



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

200
1822 - 2022

Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales



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Food & Beverage Operations

BMIH4002

Week 8: Introduction to the Kitchen

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Learning Objectives:

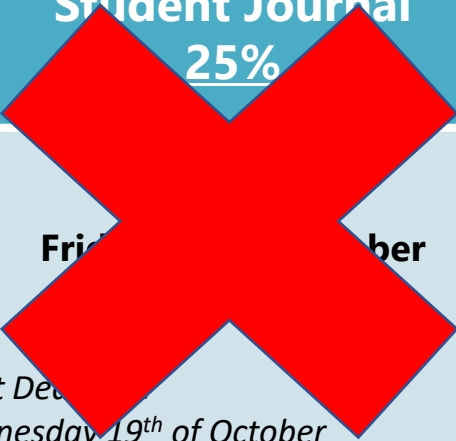
Upon completion of this **lecture**, you should:

- Have a good understanding of the 4Cs.
- Have a good understanding of the Cross Contamination.
- Know how to identify issues surrounding the kitchen and how to deal with them.
- Be able to handle food safely when working in the kitchen.
- Have an understanding of what requirements are needed to start a food business.

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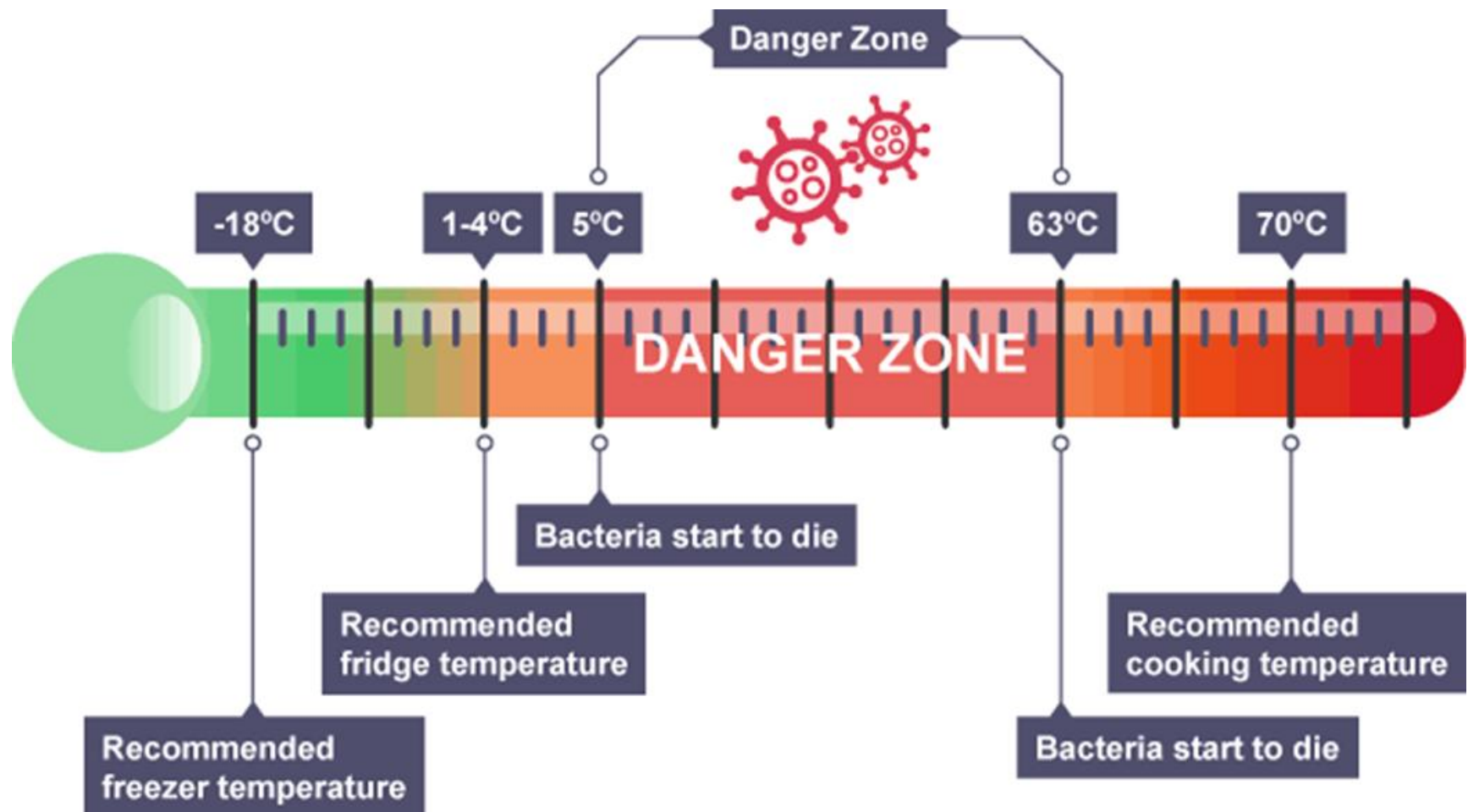
Module Assignments & Deadlines

