

CAMBRIDGE

FOOD FOR YOU

Australian Curriculum Edition

Junior Secondary



CAMBRIDGE FIRST
FOR THE AUSTRALIAN CURRICULUM

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Consultant: Andrew McVittie

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FOREWORD

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Andrew McVittie

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Glenise Perraton

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Consultant

Andrew McVittie

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ACKNOWLEDGEMENTS

Chrissy Collins

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Sally Lasslett

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On behalf of the author team, the Publisher (Rachael Pictor) wishes to acknowledge the support of families, friends and the following staff at Cambridge University Press who worked tirelessly towards the publication of this textbook:

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A top-down photograph of a clear glass bowl filled with a colorful pasta salad. The salad consists of various types of pasta, including spiral and ribbon shapes, in shades of yellow, orange, and white. It is garnished with fresh basil leaves, sliced red tomatoes, and dark olives. A large, prominent red 'X' is drawn across the entire image from the top-left corner to the bottom-right corner.

CHAPTER 1

FOOD SAFETY FOR SUCCESS

Fig 1.1 Food safety is important when cooking

How much do you know?

- 1 Explain why it is so important to observe personal hygiene practices when preparing food.
- 2 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.
- 3 Suggest what is meant by the term 'safe food'. Provide an example of a safe food.
- 4 Outline the hygiene practices that are needed to prevent the cross contamination of foods.
- 5 Identify the conditions that **bacteria** need to grow in food.

Strand		Content description
Design and technology knowledge and understanding	Food specialisation	8.5 Analyse the principles of food safety, preparation, presentation and sensory properties of food used when designing a range of solutions including those for healthy eating
Design and technology processes	Producing (making)	8.10 Competently and safely use a broad range of materials, components, tools, equipment and techniques when producing (making) designed solutions.

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.

LET'S COLLABORATE

 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 standard can help to prevent this from happening.



Figure 1.1 Potential safety risks in the kitchen.



Download

Activity 1.2

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.

Tasty
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 the bananas.

Create 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:

- 1 Analyse how successful it was.
- 2 Suggest improvements you could make next time.
- 3 Identify whether or not you practiced safely precautions when using the electrical appliance.

LET'S COLLABORATE

In groups, 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.



Figure 1.4 Microwaves can be a safety hazard – beware!

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.



Figure 1.5 Be sure to remove lids so that steam rises away from you.



Figure 1.6 A burn (left) and a scald (right)

First aid for burns and scalds

Immediate first aid will reduce the severity of a burn. Seven steps to follow if someone in the kitchen is burnt

- 1 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!
- 2 Remove wet clothing (but only if the skin is not blistered or stuck to the clothing).
- 3 Take off anything tight such as jewellery. Burns cause swelling and this may stop circulation.
- 4 Cover the injury with a clean sheet, non-fluffy towel or tea towel.
- 5 If the burn is severe, keep the person who has burned themselves calm and dial triple zero (000) to call an ambulance.
- 6 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 at www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf to learn more information about safety in the kitchen.
- 2 Design a poster for your kitchen explaining the importance of safety.



Figure 1.6 How the skin will heal depends of the severity of the burn



Activity 1.3

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.



Figure 1.7 Safety is just as important in the food preparation industry



Investigate IT 1.2

- 1 Visit the site: <http://www.worksafe.vic.gov.au/safety-and-prevention/your-industry/hospitality> to investigate the importance of safety in the hospitality industry.



LET'S COLLABORATE

With a group:

- 1 Discuss the importance of wearing appropriate footwear in the kitchen with a partner.

RECIPES

STUFFED POTATO

Main tools and equipment

fork, microwave, spoon, skewer

Production skills

combining

Important methods

mashing

SERVES 1



Preparation: 10 minutes



Cooking: 5 minutes



Serving and presentation: 5 minutes

Total time: 20 minutes

Ingredients

1 large potato 	1 teaspoon milk 	1 teaspoon butter 	Pepper 	25 g cheese, grated 
1/8 cup corn kernels, diced 	½ cup sliced ham, diced 	¼ tomato, diced 	¼ 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.

Evaluation

- List two safety practices that you followed for this recipe.
- List two hygiene practices that you followed for this recipe.
- Evaluate your work:

- i What did you do right?
- ii What did you do wrong?

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.



