

# Food safety for the home environment



**ASSIGN  
BUSTER**

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## Part 1: Handling food

This part will help you to evidence Learning Outcome 1: Know the importance of handling food safely

1. Learning objective  
Place in Assessment

2. Explain why it is important to handle food safely  
Question 1 Page 1

1. 2 Identify hazards relating to food safety  
Question 2 Page 2

1. 3 Identify ways in which food should be handled safely to avoid contamination during the  
Question 3, Page 2

following

operations:

3. Storage

4. Preparation

n

5. Cooking

6. Serving

7. Re-

heating

1. Explain why it is important to handle food safely. [1. 1]

Safe food handling prevents food from being contaminated. It is highly important to prevent food contamination as contaminated food can cause not only headache or stomach pain but also can lead to severe health problems such as kidney failure and even death. If people who are responsible for handling the food do not take enough care for safe food handling they might put people's health at risk.

2. What are the key hazards to be aware of when it comes to food safety?

Identify at least three examples in your answer. [1. 2]

Bacterial Hazard: Over time food can be subject to a range of changes caused by micro-organisms such as bacteria, mould, yeast, viruses. As a result the color, taste texture can be affected. Some of the changes look unpleasant but they do not have to be dangerous for human's life although

some forms of bacterial contamination, caused by pathogenic bacteria, causes the food to become inedible or a potential hazard to health.

Foreign Bodies: The food may be contaminated by the foreign body even before the food is reaching the home.

Examples of foreign body:

I pieces of metal, wood, plastic and food packaging,

II bones, shells, pips, stalks and stones.

III hairs, jewellery, plasters, nails, saliva

Allergic Hazard The most common food that cause allergic reaction are milk, soya, nuts, seafood. Even just a tiny bit of certain food can cause severe reaction. Food allergic can lead to anaphylaxis. Sufferers can experience swelling of the throat, breathing problems and potential collapse. Food labels have to always inform if the food might have any contact with any of food that can cause allergic reaction.

Chemical Hazard

3. Complete the table below by identifying how food should be handled in order to avoid contamination during each of the operations listed: [1. 3]

Operation	How food should be handled
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Storage	Every type of food has an ideal
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storage  
conditions. If food  
is stored in a  
wrong way the  
food can quickly  
become inedible  
or unusable.

Keep the highest  
hygiene standard  
at the place  
where food is  
being prepared.

Preparation  
on

The person who  
prepares the  
food should  
follow the  
highest hygiene  
standards.

Cooking

Food should be  
cooked  
thoroughly to  
avoid bacterial  
contamination. If  
the

temperature of  
cooking is not  
high enough  
then bacteria  
may survive and  
people eating  
undercooked  
food risks  
becoming ill.

It is important to  
ensure that hot  
food don't go  
cold, perishable  
foods are not left  
in room

Serving

temperature for  
longer than two  
hours and  
people do not  
make contact  
with food they  
do not intend to  
eat.

Re-

Food shouldn't

heating be re-heated  
more than one  
time.

Re-heated food  
must be  
minimum 75  
degrees C.

To check the  
temperature of  
food an  
appropriate  
thermometer  
should be used.

Take particular  
care when  
feeding pre-  
heated food to  
vulnerable  
people.

For food such as  
soups be sure to  
stir them so the  
whole foodstuff  
is at required

temperature.

Now that you have completed Part 1 of your Assessment, remember to save the work you have done so far – you will need to send your work to your tutor for marking once you have completed all 7 Parts of this Assessment.

## Part 2: Personal hygiene

This part will help you to evidence Learning Outcome 2: Know the importance of personal hygiene when handling food

Learning objective	Place in Assessment
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2. 1 Explain ways of maintaining personal hygiene when handling food that helps reduce the risk of contamination	Question 1 Page 3
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2. 2 Identify how and when	Question 2a Page 4
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to wash hands      Question  
2b Page 5

2. 3 Describe

potential

problems

resulting from      Question

not maintaining 3 Page 5

personal

hygiene when

handling food

1. Explain three ways of maintaining personal hygiene when handling food.

Also provide a brief explanation as to how these efforts can reduce the risk of contamination. [2. 1]

a)

People should avoid touching or combing their hair while handling with food as hairs can physically contaminate the food. In commercial environment food handlers have to cover their hair with a hair net or other form of covering. These efforts reduce risks of getting hairs into food what is not only not pleasant but also have a potential to be harmful to death.

b)

People should take off jewellery while they handle the food. Jewellery can harbour bacteria and dirt and also brings a risk of physical contamination

c)

People should ensure their nails are short and tidy while they handle food. The food handler shouldn't use nail varnish or fake nails that can drop off. Following these rules reduces risks of physical contamination (bits of nails, varnish, dirt under nail, or pieces of fake nails can contaminate the food)

2a. Read the case study below describing a typical day for Chris. Afterwards, identify three situations where he should have washed his hands. [2. 2]