Assignment 1 Student Journal <u>25%</u>	Assignment 2 Menu Engineering <u>25%</u>
 Friday 18th of November <i>Draft Deadline:</i> <i>Wednesday 19th of October</i>	Deadline: Friday 18th of November 11.55PM <i>Draft Deadline:</i> <i>Wednesday 9th of November</i>

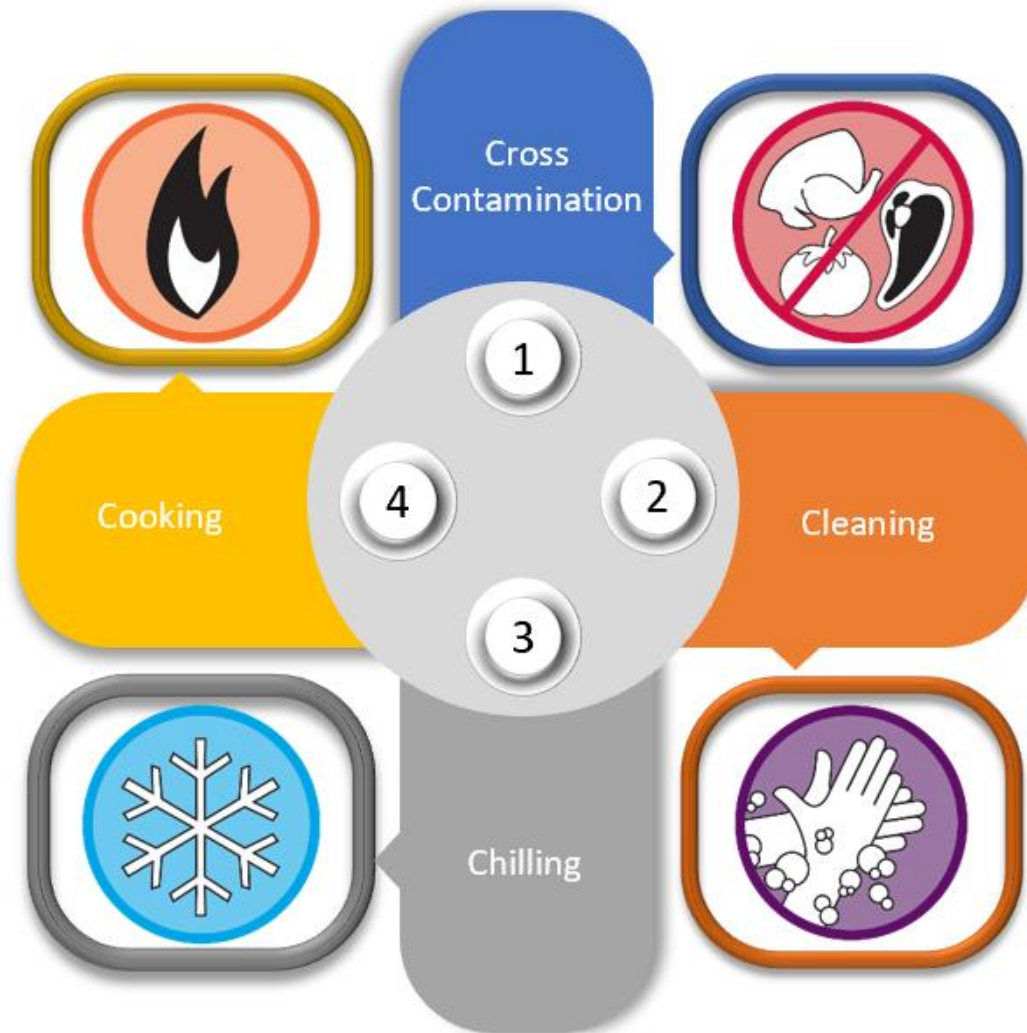
Week 8

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

Temperatures for Food Safety



The 4 C's of Food Safety



Cross Contamination



Cross Contamination



Cross-contamination can be direct or indirect.

One example of indirect contamination is if we pick up a doughnut we end up with sugar on our fingers. If this was something potentially hazardous, as just by handling a product you could handle another item or touch someone else causing cross-contamination.

An example of direct contamination could be when a product on a high shelf in a fridge drips onto a product on a lower shelf or when two foods are in physical contact with each other.

Other examples of contamination include:

- Food getting contaminated in transport or packaging
- Damage to food packaging
- Contamination from clothing
- Poor housekeeping
- Rubbish
- Poor storage

We need to make sure we reduce the risk of both direct and indirect contamination; we need to look at ways this can be affected in the workplace and reduce this as much as possible.

Separating Foods

- We must keep raw and ready to eat food separate.
- If it is not kept separate then it may become contaminated with harmful bacteria.
- Raw foods include: raw meats, unwashed salad, vegetables and fruits.
- Ready to eat foods include cooked foods, washed salads, garnishes, desserts and any other food that is not cooked before eating.
- There are many opportunities for cross contamination in our kitchens so we must have plans in place to prevent.



Cross Contamination



To avoid cross contamination it is important that the same equipment is not used for handling raw meat and milk product without being disinfected.

For cutting boards and knives the following colour coding is usually used:

- Red - Raw Meat
- Blue - Raw Fish
- Yellow - Cooked Meats
- Brown - Vegetables
- Green - Fruit and Salad
- White - Dairy Products
- Purple - Allergens



Cross Contamination