Design brief

You have been asked to prepare a recipe for a Western Australian Travel Company which uses an ingredient that is native to Australia. They plan to showcase your recipe and the food that you have made at a travel expo to be held on the weekend. Use the internet to locate a recipe that contains a native Australian fruit or vegetable and then research where and how you can purchase this fruit or vegetable.

Work with your teacher to purchase the ingredient and prepare the recipe. Evaluate the recipe in terms of:

- ease of purchasing the ingredient
- cost of the ingredient
- length of time to actually get the ingredient delivered
- sensory properties – appearance, aroma, taste/flavour and texture.

Let's review

- 1 Explain why the design of a kitchen is so important.
- 2 Outline the reason why electrical appliances should be kept away from water.
- 3 List the potential injuries that could occur with the use of the microwave.
- 4 Outline 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.

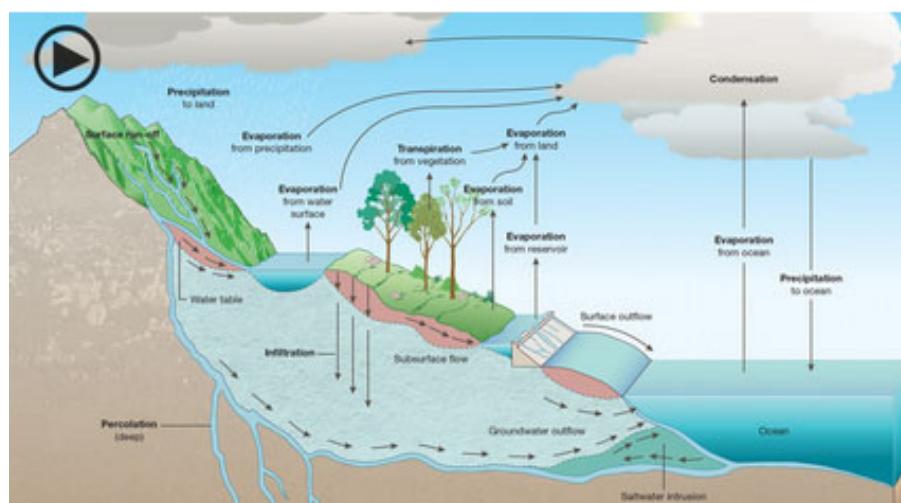


Figure 1.10 Safety is just as important in the food preparation industry (03.45)



LET'S COLLABORATE

With a group:

- 1 Discuss the importance of wearing appropriate footwear in the kitchen with a partner.

INTERACTIVE 12.1

Using the internet develop a list of the types of dishes that are prepared using rice. For each rice dish state the country where the dish originated. See if you can find five rice dishes for each of the continents of the world.

