

BMGM4002

International Gastronomy Management

Placement: Culinary Skills

Week #1 Food Safety

Autumn 2026



Week #1-4: Food Safety

Week #4-12: Culinary Skills Placement

- Food Safety Temperatures 4Cs
- Cross Contamination Pests
- Cleaning Cooking
- The use of SFBB

What is Food Safety?

- Food safety is the absence of any risk of harm from food.
- Food safety describes the practise of managing food in such a way that the food is highly unlikely to cause any harmful effects, whether in the short term or long term, to anyone who consumes products that have been processed, stored or sold by the business.
- Food hygiene can be considered with the practical process of ensuring that food is fit to eat.



What is Food Hygiene?

- Food hygiene is not just a matter of making food premises look clean.
- Food hygiene involves protecting food against any type of contamination.
- Preventing any organism from multiplying to levels that consumers' health is at risk or that results in food spoilage.
- Destroying any harmful bacteria in food or food premises.
- Removing contaminated food so that it cannot be used for human consumption.



Total score	0 - 15	20	25 - 30	35 - 40	45 - 50	> 50
Maximum scoring factor	No score greater than 5	No score greater than 10	No score greater than 10	No score greater than 15	No score greater than 20	-
Rating	5 (top)	4	3	2	1	0 (bottom)
Hygiene standards	Very good	Good	Generally satisfactory	Improvement necessary	Major improvement necessary	Urgent improvement necessary

Why is Food Hygiene important?

- The loss of reputation: low morale, loss of business, possibly including valuable contracts, lower profits.
- Poor control of food: high levels of wastage, loss of production, spoiled food, pest infestation, food poisoning, foodborne disease, complaints.
- Higher costs: high staff turnover, legal action, fines, civil action from compensation by people who have become ill, increasing insurance premiums, closure of business.

