

1. CAUSES OF ILL HEALTH	2. ENVIRONMENTAL HEALTH OFFICER	3. HIGH RISK FOODS
<p><b>Spoilage</b> - The action or process of spoiling (to ruin) food, spoilt food is food that is no longer safe to eat.</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>Causes of food spoilage include:</p> <p>Inadequate storage temperatures, Expiry dates, Cross contamination, Delays in delivery and storage, Delays when preparing and cooking food.</p> <p>Signs of food spoilage include:</p> <ul style="list-style-type: none"> <li>Odour – (smell)</li> <li>Gas Formation – (swelling of packaging)</li> <li>Discolouration (Changes in colour/mould)</li> <li>Sourness – (lumps in liquids)</li> <li>Sliminess - (texture)</li> </ul>	<p><b>EHO</b> – Environmental Health Officer</p> <p>An environmental health officer is a person who <b>enforces</b> the health and safety laws of food businesses.</p> <p><b>Legislation</b> – The act of making or processing laws. Legislations are laws made by parliament and the government which is authorised by Her Majesty the Queen.</p> <p><b>Comply</b> – To follow a wish or command.</p> <p><b>Qualification</b> – An official completion of a course or examination.</p> <p><b>Authority</b> – The power to give orders, make decisions, and enforces obedience.</p> <p>An EHO had the <b>authority</b> to close down a business who does not <b>comply</b> with food safety <b>legislation</b>.</p> <p>An <b>EHO</b> issues a hygiene rating to a business to show they have <b>complied</b> with the law and expectations of food safety.</p>	<p>Conditions – The state of a appearance, quality or the working order of something.</p> <p><b>High risk foods</b> are those that tend to spoil as a result of unsuitable storage conditions or improper cooking methods.</p> <p><b>Bacteria</b> prefer an environment that is warm, moist, <b>protein-rich</b> environment that is pH neutral or slightly acidic.</p> <p><b>Examples of high-risk foods include:</b></p> <ul style="list-style-type: none"> <li>• <b>Dairy products</b> (milk, cream, cheese, yogurt, and products containing them such as cream pies and quiches)</li> <li>• <b>Eggs.</b></li> <li>• <b>Meat or meat products.</b></li> <li>• <b>Poultry.</b></li> <li>• Fish and seafood</li> </ul> <p>High risk foods tend to be ‘ready to eat’ foods. These do not involve any preparation or cooking.</p> <p>Low risk foods are those we tend to store in the cupboards. E.g. Bakery goods, jams and biscuits.</p>
4. CHOPPING SKILLS	5. COOKING SKILLS	6. SPECIALIST EQUIPMENT
<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>Separate equipment should be used to prepare different categories of foods. E.g. Meats and vegetables. This is to avoid cross contamination.</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>Julienne</b>— Is a knife cut which the food item is cut into long thin strips, similar to matchstick</p> <p><b>Brunoise</b>—The <b>brunoise</b> is the finest dice and comes after from the julienne. To <b>brunoise</b>, gather the julienned vegetable strips together, then dice into even 3mm cubes</p> <p><b>Dice</b>— Dicing is a knife <b>cut</b> in which the food item is <b>cut</b> into small blocks or <b>dice</b>.</p> <p>Shallow frying is a hot oil-based cooking technique.</p> <p><b>WARNING</b>—Never leave hot oil over heat for more than a 10 seconds. Hot oil should always be supervised. A low heat or flame should always be used.</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 is 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>Purpose—What a product or item is designed to do.</p> <p>A <b>balloon whisk</b> is used to add air into a mixture.</p> <p>A <b>spiralled whisk</b> is used to remove lumps from a mixture.</p> <p>Digital scales/ weighing scales can be used to ensure that ingredients are <b>measured</b> correctly.</p>