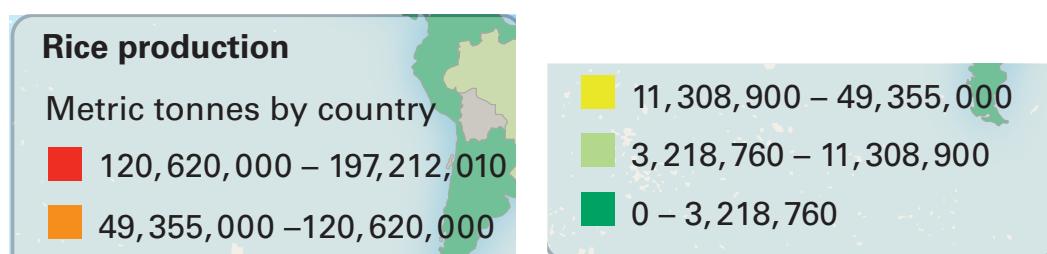
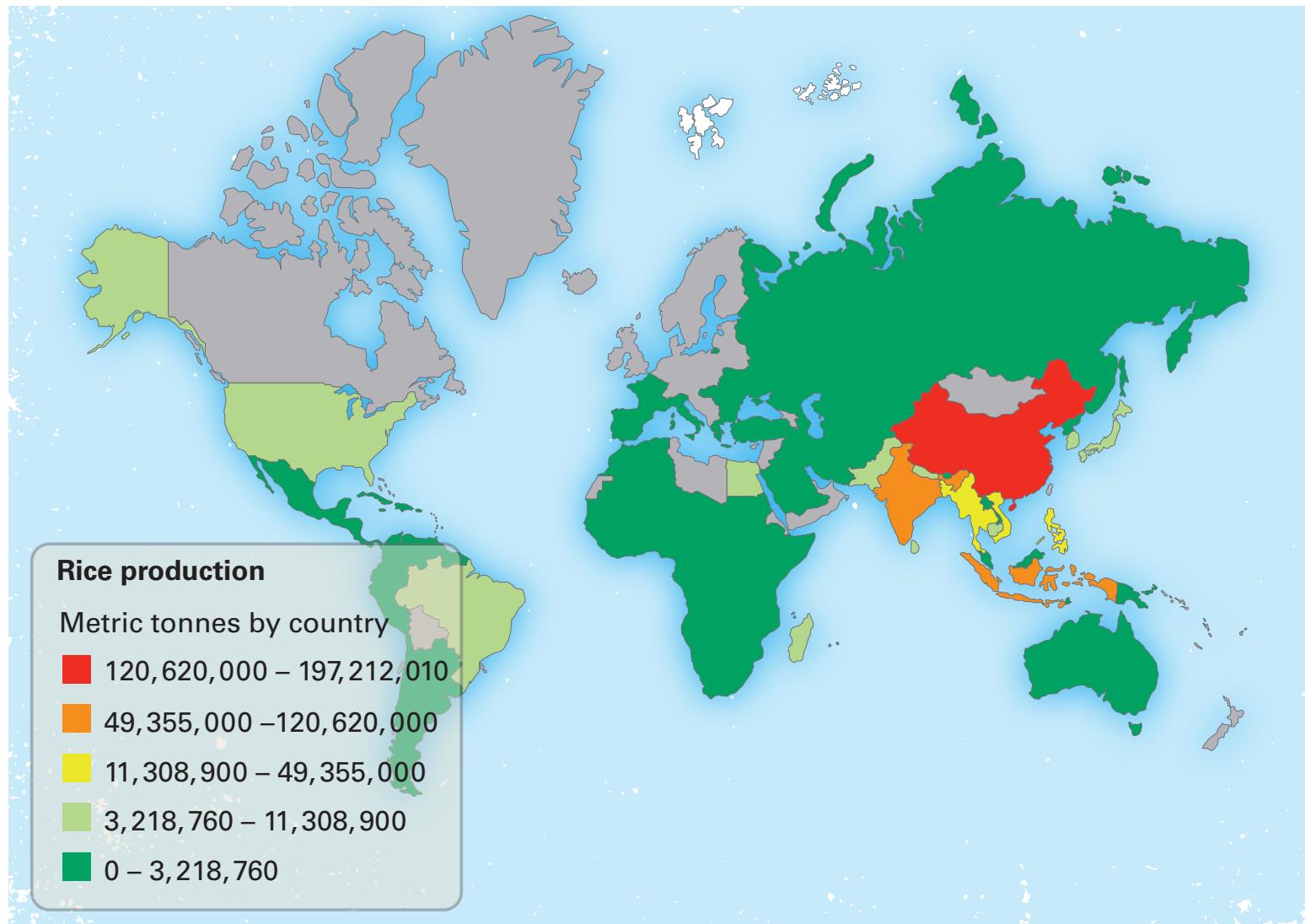
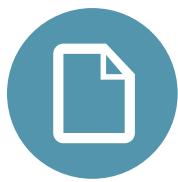


Figure 1.6 Map of rice production



Activity 1.1

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

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 form of energy, which is extremely important in the kitchen.