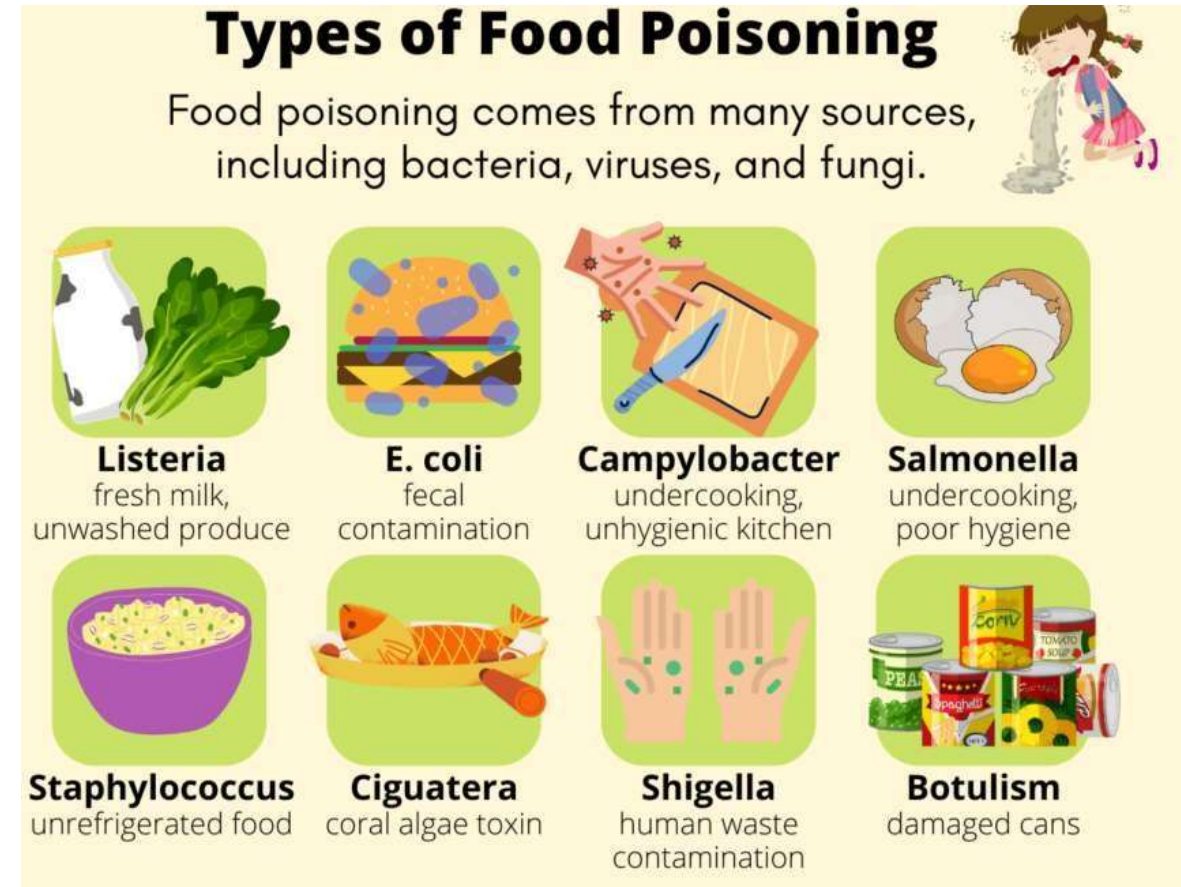
Importance of Food Hygiene



Food Poisoning

- *The FSA (Food Standards Agency) estimates 2.4 million foodborne illness cases per year in the UK — of which only a tiny fraction are ever connected to a formally investigated outbreak (2026)
- A food poisoning outbreak is defined as two or more linked cases of illness from a common food source. In the UK, foodborne outbreaks are investigated by UKHSA and its devolved equivalents in Wales (Public Health Wales), working alongside the Food Standards Agency and local authorities.
- More than half of all foodborne illness outbreaks in the UK are associated with catering establishments including restaurants, pubs, cafes, and care homes.

*All according to Food Hygiene Certificate



NHS: Food Poisoning Symptoms



FOOD SAFETY

Food poisoning usually occurs within 1 to 36 hours of eating contaminated or poisonous food. Symptoms normally last from 1 to 7 days and include one or more of the following:

- Abdominal pain
- Diarrhoea
- Vomiting
- Feeling sick
- Fever
- Dehydration
- Collapse



Every day, thousands of people in the UK suffer from food poisoning.

Many of these will be very ill and some of them will die. Those most at risk include the very young, the elderly, persons who are already ill or recovering and expectant mothers and their unborn babies.



The main reasons for food poisoning are negligence, ignorance, poor management, a poor food safety culture and a failure to implement good practices. Effective instruction and training will prevent food poisoning if the good practices food handlers are taught are implemented in the workplace.

Checklist for personal hygiene practices of food-handlers

- ☐ Uniforms, aprons (or clothes) should be clean at the beginning of a work shift
- ☐ Wear a hair restraint (hat or hairnet)
- ☐ Keep fingernails short and clean
- ☐ Avoid touching nose, mouth, hair and skin during food preparation
- ☐ Do not smoke in food premises
- ☐ Do not cough or sneeze directly onto food
- ☐ Avoid wearing jewelry while handling and preparing food
- ☐ Avoid using strong perfumes/after shaves
- ☐ Do not wear uniforms or aprons outside the food preparation area
- ☐ Cover all wounds or cuts on hands or arms completely with bright-coloured waterproof wound strip
- ☐ Wear disposable gloves if there is a wound on the hand. Change both gloves and wound strip regularly
- ☐ Food handlers to be free from any illnesses such as gastro or the flu
- ☐ Cease work and report to the manager while ill



HANDS MUST BE WASHED BEFORE:

- ☐ Working
- ☐ Handling food and utensils



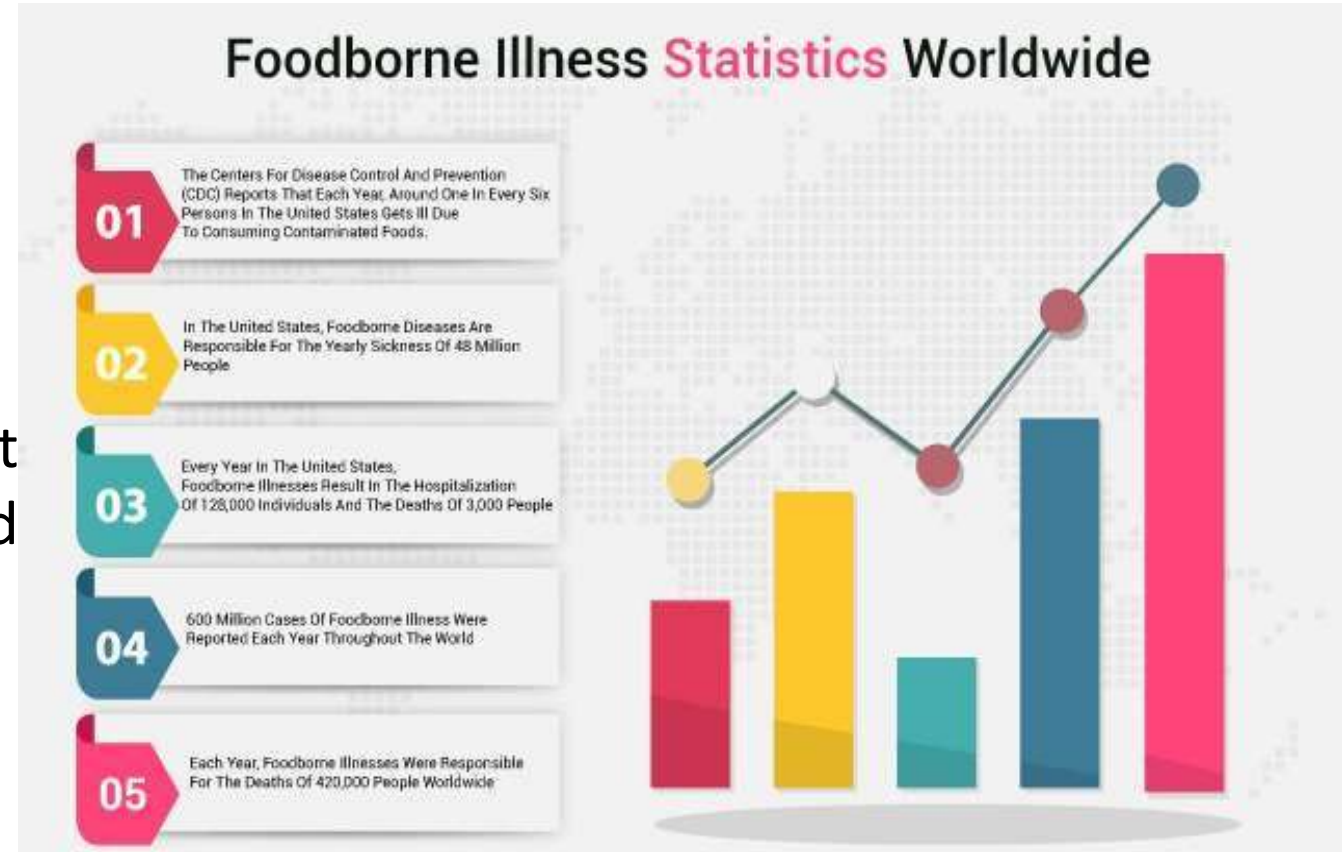
HANDS MUST BE WASHED AFTER:

- ☐ Using the toilet
- ☐ Handling raw food
- ☐ Coughing, sneezing, eating, drinking or smoking
- ☐ Licking fingers
- ☐ Every break
- ☐ Touching pimples or sores
- ☐ Handling waste
- ☐ Carrying out cleaning duties
- ☐ Changing soiled clothes
- ☐ Touching ears, nose, hair, mouth, or other bare body parts
- ☐ Handling animals
- ☐ Any other unhygienic practice



Potential reasons for any increases in foodborne illnesses

- More people are eating out.
- Convenience foods are being prepared incorrectly by the end user.
- Different types of food outlets sell more exotic foods.
- A greater number of meals are served at certain times for example Christmas and weddings.
- Misuse of equipment like microwaves ovens and refrigerators.
- Seasonal variations



What to do if food poisoning occurs?

- Notify the food business operator who may inform the environmental health practitioner when a case of food poisoning occurs or is suspected.
- Remove from sale any food suspected of causing illness and where appropriate, recall any suspected food that has been sold.
- Keep samples of suspected food and any unused food.
- Provide records of information on issues such as personnel, sickness, food purchases, traceability, and temperature control for the officer investigating any foodborne illness.
- Assist the investigation for example, by providing a room or other facilities.
- Assist in the review of food safety management procedures.
- Follow any recommendations to prevent a recurrence of the problem.



Hazards

Food safety hazards can be controlled if you understand how food becomes contaminated and how to prevent this from happening.