*Chris works in a sandwich shop every weekday from 9am to 6pm. He gets up and out of bed at 7 and jumps into the shower straight away. Once dressed, he heads downstairs for breakfast. Today, he's decided to have his favourite; bacon sandwiches. He puts the bacon into the sizzling hot pan and waits until it is brown and crispy. He also chops up some fresh tomatoes from the fridge before putting together his meal. He is running late so takes his sandwich with him to the bus stop. He needs to finish it quickly to pay for his ticket and hold on to the side bar because the journey is unusually bumpy and busy. When he arrives at work, Chris puts on a plastic apron and gloves immediately and positions himself behind the counter awaiting his first morning customers. By lunchtime, Chris has put together 34 sandwiches and he sets about making the total 35 by preparing his own. Once he has made his lunch, Chris removes his gloves and apron and sits himself in the staff room, ready to reward his hard work. Between mouthfuls, he decides to make a cup of tea so wanders over to turn the kettle on and get a spare mug from the cupboard. He sits himself back down until the kettle has boiled*

*which conveniently coincides with his final bite. He places his plate in the dishwasher, makes his tea and prepares to head back to his second shift.*

*After returning home from work, Chris quickly uses the bathroom before beginning to prepare his dinner. He takes some chicken from the fridge and cuts it into cubes for a stir fry. Whilst doing so, his phone rings so he runs to answer it. It's his mum, so he finds comfy place to sit down as he expects it will be a long chat!*

Your answer:

- a) before touching bacon, after touching bacon and before cutting tomatoes
- b) When arriving to work before he starts making sandwiches and before coming back to work after the break
- c) Before cutting the chicken

2b. Prepare some simple instructions that could be used to explain the correct technique for hand washing. [2. 2]

- use warm water and good amount of soap
- rub palm to palm
- rub backs of both hands
- rub palm to palm with fingers interlaced
- rub backs of fingers ( interlocked)
- rub each thumb clasped in opposite hand using a rotation movement
- rub both palms with fingertips
- dry thoroughly in clean paper towel or use hand dryer

3. Describe three potential problems that can result from not maintaining personal hygiene when handling food. [2. 3]

a) foreign object contamination

If people who deal with handling the food don't keep high hygiene standards as covering their hair, wearing appropriate clothes, keeping nails clean and tidy or they wear jewellery while they handle any food they might contaminate food with foreign objects such as for example: hairs, pieces of jewellery, pieces of nails or clothes.

b) Food poisoning bacteria

Lack of personal hygiene can result in food poisoning bacteria. To avoid it people handling the food should remember to wash their hands, keep the kitchen area clean, not to store rice at room temperature for sustained period, carefully cook and cool the food, wash thoroughly the meat, fish and vegetables, not to use damaged cans, preserve food carefully, keep raw and cooked food separately, keep food at safe temperature, keep animals away from food, avoid coughing and sneezing on food, cover cuts, pay attention to use by dates.

c) Foodborne disease

Foodborne illness is caused by consuming contaminated foods or beverages. Many different disease-causing microbes or pathogens can contaminate foods, so there are many different types of foodborne illnesses.

Most foodborne diseases are infections caused by a variety of bacteria, viruses, and parasites. Other diseases are poisonings caused by harmful toxins or chemicals that have contaminated food.

Of note many foodborne pathogens also can be acquired through recreational or drinking water, from contact with animals or their environment, or through person-to-person spread.

Here are a few dos and don'ts to prevent food borne illness:

\*Don't leave foods that need to be chilled sitting out. Refrigerate and freeze necessary foods right away.

\*Do use a meat thermometer to make sure your food is cooked thoroughly.

\*Do wash your hands for at least 20 seconds with warm, soapy water before and after handling any raw meats, fruits and vegetables.

\*Do wash utensils and disinfect surfaces before and after use.

\*Don't defrost food on the kitchen counter. Instead, use the refrigerator, cold running water, or the microwave oven.

\*Don't let food marinate at room temperature.

\*Keep marinating food refrigerated.

\*Don't over pack the refrigerator.

Now that you have completed Part 2 of your Assessment, remember to save the work you have done so far – you will need to send your work to your tutor for marking once you have completed all 7 Parts of this Assessment.

### Part 3: Storing food

This part will help you to evidence Learning Outcome 3: Know how to store food safely

Learning objective  
Place in Assessment

3. 1 Explain how to store the following types of food correctly to avoid contamination:

Question  
1 Page 6

- Fresh
- Convenience
- High risk
- Low risk

3. 2 Explain why it is important to follow food

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storage

instructions

1. In the table below, explain the correct way to store the different food types in order to avoid contamination: [3. 1]

Food type	Storage method
Fresh	Raw meat, fish and poultry should be stored in the bottom of a fridge below ready to eat food. Fresh salad vegetables should be stored in lidded boxes in a fridge to prevent it from being contaminated by drips from

raw food.

Convenience

food should

Convenience have a label

ce saying what is  
its best storage  
method.