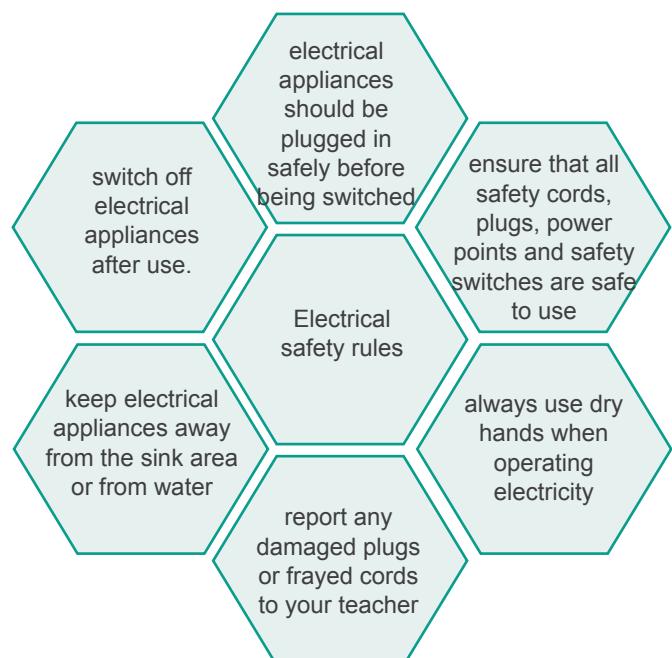


Figure 1.2 Electrical safety rules



Figure 1.3 Keep electrical appliances away from water to avoid an accident

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.



Download

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, cafes 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 2,500 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 4,000 retail food premises and conducts more than 2,400 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.

Cross contamination

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



Figure 1.7 Hands are among the most obvious surfaces in the transfer of bacteria from raw to ready-to-eat foods.



Figure 1.8 Dirty chopping boards, knives and other cooking equipment can also contaminate foods.



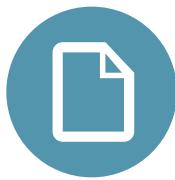
Figure 1.10 Incorrect storage of food can result in cross contamination.

Activity 1.9

- 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.



Download



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Activity 1.10

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 class mates 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!

LET'S COLLABORATE

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 occur 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

Table 1.2 Storage temperatures for food



Figure 1.13 Serve hot food hot!

RECIPES

CHEESY BACON ROLLS

Main tools and equipment

oven, sieve, spoon or whisk, baking tray

Production skills

sifting, stirring, kneading

Important methods

baking

SERVES 1



Preparation: 10 minutes



Cooking: 5 minutes



Serving and presentation: 5 minutes

Total time: 20 minutes

Ingredients

2½ cups self-raising flour	60 g butter 	1/3 cup low fat tasty cheese, grated 	¼ cup diced bacon pieces	¾ cup low fat milk 
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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 into a soft dough.



Test your knowledge



Interactive

Multiple choice

- 1 When treating a burn or scald it is important to use:
 - a Ice.
 - b Iced water.
 - c Rubbing butter 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.
- 3 When treating a burn or scald it is important to use:
 - a Ice.
 - b Iced water.
 - c Rubbing butter onto the burn or scald.
 - d Cold water.

True/false

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

Short answer

- 1 Outline 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.

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

Table 1.2 Celebrity chefs and hygiene

Part B

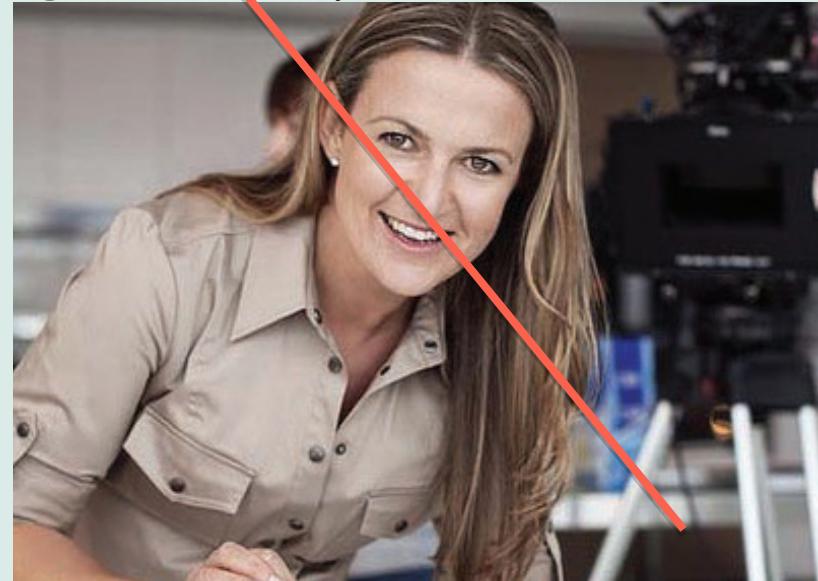
Now that you have collected your information and analysed the work practices of your TV chef it is time to evaluate their performance. Prepare an extended response using the following questions as guides.

