

# CHAPTER 1

# SAFETY FOR SUCCESS

Food safety is important when cooking.

## HOW MUCH DO YOU KNOW?

- Explain why it is so important to observe personal hygiene practices when preparing food.
- Go to the tap and analyse the way in which you wash your hands before touching food. Do you think that this is a good practice? Explain the reason for your answer. List the areas of improvement that are required.
- Suggest what is meant by the term 'safe food'. Provide an example of a safe food.
- Summarise the hygiene practices that are needed to prevent the cross contamination of foods.
- Identify the conditions that **bacteria** need to grow in food.

### LET'S COLLABORATE 1.1

Work in groups to develop a list of the tools and equipment in your school kitchen that could be a safety risk. Explain why you think these are potential safety risks. Compare your answers with another group and see if you can add to your list.

## Contaminated?

We know that the kitchen is a common site of accidents or injuries. It is also one of the places where food can become spoiled and **contaminated** and this can result in illness to ourselves or our customer or client – the person we are making the food for. Paying attention to a number of important kitchen and personal-hygiene standards can help to prevent this from happening.

**bacteria** Single-celled micro-organisms responsible for decay, fermentation and ultimately spoilage of food.

**contaminated** Food that is unsafe to eat due to contact with chemicals, foreign objects or bacteria that are harmful for people to eat.

## 1.1 Safety, it really is important!

Accidents are common in the kitchen but they can be avoided if we follow a few simple safety practices and take into consideration a number of safety design features. If we choose not to follow these safety practices and standards then this is when accidents will occur. It does not matter how busy we are in the kitchen or how much fun we are having, it is essential to remember to follow food safety practices at all times. Kitchen safety really is important!

We must always consider and analyse:

- kitchen design and organisation
- electrical safety
- microwave safety
- food safety and hygiene
- preventing burns and scalds
- preventing falls and cuts.



Potential safety risks in the kitchen.

Strand	Content description	
Design and technologies knowledge and understanding	Materials and technologies specialisations	8.6 Analyse ways to produce designed solutions through selecting and combining materials, systems, components, tools and equipment
Design and technologies processes and production skills	Producing	8.9 Effectively and safely use a broad range of materials, components, tools, equipment and techniques to make designed solutions

## Trivia

The kitchen is one of the most common sites for injuries to children. More children get hurt in the kitchen than any other room in the house.

### Activity 1.1

#### Kitchen injuries

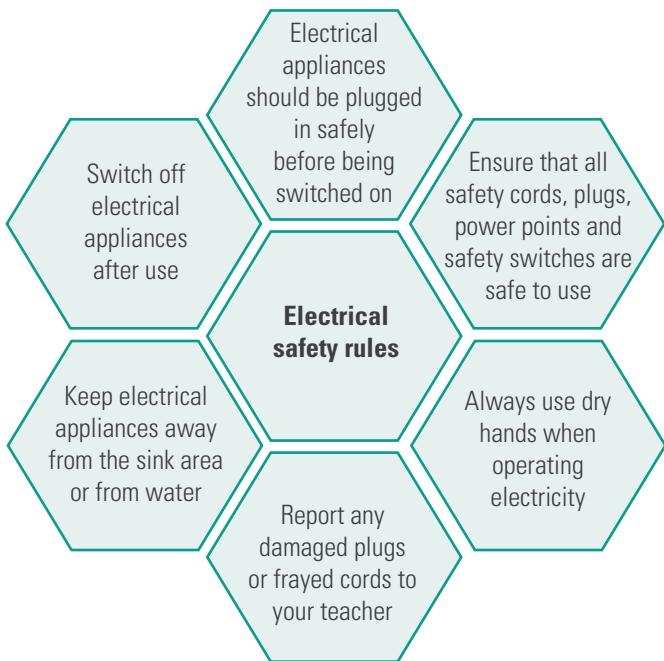
- 1 Consider the trivia above. List five reasons why children can get hurt in the kitchen.
- 2 Explain why the kitchen is more likely to be a place of injury for children than any other room in the house.

\*\*Insert P0106

## Electrical safety

**Electricity** is the flow of electric power or charge. This power or charge if not used correctly can cause extensive injury or even death. Electricity is an invisible

**electricity** The flow of electric power or charge form of energy, which is extremely important in the kitchen.



Electrical safety rules.

Keep electrical appliances away from water to avoid an accident.

### Activity 1.2

#### Assess the risks

Go out into your school kitchen and assess the risks.

- 1 Examine the design or shape of the kitchen along with the storage spaces for appliances, power points and the place where food is kept.
- 2 List the features that make your school kitchen safe.
- 3 List the kitchen design features that make your school kitchen unsafe.
- 4 Suggest how you could improve the school kitchen.
- 5 Repeat this activity and examine the risks in your kitchen at home.

## Trivia

Over half of all the fires that occur in the home are electricity related.

## CREATE A SOLUTION

There are a number of bananas in the kitchen that are ripe and ready to be eaten. Using a piece of electrical equipment safely develop a nutritious drink using these bananas.

Investigate two possible solutions. Find two recipes that could be used to make the nutritious drink. Choose one of these recipes and explain the reason for your decision.

