

Food Safety

Level 2

Sue Richardson



Work Book

ABOUT HYGIENE SUE

Accredited Training Centre

Hygiene Sue is an accredited training centre and provider of food safety and teacher training qualifications, progressing from entry level to the highest level of professional achievement. It is recognised by employers and learning providers throughout the UK.

The Team

The team at Hygiene Sue comprises a friendly, confident and enthusiastic group of trainers who are determined to inspire and encourage learning. “Simply, you learn better when a subject matter is brought to life”. The trainers bring lessons to life with case studies gained from industry knowledge and experience. With user-friendly learning books and presentation materials in many different languages, lessons are designed to be as inclusive as possible.

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Food Poisoning - The Causes

There are three ways to prevent food poisoning: **protecting** food against contamination; **preventing** bacteria from multiplying; and **destroying** the bacteria on the food. However, to prevent food poisoning, it is vital to understand how food poisoning is caused and recognise the symptoms.

Tick the correct meaning (✓)

1) **Food Safety** - Protects the consumers health and well being by protecting food from anything that can cause harm.

- True
- False



2) **Food Poisoning Symptoms** - Tick the 5 symptoms of food poisoning;

- Fever
- Head cold
- Stomach cramps
- Blocked nose
- Vomiting
- Chest pains
- Diarrhoea
- Dehydration



3) **A Hazard** is anything that can cause harm to consumers or customers;

- True
- False



Name the **three** types of Food Safety Hazards;

- 1
- 2
- 3





Allergenic Hazards and Controls



Tick the correct meaning (✓)

4) **Allergens** – are substances, usually protein, which cause the body's immune system to respond. In severe cases this may result in an anaphylactic shock and even death.

- True
- False



5) An allergic reaction may include which of the following symptoms:

- Swelling of throat and mouth
- Head Cold
- Sudden feeling of weakness (fall in blood pressure)
- Vomiting
- Difficulty in swallowing or speaking
- Collapse
- Sneezing



6)

Features	Food allergy	Food intolerance
Symptoms come on rapidly after eating the food	<input type="checkbox"/>	<input type="checkbox"/>
Rarely life threatening	<input type="checkbox"/>	<input type="checkbox"/>
Even a tiny trace of the food can cause a reaction	<input type="checkbox"/>	<input type="checkbox"/>
In extreme cases, can be life threatening	<input type="checkbox"/>	<input type="checkbox"/>
Symptoms come on slowly and are lasting	<input type="checkbox"/>	<input type="checkbox"/>
A reasonable portion of food is usually needed to cause a reaction	<input type="checkbox"/>	<input type="checkbox"/>

7) **What is food intolerance?**

Difficulty in digesting certain foods because the enzymes needed to help with the breakdown of certain foods are, either missing or in short supply.

- True
- False



Section I - Food Poisoning - The Causes



8) **Put these food contaminants under the correct food safety hazard heading:**

- 1.Tooth • 2.Bleach • 3.Fly spray • 4.Glass • 5.Paper clip • 6.Clostridium • 7.Blue plaster •
- 8.Pesticide • 9.Match • 10.Wasp • 11.Staphylococcus • 12.Detergent • 13.Fly • 14.Hair •

PHYSICAL	CHEMICAL	BIOLOGICAL
1. <i>Tooth</i>		

9) **Biological Contamination:**

Parasites, viruses, moulds and bacteria are all biological hazards. Biological contamination is the main cause of food poisoning and food borne diseases.

Bacteria require four things in order to multiply, known as the **right conditions**.

What are they?



