

Hygiene & Food Safety

Information and Work Booklet

For Students & Parents/ Carers

Name:

Group:

Please read through this booklet and take note of any points you did not already know for use in our practical lessons. 😊

Facts/Information taken from:

- Food Standards Agency
- NHS Website
- Other food safety sites

Why you should never wash raw chicken:

Washing raw chicken before cooking it can increase your risk of food poisoning from campylobacter bacteria.



Splashing water from washing chicken under a tap can spread the bacteria on to hands, work surfaces, clothing, and cooking equipment.

Water droplets can travel more than 50cm in every direction. Only a few campylobacter cells are needed to cause food poisoning.

Campylobacter is the most common cause of food poisoning in the UK.

Most cases of campylobacter infection come from poultry. About 50% of the chicken sold in the UK carries the bacteria.

Campylobacter poisoning can cause tummy pain, severe diarrhoea, and sometimes vomiting for between two and five days.

Find out more about the symptoms of food poisoning.

In certain cases, however, it can also lead to irritable bowel syndrome, reactive arthritis and Guillain-Barre syndrome.

How to prevent campylobacter poisoning:

1. Cover and chill raw chicken

Cover raw chicken and store it at the bottom of the fridge so juices can't drip on to other foods and contaminate them.

2. Don't wash raw chicken

Cooking will kill any bacteria present, including campylobacter, while washing chicken can spread germs by splashing.

3. Wash used utensils

Thoroughly wash and clean all utensils, chopping boards and surfaces used to prepare raw chicken. Wash hands thoroughly with soap and warm water after handling raw chicken. This helps stop the spread of campylobacter.

4. Cook chicken thoroughly

Make sure chicken is steaming hot all the way through before serving. Cut into the thickest part of the meat to check that it's steaming hot with no pink meat and the juices run clear.

<http://www.nhs.uk/Livewell/homehygiene/Pages/Washing-chicken-can-cause-campylobacter-food-poisoning.aspx>

Top tips - cooking with mince

There is much to love about mince. Not only is it extremely budget-friendly, it is also very versatile and can be used for dishes like burgers, meatballs, shepherd's pie, chilli con carne and tacos. There is no reason to view it as a lesser cut of meat; it is simply meat that has been put through a mincing machine to break it down into smaller pieces. You can get many different types of mince, from beef, lamb, and pork, to turkey, and some of them, like beef come in a range of qualities. The percentage of fat is generally on the label in a supermarket or butcher's shop so it allows you to be more health conscious in what you select. A good tip is to buy a smaller amount of leaner (and better quality) mince and bulk up your dish with vegetables.

If I see brown - grey mince in the supermarket fridge, is it gone off? Is it safe to eat?

Fresh minced meat can change colour from a bright red colour to a brown-grey colour during its shelf life. This is a natural process and a brown-grey colour under the surface does not mean that the meat is gone off or unsafe to eat. If the mince is within the 'use by' date, then it should be ok to eat once cooked thoroughly.

What is the correct way to store mince?

Minced meat should be kept refrigerated (5 degrees or less) at all times until cooked thoroughly and consumed. When transferring mince from the supermarket to the home, ideally store in a cooler bag or cooler box. If you do not have a cooler bag/box, ensure that the mince is put into the fridge/freezer as soon as you get home. Remember, bacteria present in mince can double every 30 minutes at room temperature. Store raw mince away from cooked or warm foods. Warm food e.g a cooked chicken, can increase the temperature of the mince and bacteria present on the mince can grow.

Tips on storing mince

- Wrap the mince so that juices are not dripping on other foods because mince juice can contain food poisoning bacteria which can cross contaminate other foods making them dangerous to eat if not cooked thoroughly
- Store raw mince away from fruit and vegetables especially those that will be consumed without cooking
- Do not leave mince in a hot car/place/locker
- Keep fresh mince and mince juices away from all other foods during preparation
- Mince juices can contain dangerous bacteria so store in a way that the juices will not be able to come in contact with other foods e.g. Store mince in clean sealed containers on the bottom shelf of the fridge, so it can't touch or drip onto other food

How do I cook mince correctly?