Produce the nutritious drink and then evaluate it, considering the following:

- 1 How successful was it?
- 2 What improvements could you make next time?
- 3 Did you practice safety precautions when using the electrical appliance?



### LET'S COLLABORATE 1.2

Together, develop a list of appliances in the kitchen that need electricity to make them work.

## Microwave safety

Microwave ovens play an important role in food preparation. Special care must be taken when using this piece of electrical equipment to avoid injury and accidents from occurring. It is important to think about cooking times, tools and equipment used and stand-over cooking time.



Microwaves can be a safety hazard – beware!

## 1.2 Kitchen safety prevents injury

### Preventing burns and scalds

Burns and scalds occur often in the kitchen. They generally occur if we are in a hurry or are being careless about following safety rules.

A **burn** is damage caused to skin by something hot, like a saucepan; or electricity, like when you get an electric shock; or from direct contact with fire, matches, an oven element or an oven tray. A **scald** is a burn caused by hot water, steam or another liquid, like the steam from a kettle.

**burn** Damage caused to the skin by something hot.

**scald** Burns from hot liquid or steam.



Be sure to remove lids so that steam rises away from you.



A burn (left) and a scald (right).

## First aid for burns and scalds

Immediate first aid will reduce the severity of a burn. Steps to follow if someone in the kitchen is burnt are:

- Apply lots of cold running tap water (no ice or iced water) to the burn for at least 20–30 minutes. Make sure you notify your teacher!
- Remove wet clothing (but only if the skin is not blistered or stuck to the clothing).
- Take off anything tight such as jewellery. Burns cause swelling and this may stop circulation.
- Cover the injury with a clean sheet, non-fluffy towel or tea towel.
- If the burn is severe, keep the person who has burned themselves calm and dial triple zero (000) to call an ambulance.
- Burns are serious if they involve the face, hands and feet or if the burn area is larger than a 20-cent piece.

When someone is burned you should NEVER:

- use butter, oils or ointments to cover the burn, as they may retain the heat.
- use ice, as it can damage the skin.

Burns and scalds are really painful, the skin shrivels and the heat goes right inside the skin. Sometimes the skin is so badly damaged that it never really heals.

## Safety practices to prevent falls, slips and cuts

To prevent falls, slips and cuts be sure to:

- always concentrate – falls and cuts are often the result of a lack of concentration
- clean up any spills or broken glass immediately
- clean floors regularly to ensure that they are not greasy
- put appliances, tools and equipment away in the correct place
- wear footwear that is hard soled and covers all of your foot
- use knives in a safe and correct manner
- keep oven doors shut
- keep rubbish stored in the correct place
- follow correct lifting procedures and get help if it is too heavy
- look where you are going when moving around the kitchen
- never run!



### Investigate IT 1.1

- 1 Explore the Kidsafe website (via the link at [www.cambridge.edu.au/foodyou1/weblinks](http://www.cambridge.edu.au/foodyou1/weblinks)) to learn more information about safety in the kitchen.
- 2 Design a poster for your kitchen explaining the importance of safety.



How the skin will heal depends of the severity of the burn.

## Activity 1.3

### Preventing falls, cuts and other injuries

This activity requires you to be the forensic investigator and photographer. Set a scene similar to the image below and take a photograph with a digital camera or your camera phone. Once you have taken the photo, download it into a document and then indicate on the picture each of the ways that you can prevent falls, cuts and other injuries in the kitchen.

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Safety is just as important in the food preparation industry.



## Investigate IT 1.2

- 1 Visit the Worksafe website (via the link at [www.cambridge.edu.au/foodyou1weblinks](http://www.cambridge.edu.au/foodyou1weblinks)) to investigate the importance of safety in the hospitality industry.
- 2 Describe the legal requirements of an employer in the hospitality industry.



## LET'S COLLABORATE 1.3

With a group:

- 1 Discuss the importance of wearing appropriate footwear in the kitchen with a partner.
- 2 List the reasons thongs are not a good idea in the kitchen.
- 3 Demonstrate to each other how you should move around the kitchen when carrying a knife. Practice this to ensure the safety of you and others in the kitchen.



## Investigate IT 1.3

- 1 Using YouTube or another video source, find a video clip of a celebrity chef. Watch the video and evaluate the safety practices that you have observed. Explain how any 'poor' practices may result in injury to the general public. Share these with the class.
- 2 Construct a letter to the producer of the video outlining your findings. Express your point of view as to whether or not the media source represents responsible safety and hygiene practices in the kitchen.

## Activity 1.4

### Create a fridge magnet

Design a fridge magnet for your kitchen at home. Shape the magnet like a piece of kitchen equipment and then, on your magnet, list the safety tips that make the kitchen safe.