1

2

3

4

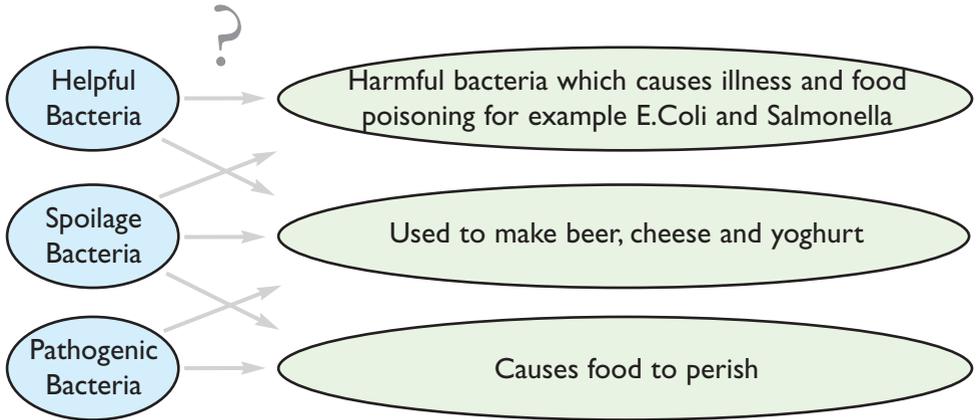




Section I - Food Poisoning - The Causes



10) **Bacteria** are living single-celled micro-organisms. There are three types of bacteria – see if you can match each type to the correct description;



1) **Tick the correct meaning** (✓)

Contamination - The presence in food of any harmful or objectionable substance or object.

- True
 False



12) **Match the correct temperatures;** Place each of the temperatures listed below on the correct line:

-18°C 5° to 8°C 21°C 70°C 63°C 75°C

- Room temperature
 Refrigerator
 Hot holding
 Destroys bacteria
 Freezer
 Re - heating

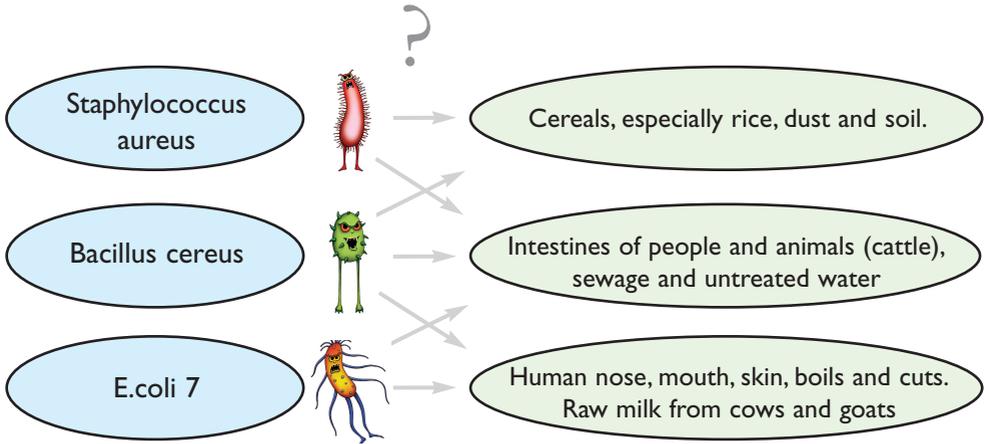


Section I - Food Poisoning - The Causes



13) Know Your Bacteria

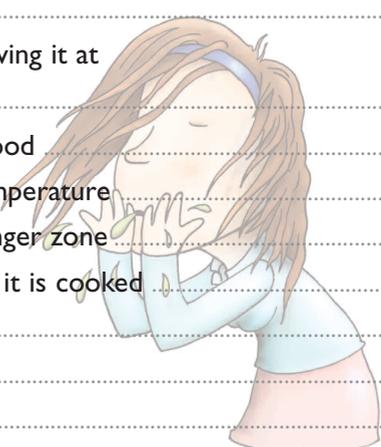
Match the following pathogenic bacteria to their correct source.



14) Pathogenic Bacteria and Viruses

Below you will see the top 10 causes of food poisoning. Number them in order 1–10 most common to least common.

- Not cooking food to a high enough temperature
- Contamination by food handlers
- Preparing food too far in advance and leaving it at room temperature in the danger zone
- Cross-contamination of raw to cooked food
- Not re-heating food to a high enough temperature
- Storing hot food below 63°C – in the danger zone
- Not thawing frozen food properly before it is cooked
- Using food that is already contaminated
- Using left over food
- Cooling food too slowly.....

