave knives in the sink



Hot Equipment

- Use oven mitts to handle hot trays or pans
- Open oven doors slowly and stand to the side
- Turn pot handles inwards on the stove to avoid knocking them



Electrical Appliances

- Dry hands before using any electrical device
- Don't use equipment with frayed cords or broken plugs
- Always turn off and unplug appliances before cleaning
- Avoid overloading power points