Minced meat must be cooked to a core temperature of 75°C or equivalent, 70°C for 2 minutes. A meat thermometer can be used to check the core temperature of mince. Remember, bacteria are not only present on the surface of mince e.g. the surface of a burger, bacteria are actually present throughout a burger including the centre. If you are only cooking the outside of a burger, the bacteria present in the centre of the burger are still present and may cause food poisoning. This is also the case for all other minced based foods. To avoid food poisoning, cook mince thoroughly, don't take any chances.

Tips on cooking mince

- If you're cooking a very large dish, such as a lasagne, check the temperature in a few places, because some parts of the dish may not be as hot as others
- Mince should not be eaten raw
- Use separate utensils for raw or partially cooked mince and cooked mince.
- Wash your hands thoroughly before and after handling mince

Can mince be frozen?

Yes mince can be frozen. Do not refreeze raw mince. If mince has been thawed, cooked thoroughly and cooled, it can be frozen again.

Tips on freezing mince

- Freeze mince before the 'use by' date
- Check the label for any specific freezing or thawing instructions Defrost meat by thawing it on the bottom shelf of the fridge on a plate away from other foods
- When mince thaws, lots of liquid can come out, which can spread bacteria to any food, plates or surfaces that it touches. Keep the meat covered so that it can't touch or drip onto other foods
- Only defrost mince in the microwave if you're going to cook and eat it straight away
- Cook mince within 24 hours of defrosting

What do I do with leftover cooked mince?

When you have cooked mince and you're not going to eat it straight away, cool it as quickly as possible and then put it in the fridge or freezer. Leftovers should be refrigerated within two hours of cooking and eaten within three days. Remember never reheat foods more than once.

How to store food and left-overs:?

Tips on storing food and leftovers to prevent food poisoning, including:

- fridge storage
- "use-by" dates
- freezing food
- storing eggs
- storing meat and poultry
- freezing and defrosting
- using leftovers
- re-using plastic bags

What goes in the fridge?

Some foods need to be kept in the fridge to help slow down germs' growth and keep food fresh and safe for longer.

These are foods marked with a "use by" date and "keep refrigerated" on the label, such as milk, meat and ready meals.

Cool down leftovers as quickly as possible (ideally within two hours), store them in the fridge and eat them within two days.

It is safe to let food cool completely at room temperature before storing it in the fridge.

Avoid putting open tin cans in the fridge, as the food inside may develop a metallic taste.

Follow the manufacturer's instructions or place the contents in a storage container or covered bowl before refrigerating.

Keep your fridge temperature at 5C or below.

If your fridge has a digital temperature display you may wish to check it against an internal fridge thermometer now and again to make sure it's accurate.

Clean and inspect your fridge regularly to ensure it remains hygienic and in good working order.

"Use-by" dates

No food lasts forever, however well it is stored. Most pre-packed foods carry either a "use-by" or a "best before" date.

- "Use-by" dates appear on foods that go off quite quickly. It can be dangerous to eat foods past this date.
- "Best before" dates are for foods with a longer life. They show how long the food will be at its best.

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Food can look and smell fine even after its "use-by" date but that doesn't mean it's safe to eat. It could still contain bugs that could make you ill.

Eating food past its "best before" date is not dangerous, but the food may not be good quality.

Freezing food

You can freeze pretty much everything, including:

- yogurt
- cheese (except soft cheese as the freezing process affects the texture)
- milk
- meat
- fish
- eggs, including boiled eggs
- bananas: peel and wrap them or place in an air tight container before freezing
- baked goods
- rice: read our safety tips
- bread

Anything with a high water content like strawberries and tomatoes will go squishy but are still fine to cook with.

Place food in an air-tight container or wrap it tightly in freezer bags or similar before placing in the freezer otherwise the cold air will dry it out.