## STUFFED POTATO

### Main tools and equipment

Fork, microwave, spoon, skewer

### Production skills

Combining

### Cooking processes

Mashing

SERVES 1



Preparation: 45 minutes



Cooking: 6 minutes (using the microwave)



Serving and preparation: 3 minutes

Total time: 54 minutes

## Ingredients

1 large potato	1 teaspoon milk	1 teaspoon butter	Pepper	25 g cheese, grated
$\frac{1}{8}$ cup corn kernels, diced	$\frac{1}{4}$ cup sliced ham, diced	$\frac{1}{4}$ tomato, diced	$\frac{1}{4}$ cup diced pineapple (juice removed)	1 sprig parsley (garnish)

## Method

- Pierce potato all over with a fork.
- Cook in microwave on high for 4 minutes.
- Test potato with skewer to see if it is soft. If still hard, cook for another 30 seconds.
- Cut potato in half. Spoon out the inside, leaving 1 cm of flesh around the potato skin.
- Combine milk, butter, pepper, potato flesh and cheese. Mash with a fork until smooth and creamy.
- Now add the mash to the corn kernels, tomato, pineapple and ham. Combine.
- Spoon mixture back into potato skins.
- Microwave on high for 1 minute. Serve with the parsley garnish.



## Evaluating and analysing

- 1 List two safety practices that you followed for this recipe.
- 2 List two hygiene practices that you followed for this recipe.
- 3 Evaluate your work:
  - a What did you do right?
  - b What did you do wrong?
- 4 In your workbook copy and complete the table below to evaluate your own work. Reflect on how you performed in terms of safety and hygiene when you produced your stuffed potato.

What did I do right?	What did I do wrong?

- 4 If you were to prepare this recipe again, explain how your decision-making processes would be different next time.

## REFLECT ON LEARNING

- 1 Explain why the design of a kitchen is so important.
- 2 Summarise the reasons why electrical appliances should be kept away from water.
- 3 List the potential injuries that could occur with the use of the microwave.
- 4 Identify the difference between a burn and a scald.
- 5 Discuss the dangers that could occur from running in the kitchen.
- 6 Explain the importance of proper shoes in the kitchen. In your response provide specific details of the type of shoes that should be worn.

## 1.3 Hygiene and food handling

**Hygiene** is the practice of cleanliness. It is essential that all people who handle food practise the preparation of food in a safe and hygienic manner in order to prevent the spread of disease and ensure that illness is not the result for people who eat the food that they prepare.

**hygiene** The practice of cleanliness in order to preserve health and prevent the spread of disease.

### LET'S COLLABORATE 1.4

 List the signs or symptoms of food poisoning. Have you ever had food poisoning? Explain what it was like – what signs or symptoms did you have?

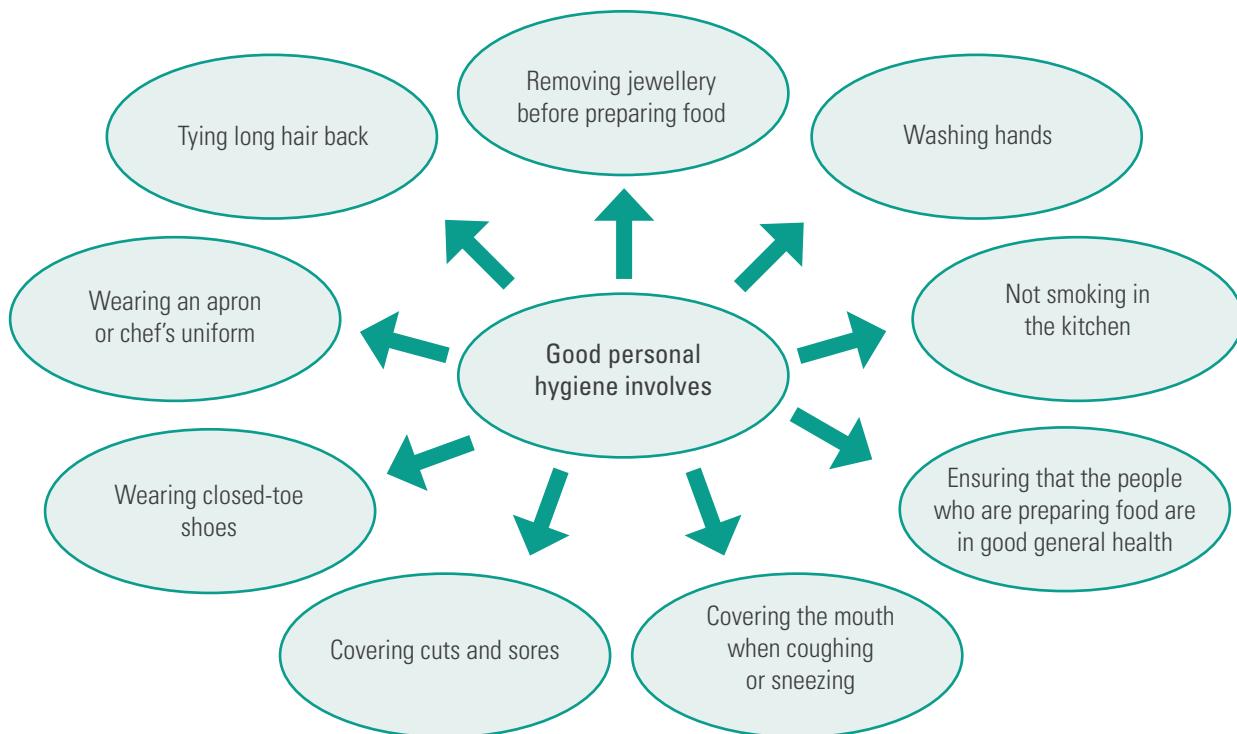
filler image???