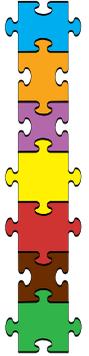




Section 2 - Food Safety Controls



Food Safety Controls



15) Tick which is the main purpose of a food safety management system (✓)

- To improve the quality of food
- To reduce the cost of food
- To improve the safety of food
- To improve the taste of food

Personal Hygiene

While working with food, it is essential that you keep yourself clean and wear the correct clothing to protect the **food from physical, chemical or biological hazards.**

Using the words listed in the box, fill in the gaps below

- Protective Clothing • Jewellery • Outside Clothing •
- Nail Polish • Perfume • Nails • Food Poisoning •

16) **Food Handlers should:**

- Not wear , , or artificial nails in a food handling area.
- Always report to a supervisor if you or any member of your household experiences any signs of
- Never wear outside the food premises.
- Keep their Short and clean.
- Never wear inside the food premises.





Section 2 - Food Safety Controls



Staff Training

Food Safety Controls cannot be implemented without proper staff training.

17) **Tick the correct meaning (✓)**

All new staff should receive induction training before handling food.

- True
 False



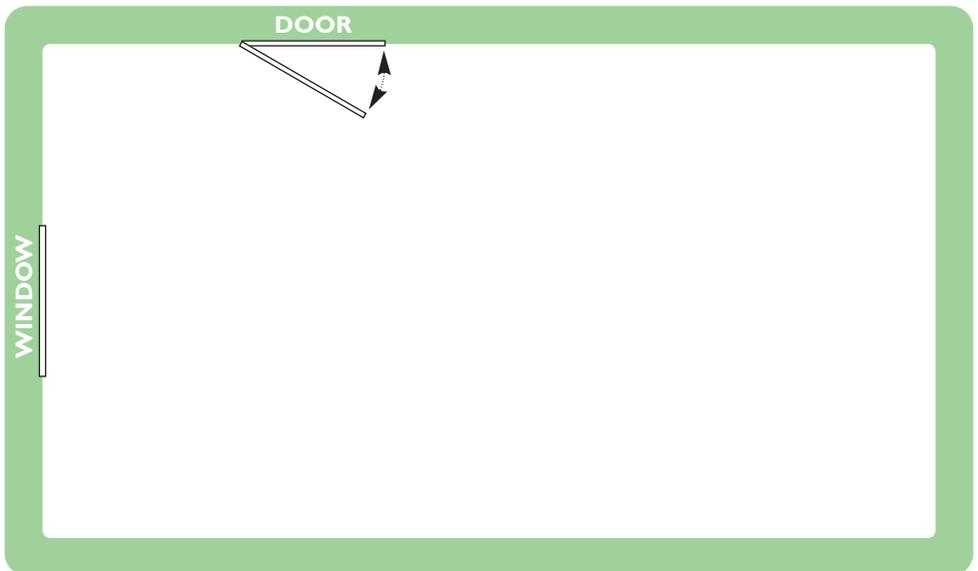
Staff Training Records should be kept as part of the Food Safety Management System

- True
 False

Food Safety Controls - Design of Food Premises

- 18) **Well designed food premises** can help to reduce the risk of contamination and prevent food poisoning. Food premises are anywhere food is stored, prepared, served or sold including vehicles used for delivering food.

Design your kitchen





Food Safety Controls - Food Storage



19) Are you ready to play a game of True or False?

		 TRUE	 FALSE
1-	Food Safety is the protection of consumers health and well being by protecting food from anything that can cause harm.	<input type="radio"/>	<input type="radio"/>
2-	Food can be contaminated by micro-organisms, chemicals, metals and natural poisons.	<input type="radio"/>	<input type="radio"/>
3-	Dizziness is a symptom of food poisoning.	<input type="radio"/>	<input type="radio"/>
4-	People who are in the 'At Risk Group' are people who always fall ill.	<input type="radio"/>	<input type="radio"/>
5-	Pesticide is a form of biological hazard.	<input type="radio"/>	<input type="radio"/>
6-	Spoilage bacteria cause food to perish or rot.	<input type="radio"/>	<input type="radio"/>
7-	Cheese is a form of pathogenic bacteria.	<input type="radio"/>	<input type="radio"/>
8-	Bacteria thrive on high-risk food such as vegetables, fruit and crisps.	<input type="radio"/>	<input type="radio"/>
9-	Stock rotation means tidying up your food storage areas.	<input type="radio"/>	<input type="radio"/>
10-	An allergen is a type of food pest.	<input type="radio"/>	<input type="radio"/>
11-	The danger zone is where dangerous equipment is kept.	<input type="radio"/>	<input type="radio"/>
12-	Due diligence means you like your work and work very hard.	<input type="radio"/>	<input type="radio"/>
13-	Disinfectants are used for reducing bacteria to a safe level.	<input type="radio"/>	<input type="radio"/>
14-	Cross contamination is foreign bodies in the food.	<input type="radio"/>	<input type="radio"/>



