

Usage of ebrary references health essay

[Health & Medicine](#)



**ASSIGN
BUSTER**

Name

:

Amalina Hazwani Bt Ahmad RamlilC

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900923105542Index No

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PP102752Batch No

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T3 2012CAMPUS

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PENANGWORD COUNT

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Assignment / Group Project & Presentation Assessment form

Course:

Private and Confidential

This form is to be kept and submitted together with the assignments/projects to the exam department

Module : Date Submitted:

MAXIMUM POINTS (%)

Award of Marks for Assignment

Q 1

Q 2

Q 3

Q 4

INTRODUCTION & ADDRESSING THE PROBLEM (introduction to the topic in question and explanation of the issue)5
 RELEVANCE OF RESEARCH(sources of reference/ Bibliography)10
 ACCURACY OF CONTENTS (relevance of answers)15
 FINDINGS (quality & supporting details from research from the
 USAGE OF EBRARY REFERENCES15
 APPLICATION (demonstration of practical examples)10
 CONCLUSION AND RECOMMENDATIONS (quality of conclusion and recommendation)10
 LANGUAGE QUALITY (Grammar, Vocabulary, Sentence Structure)10
 STRUCTURE & PRESENTATION (professional business-like style with logical flow and clarity of presentation and adherence to word count)5
 100% ATTENDANCE (fulfillment of attendance to all classes)5
 ORIGINAL PIECE OF WORK (evidence of not being cut-and-paste)15
 Sum(a-k)
 TOTAL POINTS (WRITTEN PROJECT)100% EACH
 ANSWER100%
 $j_1 + j_2$
 TOTAL POINTS (WRITTEN PROJECT) DEDUCTION
 LATE SUBMISSION: 2% is deducted per day of delay from the due date of submission, from total marks awarded; ADHERENCE TO WORD COUNT: (10% more or less is permitted)5% point should be deducted for non-adherence to word count
 1-5 days late, deduct 2% per day. 6-10 days late, deduct total of 15%
 l-m
 FINAL POINT
 TOTAL POINTS (WRITTEN PROJECT) CONVERT TO 30%
 FROM TOTAL OF BOTH ASSIGNMENTS

IC Number

Full Name of Student

PRESENTATION MARKS CRITERIA

Assignment Points Carried Down from (n) above

Final Points

Knowledge of Topic/s presented & student's own work

Presentation Quality

(ppt quality)

Quality of Communication & English Language

Grooming & Dress Sense

Total Points

Final Award of Marks

(60%)

(10%)

(20%)

(10%)

(100%)

(10%)

(30%)

(40%)

Add students to below for group projects

PLAGIARISM WILL RESULT IN AN AUTOMATIC FAILURE

Overall observation for this student's assessment:

Note: This assignment assessment form is used to indentify strengths and weaknesses of student's assignment work. Points allocated above do not indicate the actual mark given for the assignment. Final mark will be allocated after exam board's confirmation. Assessor's SignatureDate: OC logo-revised-bw. jpg

Assignment / Group Project & Presentation Assessment STUDENT'S FEEDBACK form

Course:

private and Confidential

This form should to be returned to the student (for Assignments) or the group leader (for Group Project)

The Group Leader is responsible for communicating this to group members.

Student's Name (Individual or Group Leader) :.....

..... Module : Date Submitted:

**RECOMMENDATIONS FOR IMPROVEMENT BY
MODULE TUTOR. SEE THOSE WHICH HAVE BEEN
TICKED.**

FOR BOTH INDIVIDUAL & GROUP WORK

TICK

FOR BOTH INDIVIDUAL & GROUP WORK

TICK Student's work is in his/her own words The word count is beyond the limit Effective use of diagrams & referencing There is no evidence of the students own ideas, recommendations etc Displays a wide range of information and has used own style of presentation Too much of the material is taken from on-line sources Has used appropriate examples to show understanding of the question and subject It is evident that proof reading has not been thorough From the bibliography, the student shows that there was sufficient research done There is insufficient data Displays that sufficient knowledge was derived from a variety of sources - books, newspapers, website, experience and is not only from one source For Group Projects, there is no evidence of the team work Recommendations and conclusions are appropriate There is some information which is wrong There is sufficient evidence, that the work is not of a cut-and-paste piece of work There is too much information which has not been filtered There is originality and creative output in this piece of work The work is sloppy and does not appear to be a professional business document Language needs improving There are errors in format Ideas written need to be explained further There is no evidence that in-depth research was carried out

This image shows a full page of primary-ruled notebook paper. It features ten sets of horizontal lines. Each set consists of two dotted lines above a solid midline, providing a guide for letter height and placement. The lines are evenly spaced across the entire page.