## Personal hygiene

It is important that we all follow good personal hygiene practices – this helps to prevent and control the spread of harmful germs. The purpose of ensuring personal hygiene when cooking food is to prevent food contamination and food poisoning, as well as the spread of disease.

### Trivia

The number of germs on fingertips doubles after using the toilet. Yet up to half of all men and a quarter of women fail to wash their hands after they've been to the toilet!

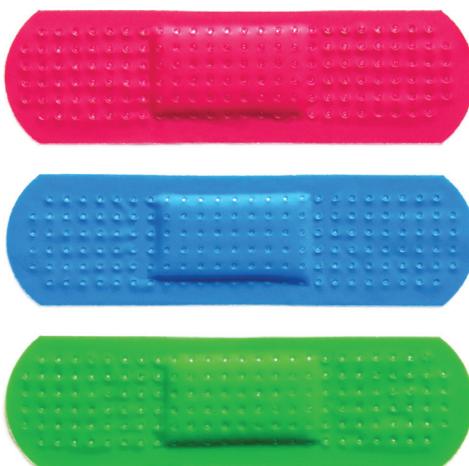


Personal hygiene is essential in the kitchen.

Hands are the main means for contaminating food and spreading food-poisoning bacteria. Cuts and sores provide an ideal place for bacterial growth. Cuts and sores should be covered with waterproof and colourful dressings.



Wearing gloves helps prevent the spread of bacteria.



Wearing colourful Band-Aids makes them more visible, therefore you are more likely to notice if one has fallen off.



### LET'S COLLABORATE 1.5

As a group, explain why colourful dressings or Band-Aids are so important in the kitchen.

The nose, mouth and ears carry Staphylococci bacteria. Discharge from the ears, eyes and nose may also contaminate food. Food handlers must not: cough or sneeze over food; pick or scratch their nose; or taste food with their fingers. Hair constantly falls out of our head, this can result in food being contaminated and therefore long hair should be tied back or covered with a suitable hair net or chef's hat.

### Trivia

A 1 mm hair follicle can harbour 50 000 germs.

It is illegal to use tobacco in food preparation, handling and storage areas or when delivering food. Jewellery, including watches, can harbour dirt and bacteria; the small pieces in jewellery can also fall out into food. A person who is suffering from diarrhoea, vomiting, a food-borne infection, skin infections, sores, heavy colds, or ear or eye discharge must not work with food.

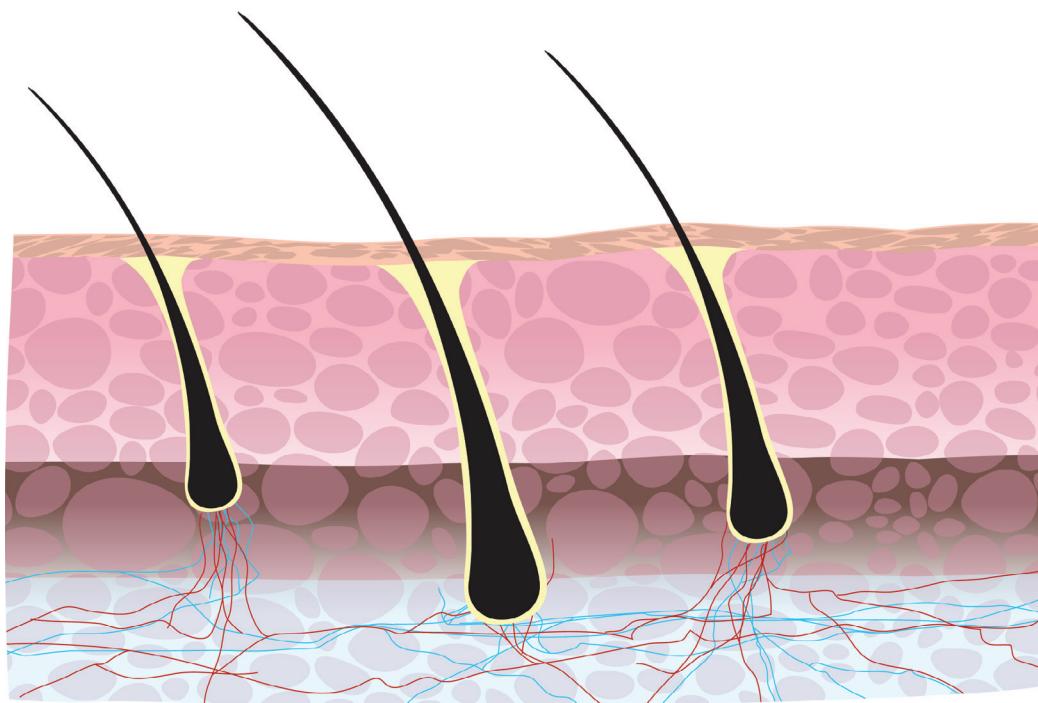
### Trivia

If you wear a ring there could be as many germs under it as there are people in Europe. Millions of germs can also hide under watches and bracelets.