- 1** Evaluate the personal hygiene of your TV chef.
- 2** Discuss how they performed in terms of personal and food hygiene reflecting on the knowledge that you have gained throughout this chapter.
- 3** Produce a list of 'points of advice' you would give your TV chef if you were a health inspector visiting his/her kitchen.
- 4** Produce a comment or evaluate your overall impression of the food-safety practices of your TV chef.
- 5** Justify whether you think the kitchen organisation or design promote safety.
- 6** Outline the changes that you would make to this kitchen and justify each change.

Figure 1.14 Manu Feildel



Figure 1.15 Donna Hay



1.6 Mark Sweeting

Rational Australia

When was your interest in your area of expertise first nurtured? Explain why you pursued this career.

My first job at the age of 13 was for my local newsagent selling *The Herald* newspaper on a busy street corner in the eastern suburbs of Melbourne. I was quick to realise that earning three cents a paper commission was hard work for little return, so I started selling magazines to increase my commission, taking orders from customers for their magazines and delivering them the following day with their paper. This proved more lucrative than selling just papers. The result was: my \$14 a week job was now earning me \$40 a week. Back in 1984 that was a lot of money and I guess that was my first experience in sales.

At the age of 16, I was introduced to the world of hospitality and cooking. Kitchen terminology was new to me but I picked it up pretty quickly. At the time I had no idea that working casually at McDonald's while studying for my HSC would set the scene for my future career and allow me to enter the exciting world of professional cookery and food service.

I was extremely fortunate to do my cookery apprenticeship with Hilton Melbourne. It was a four-year apprenticeship and the training back then was to continually rotate every three months through the six kitchen outlets of the hotel. In the late 1980s there was a kitchen brigade of about 45 chefs, pastry chefs and butchers so there was always plenty of experience to draw from. For the next 13 years I worked for various Hilton and Sheraton hotels around Australia.

The next step in my culinary journey was to join Comcater Pty Ltd, of which I am still with today, an importer and distributor of the world's best catering equipment and services. Over my 15 years I have held various roles, including demonstration chef, product management, national accounts, and sales and marketing. I am currently manager of rational Australia. I lead a national team of nine specialist rational chefs. Our goal is to pass on our knowledge of kitchen operations and offer catering solutions using rational to make the life of today's chefs a little easier.

My roles have given me the opportunity to travel the world, meet and work with many international chefs, food scientists and nutritionists, and I have seen more kitchens than I ever dreamed of – and at all times involved in an industry I love.

Professional cookery and business have many similarities: both require a fine mix of order and chaos that demand a strict code of conduct, punctuality, loyalty, teamwork and discipline. All of these factors are equally key ingredients to producing consistently great results.

Describe your role model in the industry.

I have had many industry role models at different development stages of my career. In the kitchens it was the many European chefs that I trained under. I was culinarily inspired by the likes of Marco Pierre White, Anton Mosimann and the Roux brothers. Today Jamie Oliver, Bill Gates and Richard Branson are all great role models as they have had major influences in both their industries and the wider community.

Discuss the most rewarding aspects of your career.

There are two rewarding aspect of my career. First, it is always filled with variety, no two days are ever the same. From primary production to the plate, there are so many different career avenues related to food that you can never stop



GLOSSARY

bacteria

single-celled micro-organisms responsible for decay, fermentation and ultimately spoilage of food

burn

damage caused to the skin by something hot.

contaminated

food that is unsafe to eat due to contact with chemicals, foreign objects or bacteria that are harmful for people to eat

electricity

the flow of electric power or charge

scald

burns from hot liquid or steam

viruses

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

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RECIPES

Cheesy bacon rolls

Stuffed potato

XXXXXXXXXXXXXXXXXXXX

Example of glossary word roll over - default

Contaminated?

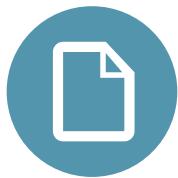
We know that the kitchen is a common site of accidents or injuries. It is also one of the places where food can become spoiled and **contaminated** and this can result in illness to ourselves or our customer or client – the person we are making the food for. Paying attention to a number of important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

Example of glossary word roll over hover and glossary term box.