High risk food

should be

kept in low

temperature

environment

High risk

such as

refrigerator and

only for short

duration

outside of that.

Can be stored

in dry, cool, dry

Low risk

area , ideally in

the shade.

2. In 50 words or less, explain why it is important to follow food storage instructions. [3. 2]



It is important to follow food storage instructions to be sure that the food is being kept in right condition and to prevent food spoiling to quickly and to reduce risk of food poisoning.

Now that you have completed Part 3 of your Assessment, remember to save the work you have done so far – you will need to send your work to your tutor for marking once you have completed all 7 Parts of this Assessment.

#### Part 4: Importance of correct food storage

This part will help you to evidence Learning Outcome 4: Know how food storage can affect the nutritional value of food

Learning objective	Place in Assessment
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#### 4. 1 Outline

how storage

methods can Question 1

affect the Page 8

nutritional

value of food

1. Outline in 50 words or less, how storage methods can affect the nutritional value of food. [4. 1]

Nutrition in food is prone to change with time. Exposure to light, temperature, water or oxygen can cause all sorts of reactions in food what effects in nutritional changes of the food.

Now that you have completed Part 4 of your Assessment, remember to save the work you have done so far – you will need to send your work to your tutor for marking once you have completed all 7 Parts of this Assessment.

### Part 5: Keeping the food work area clean

This part will help you to evidence Learning Outcome 5: Know how to keep the food work area clean

Learning objective	Place in Assessment
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5. 1 Describe

why it is

important to

keep the food

work area

clean, hygienic

and disinfected

Question

1 Page 9

5. 2 Outline

ways of

keeping the

food work area

Question

2 Page 9

clean, hygienic  
and disinfected

1. Describe why it is important to keep the food work area clean, hygienic and disinfected. [5. 1]

Keeping the food work area clean, hygienic and disinfected eliminates bacteria growth, reduces bacteria to safe level, creates the environment that is unattractive to pests and vermin, minimises the possibility of cross contamination, results in a clean and safe environment for the people who are preparing the food.

2. Outline three actions that you can take in order to keep the food work area clean, hygienic and disinfected. [5. 2]

a)

To avoid cross contamination you can restrict some food preparation and cooking tasks to specific part of the kitchen. You can also have dedicated equipment for certain tasks, such as colour coded chopping boards.

b)

Disinfect food contact surfaces, hand contact surfaces as well as equipment used to clean the kitchen to avoid cross contamination .

c)

Clean the kitchen area systematically and implement kitchen cleaning schedule.

Now that you have completed Part 5 of your Assessment, remember to save the work you have done so far – you will need to send your work to your tutor for marking once you have completed all 7 Parts of this Assessment.

## Part 6: Checking food is cooked to the correct temperature

This part will help you to evidence Learning Outcome 6: Know how to check food is cooked to the correct temperature

Learning objective	Place in Assessment
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6. 1 Describe why it is important to ensure that food is cooked to the correct temperature	Question 1 Page 10
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6. 2 Give examples of ways to check food is cooked to the correct temperature	Question 2 Page 10
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1. Describe why it is important to ensure that food is cooked to the correct temperature. [6. 1]

Bacteria multiply in the temperature between 5 and degrees 65 Celcius. Bacteria are killed in the temperature above 75 degrees Celcius so it is important to check the food is cooked all the way through to be sure there is no threat to people's health.

2. Give two examples of how you can check that food is cooked to the correct temperature. [6. 2]

Example 1:

You can use a food thermometer to check if the food is cooked in a correct way.

Example 2:

You can also see if food is piping hot and steam is visible before the food is served.

Now that you have completed Part 6 of your Assessment, remember to save the work you have done so far – you will need to send your work to your tutor for marking once you have completed all 7 Parts of this Assessment.

Part 7: Disposing of food waste

This part will help you to evidence Learning Outcome 7: Know how to dispose of food waste safely

Learning objective      Place in Assessment

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## 7. 1 Describe

why it is

Question 1

important to

Page 11

dispose of food

waste safely

## 7. 2 Outline

how to dispose Question 2

of food waste Page 11

safely

### 1. Describe why it is important to dispose of food waste safely. [7. 1]

It is important to dispose of food waste safely to avoid cross contamination- when the food is no longer going to be consumed it should be thrown away straight away. If we leave the unwanted food at home it can be a place where bacteria are able to thrive. Bacteria can be spread to other food that still can be consumed what causes a risk for human's health.

It is also important to dispose of food waste in a safe way to avoid pests at home.

### 2. Outline two ways in which you can dispose of food safely. [7. 2]

a) Do not leave food waste uncovered before throwing it away. Waste needs to be disposed of immediately

b) Clean with water food containers and food packaging. This removes small bits of food that can facilitate bacteria growth.

Now that you have completed all 7 Parts of this Assessment, go to [www.vision2learn.com](http://www.vision2learn.com). Log in to the platform and send your Assessment to your tutor via your My Study page for marking. Good luck!

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