Section 2 - Temperature Control

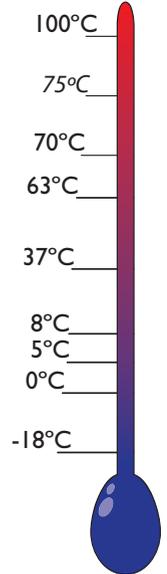


Time and Temperature

These are two of the most effective food safety controls in reducing and destroying the multiplication of bacteria. Remember micro-organisms multiply at their fastest between 5°C - 63°C, which is known as the **Danger Zone**.

20) Look at the picture of the thermometer and write the correct temperature next to;

- Bacteria are dormant:
- The temperature range when bacteria multiply at their fastest:
- Most bacteria are destroyed:
- Holding food hot for maximum two hours:



21) **Cross Contamination**

The transfer of bacteria from contaminated food, usually raw meat or fish to ready-to-eat/high-risk foods, by direct or indirect contact.

Cross Contamination - Direct Contact

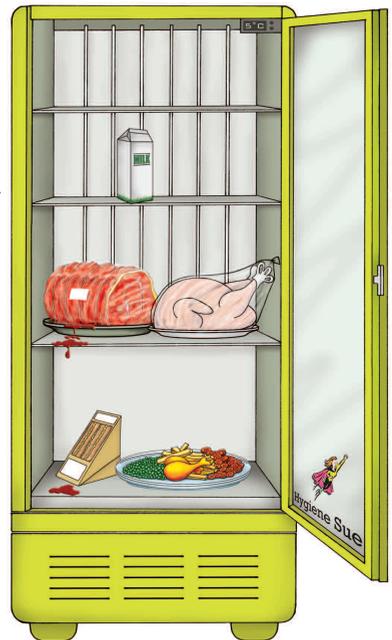
Tick 3 methods (✓)

- Raw juices dripping onto cooked food
- Visitors entering the kitchen
- Putting raw & cooked food in the same container
- Dehydration
- Raw food touching cooked food

Cross Contamination - Indirect Contact

Tick 3 methods (✓)

- Hands
- Chemicals
- Cloths
- Dripping
- Cooking equipment





Section 2 - Pest Control



Control of pests is an important aspect of food safety as pests can transmit disease and contaminate food through their bodies, hair, faeces and urine, which are all examples of biological and physical hazards.



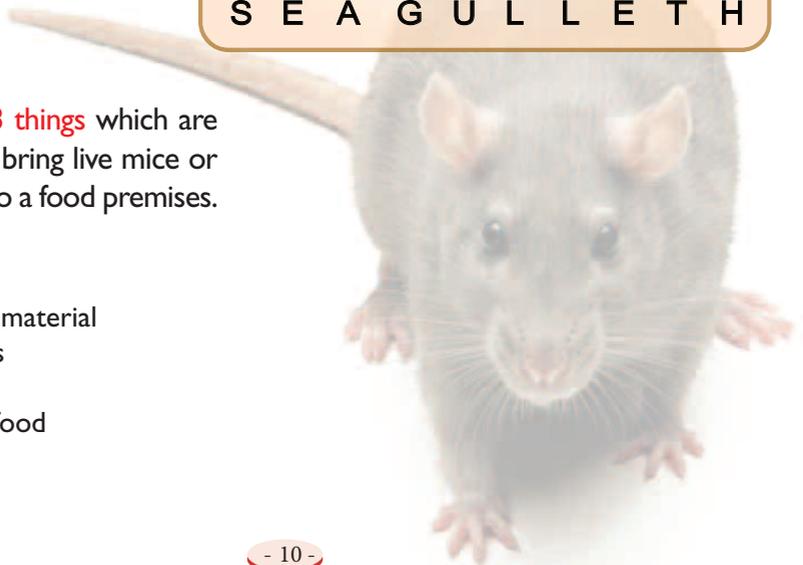
- 22) **Food Pests** - A food pest is an animal which lives on or in our food. There are 9 for you to find in the grid.

