

| 1. HYGIENE AND THE 4C'S | 2. HACCP | 3. HACCP PART 2 |
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| <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. SEASONALITY | 6. FOOD MILES |
| <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>Seasonality - 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 consumer.</p> <p>A consumer is the person buying the food or product.</p> <p>Eating foods when they are 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. Meaning farmers locally can benefit from the buying of their produce.</p> <p>Local Economy—Is your town or the area where you live. It involves the development of businesses.</p> | <p>Food miles 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 imported from other countries.</p> <p>Imported – Brought in from another country usually overseas.</p> <p>Exported – Sent/Sold to another country usually overseas.</p> <p>Food that is imported by plane/train/trucks effects the environment by releasing CO2 into the atmosphere.</p> <p>In the UK we important 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 imported because some need certain growing conditions that the UK cannot offer.</p> |