Storing eggs

Eggs are best stored in the fridge as they are kept at a constant temperature.

Eggs can also be frozen. Two ways to freeze eggs:

- crack the egg and separate yolks and whites into separate plastic containers or food bags before freezing. This is handy for baking.
- crack the egg into a plastic tub and beat it before freezing - great for omelettes and scrambled eggs.

You can safely store a boiled egg in the fridge for a couple of days. Boiled eggs can also be frozen.

Storing meat and poultry

It's important to store meat safely in the fridge to stop bacteria from spreading and avoid food poisoning.

- Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge.
- Follow any storage instructions on the label and don't eat meat after its use-by date.
- Keep cooked meat separate from raw meat and ready to eat foods in general.

Freezing and defrosting meat and fish

It's safe to freeze meat and fish as long as you:

- freeze it any time before its use-by date
- defrost meat and fish thoroughly before cooking – lots of liquid will come out as meat thaws, so stand it in a bowl to stop bacteria in the juice spreading to other things
- defrost meat or fish in a microwave if you intend to cook straight away, or if not, defrost in the fridge overnight so it doesn't get too warm
- cook food until it's steaming hot throughout

Make sure meat is properly wrapped in the freezer or it might get freezer burn, which can make it tough and inedible.

Date and label meat in the freezer and eat it within 24 hours of defrosting.

You can freeze meat for a long time and it will still be safe to eat, but the quality will deteriorate so it's best to eat it within three to six months.

Don't worry if it's frozen for longer – try marinating it before cooking to improve texture or use herbs and spices to add flavour.

Re-freezing meat and fish

Never re-freeze raw meat (including poultry) or fish that has been defrosted.

You can cook frozen meat and fish once defrosted, and then refreeze them.

You can re-freeze cooked meat and fish once, as long as they have been cooled before going into the freezer. If in doubt, don't re-freeze.

Frozen raw foods can be defrosted once and stored in the fridge for up to 24 hours before they need to be cooked or thrown away.

To reduce wastage, divide the meal into portions before freezing and then just defrost what you need.

Using leftovers

Don't throw away leftovers: they could be tomorrow's lunch! Follow these tips to make the most of them:

- Cool leftovers as quickly as possible, ideally within two hours.
- Divide leftovers into individual portions and refrigerate or freeze.
- Use refrigerated leftovers within two days.
- When reheating food, make sure it is heated until it reaches a temperature of 70C for two minutes, so that it is steaming hot throughout.
- Always defrost leftovers completely, either in the fridge or in the microwave.
- When defrosted, food should be reheated only once, because the more times you cool and reheat food, the higher the risk of food poisoning.
- Cooked food that has been frozen and removed from the freezer should be reheated and eaten within 24 hours of fully defrosting.
- Foods stored in the freezer, such as ice cream and frozen desserts, should not be returned to the freezer once they have thawed.
- For safety and to reduce waste, only take out of the freezer what you intend to use within the next 24 hours.

Re-using bags

With more people re-using single-use plastic carrier bags or using a reusable bag for life, you can help prevent bacteria spreading to ready-to-eat food by:

- packing raw foods separately from ready-to-eat foods, in separate bags
- keeping one or two reusable bags just for raw foods only – don't use the same bags for ready-to-eat foods
- checking your bags for spillages, such as raw meat juices or soil, after every use

If there has been any spillage, soiling or damage, plastic bags for life or single-use plastic carrier bags should ideally be disposed of. Cotton and fabric-based bags for life can be put in the washing machine.

VERITAS

10 ways to prevent food poisoning

The UK has more than 500,000 reported cases of people experiencing food poisoning a year, according to the Food Standards Agency (FSA).

If you've ever had food poisoning, you'll know how unpleasant it can be, even for a fit and healthy person. Food poisoning can sometimes cause serious illness and even death.

Most people assume that food poisoning comes from restaurants, cafes and fast food outlets, but according to the FSA, you're just as likely to get ill from food prepared at home.