Cockroach
fly
rat
rodent
fox
Silverfish
wasp
seagull
mouse

C	G	T	M	O	U	S	E	F	S
R	O	D	E	N	T	E	A	L	I
E	R	C	S	U	F	L	Y	O	L
L	F	N	K	U	M	N	O	F	V
S	M	H	R	R	A	S	I	O	E
E	A	E	I	A	O	U	F	X	R
A	L	S	P	T	J	A	T	A	F
L	E	B	Q	E	Y	U	C	O	I
D	O	W	A	S	P	Y	O	H	S
S	E	A	G	U	L	L	E	T	H

- 23) Tick (✓) the 3 things which are **most likely** to bring live mice or cockroaches into a food premises.

- Visitors
- Deliveries
- Packaging material
- Large cans
- Laundry
- Boxes of food
- Birds
- Cats



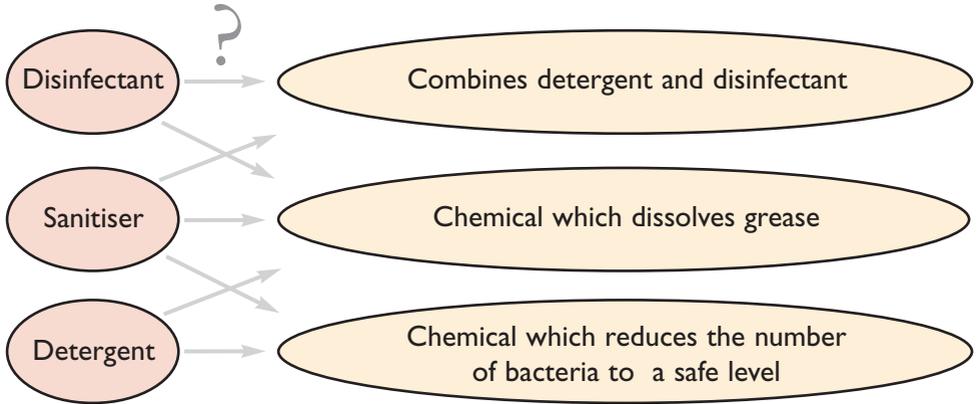


Section 2 - Cleaning



Food premises must be kept clean and tidy as this is a legal requirement. Work surfaces, food equipment, floors, fridges, freezers, dry stores and ventilation must be kept clean as stated in the cleaning schedule.

24) See if you can match the cleaning chemicals to their description



Environmental Health Practitioners

have powers to enter food premises at any reasonable time and investigate possible offences. Breaking the food safety law can mean the closure of business, a fine or a prison sentence.

25) Name the **three** types of Hygiene Notices:

1

2

3



Section 3 - The Law and Food Safety

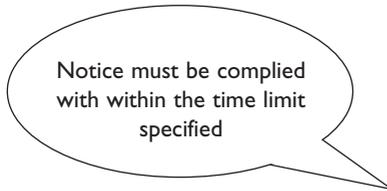


Legislation - Your Responsibility

Food handlers and food business owners have responsibilities under food safety laws to protect customers and consumer from illness caused by food poisoning.

Who Said That?

26) Match the speech bubbles to the correct person.



Customer



Food Handler



Environmental Health Practitioner



Food Business Owner (Proprietor)

NOTES



Are you ready to complete the Level 2 Award in Food Safety examination?

Remember food poisoning is often caused due to negligence, ignorance, poor management and failure to implement food safety controls.

WHAT NEXT ?

Food Safety Courses in Catering and Manufacturing

Course in Food Safety Levels 2, 3 and 4.

Personal Licence:

One day course ensuring legal compliance.

Teaching and Quality Assurance Qualification:

Level 3 Education and Training

Assessor and Internal Verifier courses in vocational training.

Apprenticeships in Hospitality and Retail

Government funded Apprenticeships for those in full time employment within hospitality, retail and spectator safety.

Opportunities:

Teach Food Safety – The Hygiene Sue Umbrella



A comprehensive cover for training providers. Providing trainers with Highfield compliance, policies and procedures, imaginative course and learning materials, access to members' website, ordering facilities for Highfield exam papers/ Certification. Support and FAQ.



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