

Food hygiene & safety practices

Teacher Information

Introduction

Food poisoning can cause illness with unpleasant symptoms including:

- Vomiting
- Diarrhoea
- Stomach cramps

Implementing simple food hygiene and safety measures such as hand washing, keeping food at the right temperature and avoiding cross contamination can dramatically reduce the likelihood of food poisoning.

Hand washing

Everything we touch is capable of transferring bacteria, hence it is vital to have clean hands whilst preparing and cooking food.

The correct hand washing technique consists of 4 simple steps:

1. Wet hands with soap and water;
2. Rub together well to build up a good lather with soap. Do this for at least 20 seconds and ensure to rub between fingers and under nails;
3. Rinse well under running water; and
4. Dry hands thoroughly with a clean towel or blower for at least 20 seconds.

To encourage young children to wash their hands for 20 seconds, suggest they sing 'Happy Birthday to you' whilst washing their hands.

The following video, demonstrates the correct technique hand washing.

http://www.youtube.com/watch?feature=player_detailpage&v=vYwypSLiaTU

It is not only important to teach children to wash their hands before touching food, but also:

1. After touching raw meat, fish or chicken;
2. After using the toilet;
3. After blowing their nose, coughing or sneezing; and
4. After petting animals.

Keeping food at the 'right' temperatures

There are many foods which must be cooled or heated in order to reduce or inhibit potential bacteria growth. These foods are known as potentially hazardous foods.

Examples of potentially hazardous and non-hazardous foods

| Potentially hazardous foods | Not potentially hazardous foods |
|---|---|
| Raw and cook meat Dairy products Seafood including seafood salad and patties Processed fruits and vegetables including salads Cooked rice and pasta Protein rich foods such as quiche, fresh pasta and soy bean products | Dried fruits Hard cheeses Dried pasta Breads Unopened canned and bottled foods Some sauces |

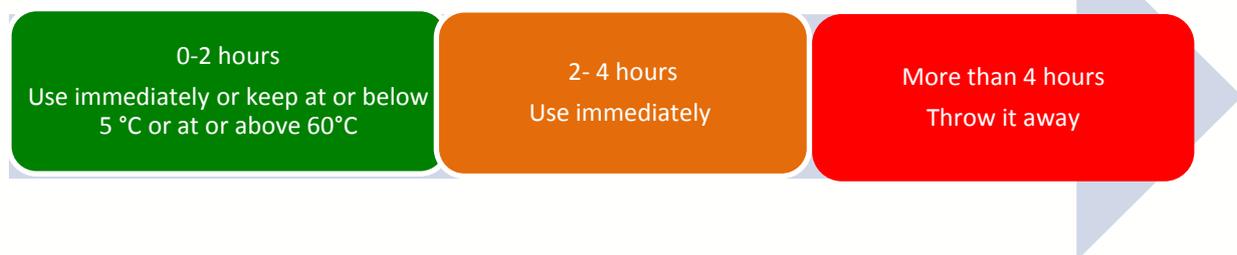
Keeping cold food cold

- Foods to be kept cold such as raw meats and dairy products need to be refrigerated at **5°C or lower** to reduce bacterial growth.
- A fridge thermometer should be used to regularly check fridge temperature regardless of fridge setting.
- Packing fridges correctly without overloading can also assist air circulation and keeping food cool.

Keeping hot food hot

- Hot foods need to be kept and served at **60°C or hotter**.

2 hour/4 hour rule



The length of time potentially hazardous foods spend in the temperature danger zone from 5 to 60 °C must be minimized to keep food safe. As guidance, if a refrigerated food or hot food has been in the temperature danger zone, apply the 2 hour/4 hour rule.

Avoiding cross contamination

Cross contamination refers to transfer of bacteria or viruses from a contaminated surface to a non-contaminated surface. Hands are one of the most common ways of transferring bacteria however chopping boards, plates, knives and other utensils in contact with raw meats and vegetables can also be culprits.

- ✓ Carefully wash these utensils with warm water and detergent prior to using them with ready to eat foods.
- ✓ Having different coloured or labelled chopping boards is a simple measure easily put in place in the classroom to help reduce the risk of cross contamination.
- ✓ Storing raw food in the fridge in a covered container or at the bottom of the fridge will reduce risk of cross contamination between raw and ready to eat foods.

The link below is to a short video on how to reduce cross contamination.

http://www.youtube.com/watch?v=VWUr7Y-r6z0&feature=player_embedded

Useful websites

- Food Standards Australia New Zealand: www.foodstandards.gov.au
- Food Safety Information Council: www.foodsafety.asn.au/
- NSW Food Authority: www.foodauthority.nsw.gov.au

The four C's of food safety

Clean

- Wash hands for 20 seconds with warm soapy water and dry them before starting to cook. Repeat after handling raw meats or poultry.
- Wash and dry chopping boards, utensils and work surfaces after preparing raw meats and poultry.

Cook

- Cook poultry, hamburger, minced and stuffed meats and sausages until juices run clear.
- Defrost frozen poultry, minced, rolled and stuffed meats thoroughly before cooking.
- Always follow cooking instructions on packaged foods.
- Reheat foods to steaming hot all the way through before eating.
- Cooked foods (including vegetables and rice) should never be reheated more than once.
- Keep hot foods steaming hot at or above 60°C.

Chill

- Keep your fridge at 5°C and your freezer at -15°C.
- Keep cooked and perishable foods in the refrigerator.
- Refrigerate hot foods as soon as they stop steaming.
- Refrigerate leftovers promptly.
- Defrost food in the fridge, not on the sink or bench.
- Cook foods defrosted in a microwave immediately.

Cover

- Keep raw meat and poultry from touching other food.
- Keep raw meat and poultry in the bottom of the fridge or in a sealed container to prevent drip onto other food.
- Keep food in pantry covered to prevent contamination by chemicals, moulds, bacteria, foreign objects, insects and animals.



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