

1. HYGIENE AND THE 4C'S	2. HACCP	3. HACCP PART 2
<p>Bacteria – 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 the 4c's in order to prevent bacteria from multiplying.</p> <p>Good hygiene prevents Cross contamination.</p> <p>Cross contamination is when bacteria spreads from one surface to another.</p> <p>Chilling food between 0°C and 5°C can help to slow down the process of bacteria multiplying.</p> <p>Cooking food thoroughly to 75°C or higher can destroy harmful bacteria in foods.</p> <p>Cleaning can prevent harmful bacteria from multiplying.</p> <p>The danger zone is when bacteria multiplies rapid at unsafe temperatures. The danger zone is between 5 °C and 63° C.</p> <p>Cooking food to 75°C destroys most harmful bacteria that can be present within foods.</p>	<p>Contaminant – A poisonous substance that can make something unsafe.</p> <p>HACCP – HACCP is a risk assessment process that works out what the hazards are, when the hazards could happen, how likely the hazards are and how they can be prevented.</p> <p>Risk assessment – A process of evaluating the possible risks that may be involved in an activity.</p> <p>Substance - These can be material, or matter, of which something is made. Substances are physical things that can be seen, touched, or measured.</p> <p>Chemical hazard –This hazard involves toxic substances contaminating the food. Eg. Cleaning products.</p> <p>Physical hazard - This hazard involves non living items contaminating the food. (Think objects)</p> <p>Allergenic hazard - This hazard involves food substances that can be harmful to people with special diets.</p> <p>Microbiological hazard - This hazard involves the growth of bacteria on food.</p>	<p>Hazard – A danger to yourself or to someone else.</p> <p>Hygiene –The action of conducting practices to prevent disease. Usually involves cleaning.</p> <p>HACCP stands for ...</p> <p>Hazard - What could cause harm to a person and when? <i>Eg. Screws, plasters. Hair in food.</i></p> <p>Analysis - Is this hazard going to seriously harm a person? <i>Eg. Food poisoning, chocking.</i></p> <p>Critical - How could you prevent this from happening? <i>Eg. Checking machinery daily, using hair nets, blue plasters.</i></p> <p>Control Point - What could you do if this still doesn't stop the hazard? <i>Eg. Wearing hats as well as hair nets.</i></p> <p>HACCP is used in the food industry to prevent accidents from happening when preparing, cooking and serving food to members of the public.</p>
4. CHOPPING SKILLS	5. ENERGY BALANCE	6. CARBOHYDRATES
<p>When using a knife it is important to use it safely to prevent accidents. When carrying a knife it should be pointed to the floor.</p> <p>Prevent - To avoid (try to stop) something from happening.</p> <p>Using the claw and bridge technique for chopping can prevent accidents from happening.</p> <p>A chopping board should always be used when preparing and chopping foods.</p> <p>When washing up equipment it is important to use hot soapy water to destroy harmful bacteria on the equipment.</p> <p>When washing up equipment, equipment should be placed upside down 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>Balance – The conditions where both sides are equal or the same.</p> <p>Energy – The strength needed for physical and mental activity.</p> <p>Energy Balance – Is where the amount of energy gained from eating food is suitable for the amount of energy needed for living a healthy lifestyle.</p> <p>Energy intake is often referred to as kilocalorie (kcal).</p> <p>We need to consume foods that give us energy for the day.</p> <p>Foods that can provide us with energy for a long period of time are called carbohydrates.</p> <p>Some types of activities require and use more energy than others.</p> <p>For example you would need more energy for swimming than you would for sleeping.</p>	<p>Carbohydrates are part of the Eatwell Guide. They are a food source that give us energy.</p> <p>Carbohydrates are the body's main source of energy, they help us to perform all our daily functions.</p> <p>Without carbohydrates we would be very tired.</p> <p>There are two types of carbohydrates.</p> <p>Those that provide energy over a long period of time and those than give us short bursts of energy.</p> <p>Starch carbohydrates give us energy for a longer period of time. Eg. Bread, pasta and potatoes.</p> <p>Sugar carbohydrates give us energy for a short period of time. Eg. Biscuits, milk and fruit juice.</p> <p>Carbohydrates are produced mainly by plants during the process of photosynthesis.</p>