### Activity 1.5

#### Cooking when ill

- 1 List the signs that a food handler would show if they were becoming ill.
- 2 Explain why it is so important to not allow ill people in the kitchen.
- 3 Predict what happens in the home if the person who does the cooking is ill.
- 4 Recall the amount of times you have washed your hands today. Share your response with the person beside you.



Hair follicles.

Do you really wash your hands properly? I bet you think you know how to wash your hands! It's something that we have done since we were children, but many of us don't do it properly. Simply rinsing the fingertips under cold water does not count as proper hand washing.

Follow these simple steps to ensure you wash your hands properly:

- Use warm water. It's better to wet hands before applying soap as this prevents irritation and helps to get the soap to lather.
- Rub hands together vigorously making sure both sides of the hands are washed thoroughly, around the thumbs, between each finger and around and under the nails. Don't forget your wrists as well!
- Wash your hands for the length of time it takes to sing 'Happy Birthday'.
- Then rinse with clean warm water.
- Germs spread more easily if hands are wet so dry them thoroughly.
- Use a clean paper towel or an air dryer; it doesn't matter which.



Getting rid of germs is simple – wash and dry your hands.



## LET'S COLLABORATE 1.6

As part of a pair, predict the amount of times you might expect to wash your hands in a Foods class. Compare your prediction with your partner.

### Trivia

Everything you touch can transfer germs onto your hands, including sores, pets, handkerchiefs and tissues, and everything you touch when you go to the toilet.

## Activity 1.6

### Inspect those hands

- 1 Investigate your hands – are they clean? Articulate the cleanliness of your hands.
- 2 Now take a magnifying glass and look at your hands. Suggest the places on your hands where might germs hide.
- 3 Check under your fingernails. Predict what you think is hiding underneath them.
- 4 List the times/occasions when you should wash your hands thoroughly.
- 5 Explain the reason why soap is so important in the hand washing process.

You can easily see the dirt but you can't see the germs!



## Protective clothing

Protective clothing and appropriate foot wear are essential in the kitchen. They not only protect our street clothing but also ensure that food does not become contaminated.

Clothing that is worn in the kitchen should be clean, lightweight and without pockets.

Aprons that are worn in the kitchen should completely cover and protect street clothing and also protect the food from the risk of contamination.



Correct clothing for the kitchen.

### Activity 1.7

#### Always wear the correct clothing when handing food

Look at the photograph above and complete the following questions:

- 1 Explain why it is unsafe to wear street clothing in the kitchen.
- 2 Analyse the footwear of the person in the photograph.
- 3 Baggy clothing and buttons that are undone can be a potential safety risk. List the reasons why this is the case.
- 4 Develop a list of accidents that could result from the clothing on the person in the photograph.
- 5 Suggest how a person should be dressed when working in the kitchen. Be sure to consider clothing or dress issues from head to toe.
- 6 Think further than the school or home kitchen. Generate a list of other special uniforms that might be necessary in these areas where food is prepared and served. Consider the following:
  - a restaurant manager
  - b waiter/waitress
  - c chef
  - d kitchen assistant
  - e sandwich maker in a sandwich shop.



Street clothing is not appropriate in the kitchen.

## REFLECT ON LEARNING

- 1 Explain the meaning of the term 'hygiene'.
- 2 Explain why being hygienic in the kitchen is so important.
- 3 List three practices that should be followed to ensure good personal hygiene.
- 4 Hands are carriers of germs because ...
- 5 Protective clothing is important because ...

### 1.4 Food safety

Food safety is about ensuring that the food we consume is safe for consumption and does not put us at risk of food poisoning. Food safety regulations in Australia

help to ensure that food is safe up until the time that it reaches us in the kitchen – whether that is the school kitchen or the kitchen at home. Once the food is with us in the kitchen it is up to us to ensure that it is stored and prepared in a safe manner.

#### Trivia

Each year, there are an estimated 5.4 million cases of food poisoning in Australia.

#### Activity 1.8

##### **City of Sydney praised for food safety standards**

16 September 2013

**The City of Sydney has been recognised for its efforts to ensure food sold through restaurants, cafés and take-away venues is served and prepared hygienically.**

The City won its category in the NSW Food Authority's Food Surveillance Awards, which are held every two years to recognise best practice in food hygiene by local government and authorities.

"We conduct around 2500 inspections each year to ensure food safety is of the highest standards for the millions of residents, workers and tourists who eat out each year," Lord Mayor Clover Moore said.

"We work closely with the industry to maintain high standards and the vast majority of businesses do the right thing. But there is no room for sympathy for operators who put the public's health at risk."

One program introduced by the City of Sydney to promote high food safety standards is its Scores on Doors program, which involves foodservice businesses displaying the results of a standardised food safety inspection as star ratings in their windows.

The City also has a risk rating system where resources are directed at poorly performing businesses and repeat food safety offenders.

