

1. HAZARDS	2. HYGIENE	3. EQUIPMENT
<p><b>Hazard</b> – A risk or danger to yourself or to someone else.</p> <p><b>Danger</b> – The possibility of suffering harm or injury.</p> <p><i>There are many hazards in a kitchen at home, in school and in industry that could be dangerous.</i></p> <p><b>Hygiene</b> – The action of conducting practices to prevent disease. Usually involves cleaning.</p> <p>Before you begin preparing to cook in any setting you should;</p> <ul style="list-style-type: none"> <li>Tie your hair up</li> <li>Put an apron on</li> <li>Take off any jewellery</li> <li>Wash your hands for 20 seconds or more</li> <li>Roll up your sleeves</li> </ul> <p>Following <b>hygiene</b> and safety rules is important to prevent accidents from happening when cooking.</p> <p><b>Prevent</b> – To try and stop something (accidents) from happening.</p>	<p><b>Bacteria</b> – Bacteria are tiny organisms that can be present on and within food. Some of these are useful and some are harmful.</p> <p>When preparing and cooking food we need to make sure we follow <b>the 4c's</b> in order to <b>prevent</b> bacteria from multiplying.</p> <p>Good <b>hygiene</b> prevents Cross contamination.</p> <p><b>Cross contamination</b> is when bacteria spreads from one surface to another.</p> <p><b>Chilling</b> food between 0°C and 5°C can help to slow down the process of bacteria multiplying.</p> <p><b>Cooking</b> food thoroughly to 75°C or higher can destroy harmful bacteria in foods.</p> <p><b>Cleaning</b> can prevent harmful bacteria from multiplying.</p> <p>The <b>danger zone</b> is when bacteria multiplies rapid at unsafe temperatures.</p> <p>The <b>danger zone</b> is between 5 °C and 63° C.</p> <p>Cooking food to 75°C <b>destroys</b> most harmful bacteria that can be present within foods.</p>	<p><b>Equipment</b> – The necessary items needed for a particular purpose.</p> <p>When preparing and cooking food we use a range of different equipment. Some are more <b>specialist</b> than others.</p> <p><b>Specialist</b> equipment are tools that are only used for one specific purpose for example a whisk.</p> <p>Knives can be a <b>dangerous</b> piece of equipment when preparing and cooking foods. It is important to use a knife safely.</p> <p>Chopping boards are used to prepare foods.</p> <p>A separate chopping board should be used for meat and a different one should be used for fruits and vegetables.</p> <p>This is to avoid <b>cross contamination</b>.</p> <p>Digital scales/ weighing scales can be used to ensure that ingredients are <b>measured</b> correctly.</p>
4. CHOPPING AND PREPARATION SKILLS	5. SEASONALITY	6. FOOD MILES
<p>When using a knife it is important to use it safely to <b>prevent</b> accidents. When carrying a knife it should be pointed to the floor.</p> <p>Using the <b>claw and bridge</b> technique for chopping can prevent accidents from happening.</p> <p>A <b>chopping board</b> should always be used when preparing and chopping foods.</p> <p>When washing up <b>equipment</b> it is important to use hot soapy water to destroy harmful <b>bacteria</b> on the equipment.</p> <p>When washing up equipment, equipment should be placed <b>upside down</b> on the draining board of a sink to allow the excess water to drain away.</p> <p>Equipment should be dried thoroughly to prevent chemical hazards.</p>	<p><b>Seasonality</b> - The time of year a certain type of food is at its best. E.g. Strawberries are at their best in Summer.</p> <p>The 4 seasons are Spring, Summer, Autumn and Winter.</p> <p>When fruits and vegetables are in season they tastes better and are often cheaper for the <b>consumer</b>.</p> <p>A <b>consumer</b> is the person buying the food or product.</p> <p>Eating foods when they are in season means these can often be fresher and contain more nutritional benefits to us.</p> <p>Eating foods when they are in season also has many benefits to the environment and the local economy.</p> <p>Meaning farmers locally can benefit from the buying of their produce.</p> <p><b>Local Economy</b>—Is your town or the area where you live. It involves the development of businesses.</p>	<p><b>Food miles</b> are the distance food travels from where they are grown to where they are eaten.</p> <p>Some food are not grown in the UK and are <b>imported</b> from other countries.</p> <p><b>Imported</b> – Brought in from another country usually overseas.</p> <p><b>Exported</b> – Sent/Sold to another country usually overseas.</p> <p>Food that is imported by plane/train/trucks effects the <b>environment</b> by releasing CO2 into the atmosphere.</p> <p>In the UK we import a large percentage of our fruits and vegetables. For example watermelon, oranges and bananas cannot be grown in the UK.</p> <p>Fruits and vegetables are often <b>imported</b> because some need certain growing conditions that the UK cannot offer.</p>