Follow these tips to reduce the risk of food poisoning at home.

Wash your hands

Wash your hands thoroughly with soap and hot water, and dry them before handling food, after handling raw foods – including meat, fish, eggs and vegetables – and after touching the bin, going to the toilet, blowing your nose, or touching animals, including pets.

Wash worktops

Wash worktops before and after preparing food, particularly after they've been touched by raw meat, including poultry, raw eggs, fish and vegetables. You don't need to use antibacterial sprays: hot, soapy water is fine.

Wash dishcloths

Wash dishcloths and tea towels regularly and let them dry before you use them again. Dirty, damp cloths are the perfect place for germs to breed.

Use separate chopping boards

Use separate chopping boards for raw food and ready-to-eat food. Raw foods can contain harmful bacteria that spreads very easily to anything they touch, including other foods, worktops, chopping boards and knives.

Keep raw meat separate

It's especially important to keep raw meat away from ready-to-eat foods, such as salad, fruit and bread. This is because these foods won't be cooked before you eat them, so any bacteria that gets on to the foods won't be killed.

Store raw meat on the bottom shelf

Always cover raw meat and store it on the bottom shelf of the fridge, where it can't touch other foods or drip onto them.

Cook food thoroughly

Cook food thoroughly and check that it's steaming hot all the way through. Make sure poultry, pork, burgers, sausages and kebabs are cooked until steaming hot, with no pink meat inside. Don't wash raw meat including chicken and turkey before cooking, as this risks spreading bacteria around your kitchen.

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Freezing raw chicken reduces levels of *Campylobacter* but does not eliminate it completely. The safest way to kill all traces of *Campylobacter* is by cooking chicken thoroughly.

Keep your fridge below 5C

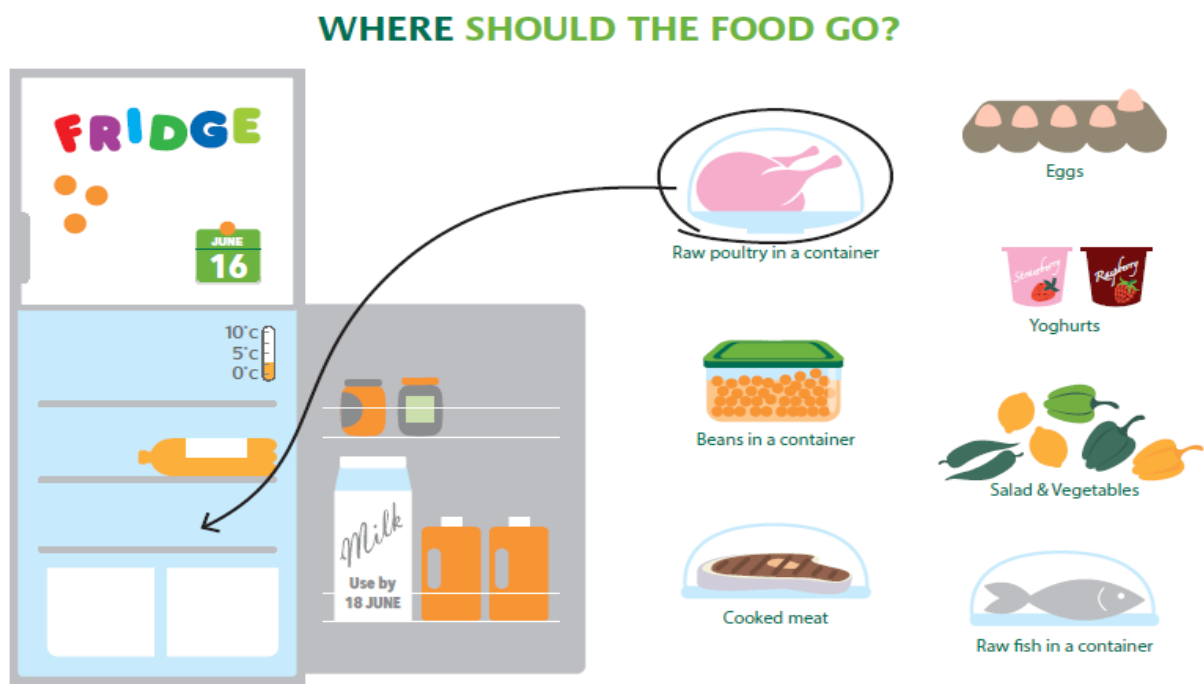
Keep your fridge temperature below 5C. By keeping food cold, you stop food poisoning bugs growing.