Note: This assignment assessment form is used to indentify strengths and weaknesses of student's assignment work. Points allocated above do not indicate the actual mark given for the assignment. Final mark will be allocated after exam board's confirmation. Assessor's SignatureDate:

IndexContentPage1Assesment Form2-52Question 1 & 273Question 19-124Question 214-185References196Viper Report20Question. As a food safety expert, what considerations would you advocate to ensure a " food-safety" facility? Explain briefly. Discuss the concept of HACCP and risk analysis in the context of food safety. Question 1. As a food safety expert, what considerations would you advocate to ensure a " food-safety" facility? Explain briefly. Food safety requires a lot of action to be taken to ensure the food are in good condition to be served to the customer. Food safety defines

hazard, contamination, and risk and control measure. These are the main thing we need to look into for making sure the food is safe to customer and guests. Food and safety involves the prevention of the contamination, temperature control, time control, personal hygiene, cleaning, pest control and maintenance of premises. There are also a few steps should be taken to advocate to the safer kitchen and making sure there are controlled situations for preparing the foods. Food safety are defines as hazard, contamination, risk, control measure and food safety. Food safety involved prevention of cross contamination, make sure the food will not being attacked by bacteria, virus and parasites. Set the temperature and time control to make sure the food being well prepared and no over cooked or under cooked. Personal hygiene should be taking care of the food handlers, follow the rules and regulation of having a good hygiene, wash hand, utensils and good antibody. Environment also must be clean always as to ensure the viruses and bacteria will not be spread around the air and into the food. Cleaning up would help the environment clean and also free from any insect pests such as cockroaches, rats, termites and others. Maintenance of premises should be done daily for minor cleaning before or after operating hour and major cleaning at least once a month and regular check will help to ensure all the equipments and cleanliness of the restaurant or working environments. Cost should be pay for poor food safety a disciplinary or redundancy action will be taken to the employee who failed to do so. Poor staff morale also will affect to the poor food safety as they do not follow the rules and regulation to the safety food and food hygiene. This will encourage to the food poisoning and food contamination for the guest who ate the food. So a legal action such as summon will be issued by the customer to the restaurant or manager of the

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restaurant as they are failed to ensure the food is safe to eat and ignorant disregard for the food that been served to the customer. Furthermore, in our country we do have food safety legislation. There are food safety and the law according to the rules and regulations, food safety prosecutions, training the employee based on how the working environment and how the things work there. Lastly, an EHO (Environment Health Officer) visit to the restaurant. They have rights to shut down the business according to these steps. The EHO will check on the kitchen or working area regularly and take a sample of the food back to lab and bring out a test and results. Examine a record to the business who failed to complete the level of safety food, then they will provide an advice to the manager of the restaurant or business and at the end of it they will serve a notice if they still stubborn and refuse to do so.

Type of food safeties hazards are biological, physical, chemical and allergenic. From the definition of biological there are from bacteria, parasite and viruses. This microorganism are too small to see, too small to taste and too small to smell and the bacteria are surrounds us in the air that we breathe into. This biological microorganism can transfer from one place to another through air or touch. We as a human also are the main object that produces bacteria. As an example, the bacteria can be spread from sneezing, coughing and talking or laughing. As for that, we as the food safety worker should ensure the workers are free from all this type small tiny particles. Bacteria, parasite and viruses are the main reason of food poisoning or food infection. This tiny microorganism can upset the digestive system to those who have poor antibody. Besides that, it will make us fall sick such as diarrhea and vomiting and this is the symptoms of the food poisoning. It can also be produce by the toxin inside our body and within age baby to adult,