Working with the NSW Food Authority, the City is responsible for safeguarding hygiene standards in more than 4000 retail food premises and conducts more than 2400 inspections each year – more than any other council in the state.

*Danielle Bowling  
www.hospitalitymagazine.com.au*

- 1 Explain how the City of Sydney has achieved such high standards of food safety standards.
- 2 Describe how the Scores on Doors program encourages food safety.
- 3 Suggest solutions for other states to improve their food safety standards.
- 4 Design a poster for the Scores on Doors program that displays what factors contribute to high food safety standards.



## LET'S COLLABORATE 1.7

With your classmates, make a list of all of the places that a piece of meat would go to before it comes to us served on a plate in a restaurant – think ‘paddock to plate’. Then consider all of the people who handle this piece of meat before it is served to us on a plate.



## Investigate IT 1.4

- 1 Check out the Australian Government's Food Standard Code (via the link at [www.cambridge.edu.au/foodyou1weblinks](http://www.cambridge.edu.au/foodyou1weblinks)). Explain why the Food Standards Code is so important.
- 2 Construct a computer-generated flow chart to show both the places and people that come into contact with a piece of meat before we eat it.

These bacteria and viruses can be transferred from humans, kitchen equipment, work surfaces and other foods. Cross contamination can be prevented by the careful handling of food. Everyone who handles food, from the farmer to the butcher and the chef, must ensure that they follow good hygiene practices to avoid cross contamination.



Dirty chopping boards, knives and other cooking equipment can also contaminate foods.

## Cross contamination

**viruses** Microscopic parasites that are food-borne or water-borne. They cause viral infections that result in illness in humans.

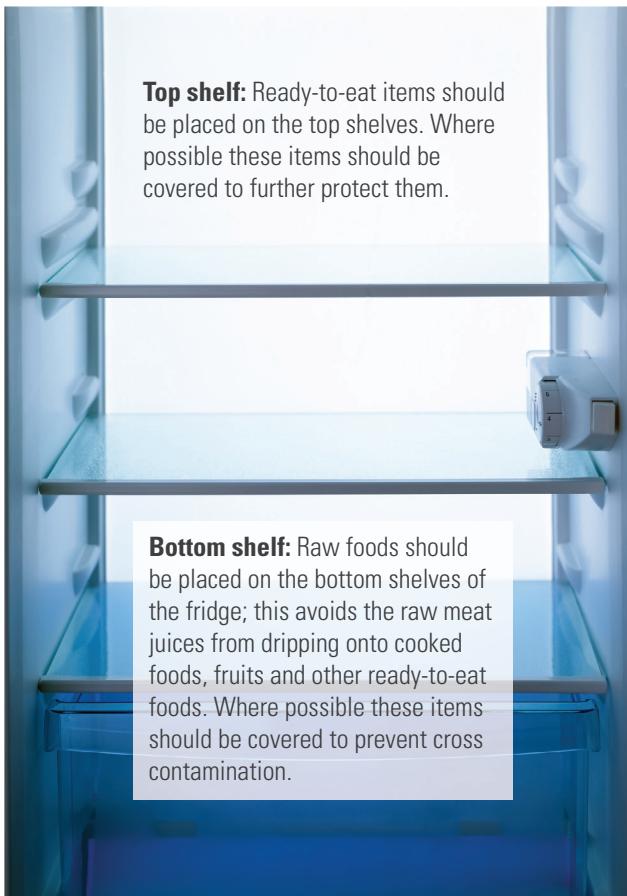
Cross contamination occurs when bacteria and **viruses** are transferred from a contaminated surface to a surface that is not contaminated.



Hands are among the most obvious surfaces in the transfer of bacteria from raw to ready-to-eat foods.



Coloured chopping boards can prevent cross contamination. If these are not available, chopping boards should be washed carefully with hot water and detergent, then rinsed and thoroughly dried before being used for ready-to-eat products.



Incorrect storage of food can result in cross contamination.

### Activity 1.9

#### Check out the fridge

- 1 Look at the fridge above and list the ready-to-eat foods that should be stored on the top shelves and the raw foods that should be stored on the bottom shelves.
- 2 Design a set of simple instructions about how to store food items in the fridge. Prepare the list using your ICT skills so that could be included in the instruction manual of every new fridge sold in Australia.

### The danger zone

The danger zone is the temperature at which bacteria multiply rapidly. Foods that could give you food poisoning should be kept below 5°C if they are to be served cold or above 60°C if they are to be served hot.



Hot food should be hot; cold food should be cold!