Cool leftovers quickly

If you have cooked food that you're not going to eat straight away, cool it as quickly as possible (within 90 minutes) and store it in the fridge or freezer. Use any leftovers from the fridge within two days.

Respect 'use by' dates

Don't eat food that's past its 'use by' date even if it looks and smells okay. 'Use by' dates are based on scientific tests that show how quickly harmful bugs can develop in the packaged food.

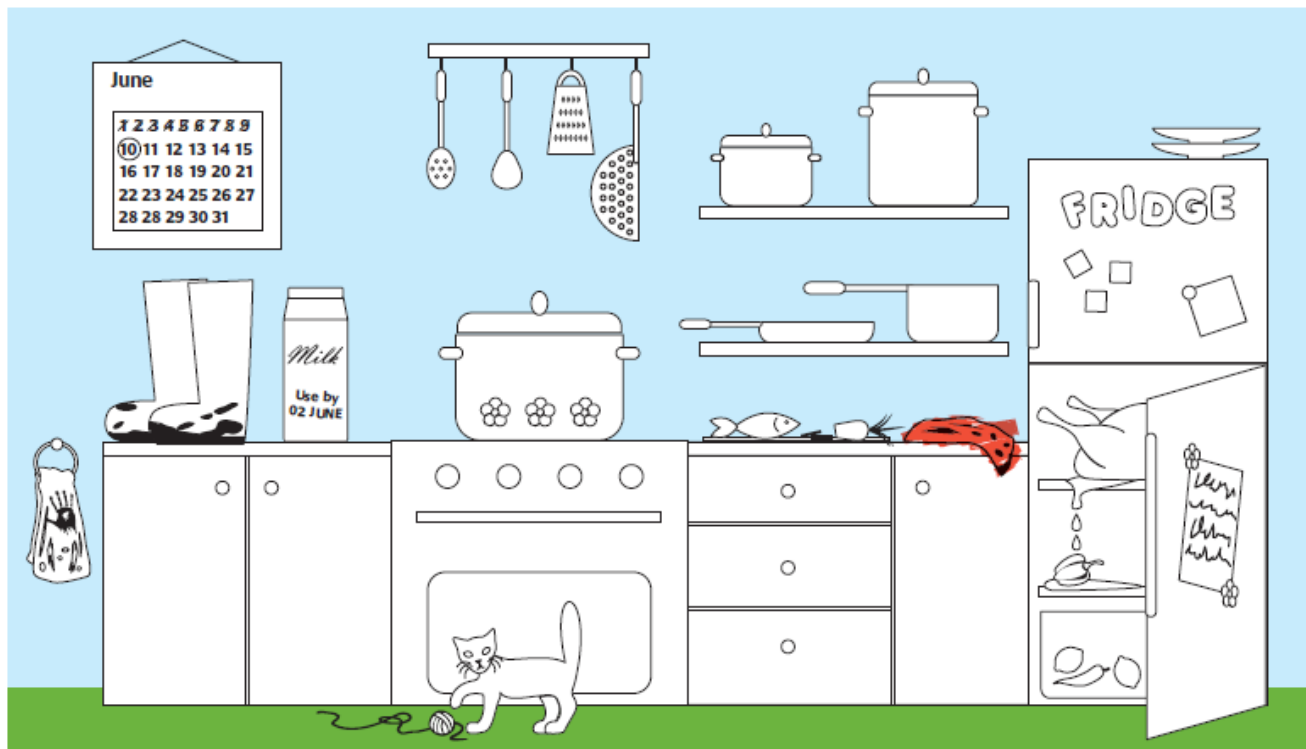


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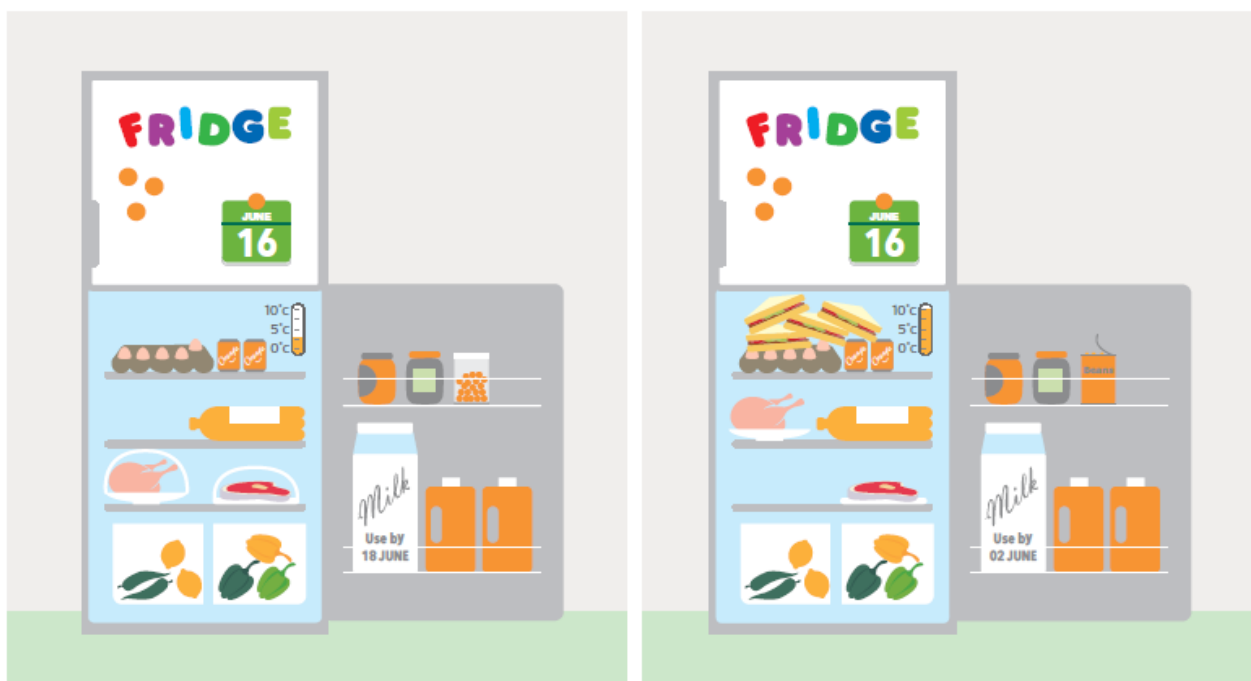
COLOUR CODE PICTURE



There are seven food safety hazards in this kitchen scene. Can you find them and colour them in red to show the potential danger? We've done the first one for you – it's a dirty dish cloth.

Instructions for adults: The kitchen scene contains seven bad examples where food safety rules are not being followed. Can your child identify what is wrong in the picture and which rules are being broken? They should colour the food safety dangers in red.

SPOT THE DIFFERENCE



YOUR FOOD **WILL** BE SAFE STORED IN THIS WAY.

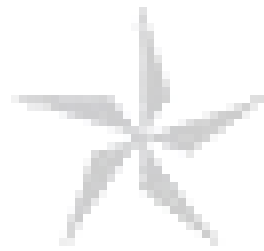
YOUR FOOD **MAY NOT** BE SAFE STORED IN THIS WAY.

There are six differences between the first and second picture. Can you spot what they are and mark them on the sheet?

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Saint Martin's



VERITAS