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Example of interactive icon roll over - default



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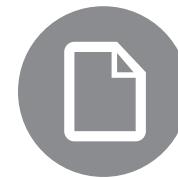


Interactive

Example of interactive icon roll over hover



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Interactive

Example of web address roll over - default

- 1 Explore the Kidsafe website at [www.http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf](http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf) to learn more information about safety in the kitchen.

Example of web address roll over - hover

- 1 Explore the Kidsafe website at [www.http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf](http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf) to learn more information about safety in the kitchen.

Example of web address roll over - active

- 1 Explore the Kidsafe website at [www.http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf](http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf) to learn more information about safety in the kitchen.

Example of web address roll over - visited

- 1 Explore the Kidsafe website at [www.http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf](http://www.kidsafevic.com.au/images/stories/pdfs/Burns_Scalds.pdf) to learn more information about safety in the kitchen.

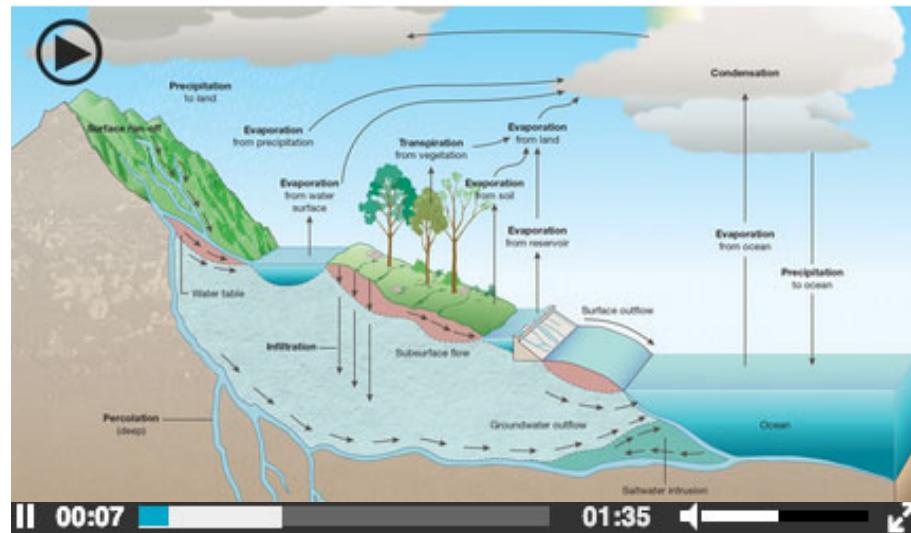


Figure 1.10 Safety is just as important in the food preparation industry (03.45)

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the foo
happened

making
from



Figure 1.1 Potential safety risks in the kitchen.

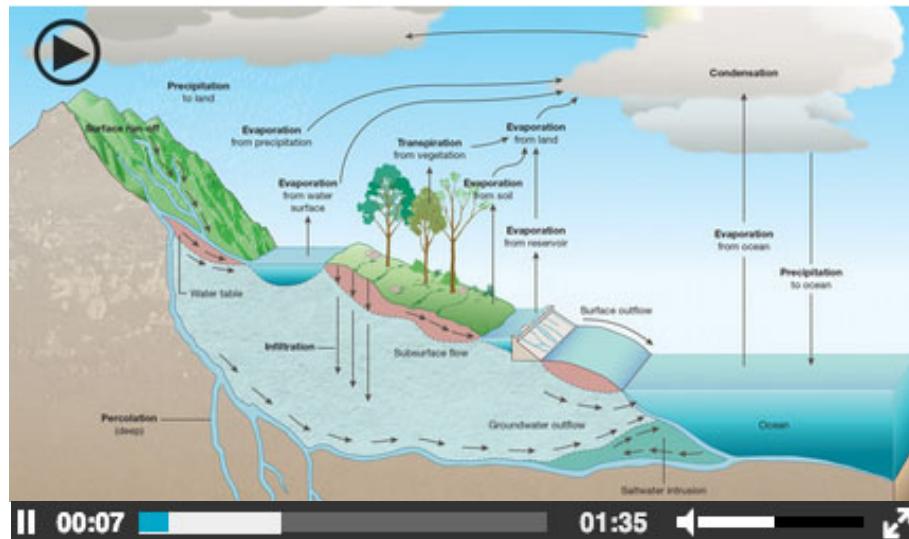


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