### Investigate IT 1.5

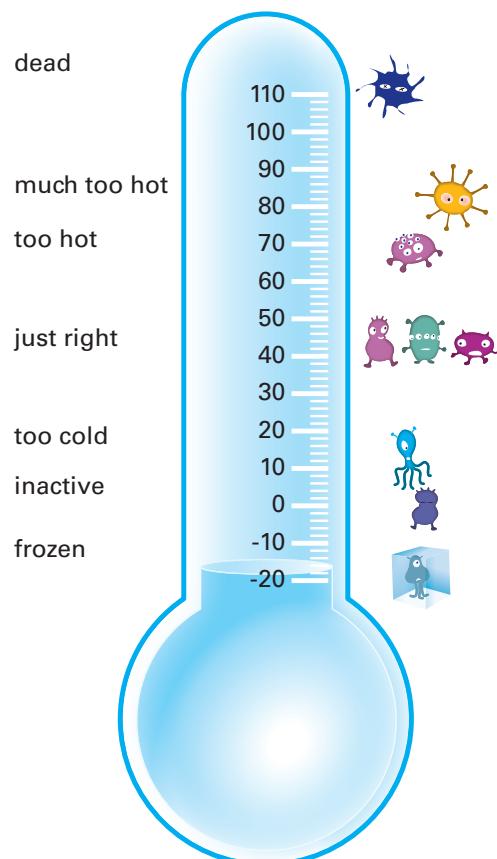
- 1 Locate the state government Health information website for the state you live in. Explore the site to learn more about food poisoning and food safety.
- 2 Conduct a search of the Department of Health website (via the link at [www.cambridge.edu.au/foodyou1weblinks](http://www.cambridge.edu.au/foodyou1weblinks)) to find out more about the responsibilities of our state and federal governments in ensuring the food we eat is safe.

The temperature danger zone is between 5°C and 60°C; it is between this temperature range that bacteria can grow to unsafe levels. Low temperatures (below 5°C) prevent food poisoning bacteria from multiplying to dangerous levels and high temperatures (above 60°C) will kill most bacteria and viruses. There are a number of high-risk foods that could be potentially hazardous if not cooked and stored properly.



### LET'S COLLABORATE 1.8

As a class, do the math! If one bacterium can multiply to become 17 million in eight hours, how many bacteria could develop in a ham sandwich that sits in your bag from 8 a.m. until 12.30 p.m. when you eat it at lunchtime?



The temperature danger zone for food.

### Activity 1.10

#### Cold or hot?

Copy and complete the table below to develop a list of foods that need to stay cold and foods that need to be cooked thoroughly.

Foods that need to stay cold	Examples of foods that need to stay cold	Foods that need to be cooked thoroughly	Examples of foods that need to be cooked thoroughly
These are food items that need to stay below 5°C. These foods should be stored in the refrigerator or freezer, not just because we like them cold but because they will go off if not stored in the fridge or freezer.		These food items need to be cooked to above 60°C. This is due to the fact that the process that the food item has undergone makes it easy for bacteria to get to the centre of the food (mincing, cutting) or because the flesh of the animal that we eat has been contaminated with bacteria when the gut was removed.	

Cold foods and foods that need to be cooked thoroughly.

## Safe food tips

Food-poisoning bacteria can grow and multiply very quickly in the right conditions. There are a few simple tips to follow when you begin work in the kitchen that can ensure the food is safe to eat and that you and your classmates do not get food poisoning. So try to remember these four rules:

### 1 Clean:

- Clean hands – this will decrease the possibility of food poisoning happening. Remember the ‘Happy Birthday’ rule and wash and dry your hand thoroughly.
- Clean as you go – ensure that you clean dishes and dispose of rubbish as you go.
- Clean clothes and protective clothing are essential.
- Clean up any spills immediately.
- Clean dishcloths and tea towels should be used at all time.
- Clean equipment will make sure cross contamination doesn’t occur.

### 2 Chill:

- Food that is meant to be cold should be kept cold.
- Chill cold foods in the fridge as soon as possible after purchase.
- Chill hot leftovers once steam has stopped being visible – don’t leave them on the bench to cool completely.
- Defrost frozen foods in the fridge – not on the kitchen bench or in the sun!
- Your fridge should be 4°C or lower.

### 3 Cook:

- Cook food thoroughly to decrease the risk of food poisoning.
- Keep hot foods steaming hot when holding or waiting to serve.
- Serve hot food hot!

### 4 Separate and store:

- Separate raw and cooked foods.
- Cover all foods when storing.
- Raw foods should be on the bottom of the fridge. Do not put cooked meat back on to the surface the raw meat was on.
- Be sure to store food for the right length of time, at the right temperature and in the right place.



Serve hot food hot!

## LET'S COLLABORATE 1.9

Choose a partner and discuss the following questions together:

- 1 Where is meat defrosted in your home?
- 2 How should meat be defrosted?
- 3 What can occurs if meat is not defrosted correctly?

Storage of food	Temperatures to ensure
Storing chilled food	Below 5°C
Storing frozen food	Below -15°C
Cooking food	Above 75°C
Reheating solid food	Above 75°C
Reheating liquid food	Above 75°C
Hot holding food	Above 60°C

Storage temperatures for food.

## Activity 1.11

### How safe is your fridge and freezer?

Borrow a thermometer from school and measure the temperature of your fridge and freezer at home. Are they cooling and freezing foods at the correct temperature? Often when the temperature of a fridge or freezer is not cold enough, the seals need replacing. Is this the case at your house?