A **hazard** is the potential to cause harm to the consumer and the main hazards are:

- **(Micro)biological**, such as bacteria, viruses, moulds and parasites, e.g. tapeworms
- **Physical**, such as glass, screws, stones and hair
- **Chemical**, such as pesticides and cleaning chemicals
- **Allergenic**, such as peanuts, tree nuts, sesame seeds, eggs and milk etc.

Food hygiene is more than just cleanliness, it also includes all practices involved in:

- Obtaining food from a reliable, approved source
- Protecting food from risk of contamination
- Preventing any bacteria present from multiplying to high numbers
- Destroying any harmful bacteria in the food by thorough cooking or processing
- Throwing away unfit or contaminated food

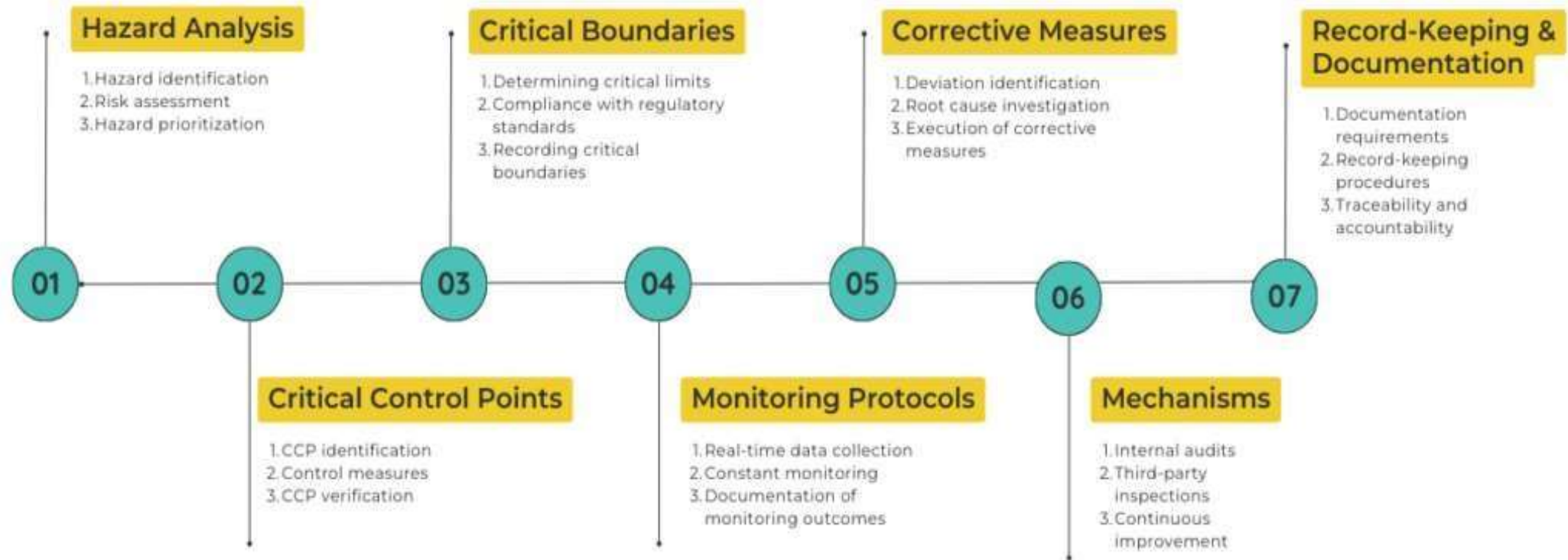
What is HACCP?

SafetyCulture



What is HACCP?

What are the 7 steps of HACCP?



References

Food Hygiene Certificate (2026). *Food Poisoning Outbreaks UK: 2026 Facts, Data & Key Insights*. Available at [https:// Food Poisoning Outbreaks UK: 2026 Facts, Data & Key Insights](https://FoodPoisoningOutbreaksUK.com) (Accessed July 2, 2026).

Food Standards Agency (2026) [Food Standards Agency - GOV.UK](https://www.food.gov.uk) (Accessed July 3, 2026)

NHS (2026) *Food Poisoning*. Available at [https://Food poisoning – NHS](https://www.nhs.uk/conditions/food-poisoning/) (Accessed July 2, 2026).