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there is particularly type of food that we can eat and can't eat. As a physical hazards, the main reasons come from the raw material such as the condition of the meat itself either it still can be use or overdue. Next is objects that came from the building and equipments such as screw or nails and the food handlers whom handling the food. The workers have to make sure their DNA does not fall into the food that has been prepared. Employee also must guarantee that the utensils are safe to use and free from the chemical from the detergent or any kind of washing material. Allergenic also one of the types of food safety hazards, some of the people cannot take seafood, milk, egg, peanuts, certain type of fish or even a food that contains coconut milk. Symptoms of the allergenic are sickness, rashes and also difficulty of breathing and speaking. As a food handlers we must concern about what customer are allergic to. Or otherwise it will not be a safety food anymore. In the process of food storage or preparing a food, we must set a time and temperature control to make sure the food will not spoil and become a contaminated food. With the delivery services, it has to be delivered safely and the bag or box container for the food is not exposed to the consequences of having a bacteria or any harmful material. Food should be kept in a proper storage as an example an air tight container and preparation should be quick and clean so the food will not turning into non fresh food. The heat for each dish should be perfect and time taken should be on time so the food will not becoming under cook or over cooking. By servicing the food, the waiter or waitress should follow all the procedure of food serving and food handling. There are many benefits of food safety; it is by making sure the food is safe to eat and to be served to the people. Besides it will reduce the food waste where the customer will finished the

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delicious food and will come back for more. There will be a compliance with the law where employee and manager will follow steps to ensure a good food and safer food to the entire customer. This is lead to increasing a good morale to all the staff and brings a good publicity to the restaurant and maintains a very good business. As a conclusion, food is a main thing people look into nowadays, as a food expert we have to ensure a food safety to all the customer and guests so they will be happy and secure to dine in the restaurant. A good morale to food safe will gave a good thought to all people around us and this make the world go clean and practice a good hygiene and food safe. Follow rules and regulations are the most important thing of all. By follow all the steps; we would advocate a safe food and a safe environment to all.

Question 2

Discuss the concept of HACCP and risk analysis in the context of food safety. Type of food safety hazards is biological, physical, chemical and allergenic. From the definition of biological there are from bacteria, parasite and viruses. This microorganism are too small to see, too small to taste and too small to smell and the bacteria are surrounds us in the air that we breathe into. As a physical hazards, the main reasons come from the raw material such as the condition of the meat itself either it still can be use or overdue. Next are objects that came from the building and equipments such as screw or nails and the food handlers whom handling the food. Employee also must guarantee that the utensils are safe to use and free from the chemical from the detergent or any kind of washing material. Allergenic also one of the types of food safety hazards, some of the people cannot take seafood, milk, egg, peanuts, certain type of fish or even a food that contains coconut milk. In dealing with food risk and contamination, there is HACCP (Hazard Analysis Critical Control Point) procedure that we

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need to follow. There is seven principle of HACCP; Conduct a hazard analysis, determine critical control point, establish critical limit, establish monitoring procedure, identify the system work and establish procedures for record keeping and documentation. HACCP (Hazard Analysis Critical Control Point) is a system that be used to control a risk and hazards throughout the flow of food. It is systemized approach to preventing food illness during the production and preparation of food. Once identified, the hazards can be prevented, eliminated, or reduced to safe levels. To be affective, a HACCP system must be used on a written plan that is specific to each facilities menu, customers, equipments, processes, and operations. A HACCP plan is approach on seven principal outlined by the National Advisory Committee on Microbiological Criteria for Foods. These principles are seven sequential steps that outline to create a HACCP plan. In the general terms, Principles 1 and 2 is to identify and evaluate hazard and risk. Principle 3, 4 and 5 help to control hazard and get the solution of the next steps. Principle 6 and 7 will maintain the system that we already do and verify the effectiveness. The seven HACCP (Hazard Analysis Critical Control Point) principles are; Conduct a hazard analysisFirst, do an analysis to identify and assess a potential hazard in the food that have been serving, start by taking a look into how it has been processed in the kitchen area. Understanding the operation and determining what food safety hazards are likely to occur. The manager needs to understand how the people, equipment, methods, and foods all affect to each other. The processes and procedures used to prepare the food are also considered. This usually involves defining the operational steps - receiving, storage, preparation and cooking. There are many types of food are processed similarly such as salad, sandwich and others. To identify the