## CHEESY BACON ROLLS

### Main tools and equipment

Oven, sieve, spoon or whisk, baking tray

### Production skills

Sifting, stirring, kneading

### Cooking processes

Baking

SERVES 6



Cooking: 15 minutes



Preparation: 60 minutes



Serving and presentation: 3 minutes

Total time: 78 minutes

### Ingredients

2½ cups self-raising flour	60 g butter	½ cup low fat tasty cheese, grated	¼ cup diced bacon pieces	¾ cup low fat milk

### Method

- 1 Preheat the oven to 200°C.
- 2 Lightly grease an oven tray using cooking spray.
- 3 Sift flour into a large bowl, add butter.
- 4 Using fingertips, rub the butter into the flour until the mixture looks like breadcrumbs.
- 5 Make a well in the centre and pour the milk into it.
- 6 Stir until mixture forms a soft dough.
- 7 Sprinkle some flour onto the bench and knead the dough gently.
- 8 Divide dough into 6 pieces and roll each piece into a ball.
- 9 Use a knife to gently mark a cross on the top of each ball.
- 10 Spread even amounts of cheese and bacon pieces on top of each roll.
- 11 Place onto tray and bake for 15 minutes or until rolls sound hollow when tapped.

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## REFLECT ON LEARNING

- 1 Explain how to keep food safe.
- 2 Explain how cross contamination occurs.
- 3 Compare a bacteria and a virus. Describe the similarities and differences.
- 4 Complete the sentence: The danger zone is ...
- 5 List four safe food tips.

## LOOKING BACK

- 1 Accidents and injury can be avoided by following the safety rules.
- 2 The organisation and design of a kitchen are important in ensuring that the people who work there are safe from falls, cuts, burns, scalds and other possible kitchen injuries.
- 3 There is a number of health and safety issues that need to be considered when preparing food, whether it be in the school kitchen, at home, in a restaurant or in a shop.
- 4 It is extremely important to maintain personal hygiene standards when preparing food.
- 5 Food hygiene safety prevents illness and ensures that the food we eat has been stored correctly and at the right temperature.

## TEST YOUR KNOWLEDGE

### Multiple choice

- 1 When treating a burn or scald it is important to use:
  - a Ice.
  - b Iced water.
  - c Butter and rubbing it onto the burn or scald.
  - d Cold water.
- 2 A person suffers from food poisoning when the food handler has:
  - a Been ill.
  - b Been smoking in the kitchen.
  - c Worn jewellery and watches
  - d All of the above.

### True/false

- 1 The electrical outlets are best positioned close to the sink.
- 2 Food cooked in the microwave can reach scalding temperatures and should be treated as a safety risk.
- 3 When you are in a hurry it is alright to run in the kitchen.

### Short answer

- 1 Explain the reason why it is so important to wash hands properly and wear protective clothing in the kitchen.
- 2 Explain how the 'rule' of clean, chill, cook, separate and store could be followed in the kitchen of a local pizza café.
- 3 Callum and Hudson are two university students who share a flat. When they have leftover's they leave them on the bench overnight to cool. Describe to Callum and Hudson why this is a food-hygiene issue (mention temperature in your response).

### Extended response

#### Part A

Analyse the safety and hygiene practices of TV chefs. Ask yourself, would you eat their food?

- 1 Choose one of the chefs that are featured on TV and complete the following analysis of their personal and food hygiene standards and also their work practices.

Name of program: \_\_\_\_\_

Name of chef: \_\_\_\_\_

TV channel: \_\_\_\_\_

Time featured: \_\_\_\_\_

- 2 Copy and complete a PMI (see table below) of the TV chef that you have chosen.
- 3 While you are watching your TV chef look for some of the following things:
  - Food safety practices: different chopping boards, cleaning methods, removal of waste.
  - Organisation of the kitchen: placement of power points, space to move around.
  - Personal hygiene and appearance: protective clothing, hand washing practises, hair, nails, jewellery.
  - Correct and safe use of equipment: use of oven mitts, carrying of knives, saucepan handles.

<b>What are some of the positive hygiene and work practices of your TV chef?</b>	<b>What are some of the negative hygiene and work practices of your TV chef?</b>	<b>What other interesting observations did you make while watching your TV chef?</b>

### Part B

Now that you have collected your information and analysed the work practices of your TV chef it is time to evaluate their performance. Prepare an extended response using the following questions as guides.

- Evaluate the personal hygiene of your TV chef.
- Discuss how they performed in terms of personal and food hygiene reflecting on the knowledge that you have gained throughout this chapter.
- Produce a list of 'points of advice' you would give your TV chef if you were a health inspector visiting his/her kitchen.
- Produce a comment or evaluate your overall impression of the food-safety practices of your TV chef.
- Justify whether you think the kitchen organisation or design promote safety.
- Describe the changes that you would make to this kitchen and justify each change.
- Discuss why you think it is important to correctly select and use safely kitchen equipment. What could go wrong with the selection and use of equipment?
- Evaluate how your TV chef performed in terms of selection and use of kitchen equipment.
- After viewing your TV chef discuss how realistic the preparation of recipes is on TV.
- Compare and contrast the production of recipes on TV with how it occurs at school.

\*\*\*Insert P0131

Manu Feildel.

\*\*\*Insert P0132

Donna Hay.