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ingredients, it can be review in the menu of the food itself. Determine critical control pointIt is necessary to control measures in principle 1 are determined, it is necessary to identify which of the control measures are absolutely essential to ensuring a safe food. An operational step where control can be applied and it is essential for ensuring that a food safety hazard is eliminated, prevented or reduced to an acceptable level is a critical control point. Establish critical limitEach critical control point should have boundaries to define a food safety. Critical limits are the parameters that must be achieved to control a food safety hazard. As an example, chicken breasts should be met in the boiler for sixteen minutes or else the food will not safe or over or undercook. Establish monitoring procedureOnce Critical Control Points and critical limits have been determined, someone needs to keep track of the CCP as the food flow through the operations. As an example, at Jericho's, each charbroiled chicken breast is cooked to order. The team decided to check the critical limit by inserting a clean and sanitized thermocouple probe into the thickest part of each chicken breast. The grill cook is required to check the temperature of each chicken breast after cooking to ensure that is has reached the minimum internal temperature if 165 Fahrenheit equal to 74degree Celsius for fifteen minutes. Identify corrective actionEstablish a plan for whatever things that happened when a critical limit has not been met at a critical control point. As an example, if the chicken breast has not reached its critical limit within the sixteen minute cook time, the grill cook at Jericho's must keep cooking the breast until it has reached it. This and all other corrective actions are noted in the temperature log. Verify the system workHave to make sure everything runs smoothly, sound to effectively control the hazards. This step is to ensure that the

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system is operating according to what is specified in the plan. Establish procedure for record keeping and documentation Certain records or kinds of documentation that are needed in order to verify that the system is working. They should determined that the time temperature logs should be kept for three months and receiving invoices should be kept for sixty days. Another example of HACCP principles are; analyzing hazards, determining critical control points, establishing critical limits, establishing monitoring procedures, identifying corrective actions, verifying that the system works and establishing procedures for record keeping. The objective of HACCP (Hazard Analysis Critical Control Point) is to guide a small and medium scale of food business and industries on a basic hygiene and sanitation requirements to ensure production of wholesome food. It is also to assist them to fulfill the requirements for HACCP implementation and rules and regulations. The scope of HACCP applies to all food industry on a processing industry in Malaysia, which cover from the raw materials to the finishing food to be served to the customer and guests. The documentation provides general guidelines and does not include more specific code of practice applicable to a particular sector. HACCP plan is required when preparing a food in the ways listed below; Smoking food as a method to preserve it; but not to enhance the flavor Using food additives or adding components such as vinegar to preserve or alter it so it no longer requires time and temperature control for safety. Curing food Processing animals or meats. Packaging food using reduced oxygen packaging method Treating and packaging juice on site for later sale Sprouting beans or seeds Offering live, shellfish from a display tank. The benefits of HACCP are to facilitate and expedite the issuance of Health Certificate which is not depending on end of product

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testing. To reduce the frequency of regulatory inspection on food premises and sampling. To enhance safety of food produced by food premises. To fulfill the global requirements of food safety including the application for approval number for the exporting of fish and fishery products. To improve the marketability of the certified product and to gain recognition by use the HACCP logo upon certification.

Refferences :

[http://www. mhlw. go. jp/english/topics/importedfoods/guideline/dl/05. pdf](http://www.mhlw.go.jp/english/topics/importedfoods/guideline/dl/05.pdf)

[http://www. fda. gov/Food/FoodSafety/HazardAnalysisCriticalControlPoints HACCP/HACCPPrinciplesApplicationGuidelines/default. htm](http://www.fda.gov/Food/FoodSafety/HazardAnalysisCriticalControlPointsHACCP/HACCPPrinciplesApplicationGuidelines/default.htm)

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Books : ServSafe Coursebook : Chapter 10: Food Safety Management System