To prevent the inadvertent use of equipment, it is recommended that where possible different colours and shapes are used to identify different types of equipment.

WHAT TO DO IF THINGS GO WRONG

- If you notice dirty cloths in the kitchen, remove them for cleaning immediately or throw them away.
- If you think your staff have used a dirty cloth, wash, disinfect and dry any equipment, work surfaces or utensils it has touched and throw away any food that might have been contaminated.

HOW TO STOP THIS HAPPENING AGAIN

- Consider using disposable cloths if you are not using them already.
- Increase your supply of disposable/clean cloths.
- Train staff again on this safe method.
- Improve supervision.
- *Record it in SFBB*

Top Tip
do this
cleaning
equipment

- Food
Storage
Device

Toilets

used with...
Take away re-used
vegetables – and surfa
Ideally, wash cloths in a
cycle of 90°C.
Using dirty cloths can spread
of bacteria.

...eggs or raw
...obtained using a hot
...properly can increase the risk

Cross Contamination



Another way of indirect contamination is smoking; in the UK you're not allowed to smoke inside any workplace, however when you go outside to smoke a cigarette you must make sure to wash your hands correctly, if you don't wash your hands correctly any bacteria you come into contact with from say a door handle can get transferred to your hand and then your cigarette and then your mouth.

When returning to work you must make sure to wash your hands again as any bacteria from your mouth is transferred to your hands, which can then be transferred to another person or food.

Always make sure your hands are cleaned well before and after you go for a cigarette.

TOP TIP: Most workplaces require you to change out of your chef whites and leave the premises to take a smoke break.

Prevent Cross Contamination



A general checklist to prevent contamination includes:

- Buying foods from reputable sources and check all deliveries carefully for damage and if you see any problems reject the affected item.
- Check dates and apply good stock rotation
- Store food correctly and immediately on delivery to avoid it being left out where it can be contaminated by other foods, smoke, or chemicals
- Ensure personal hygiene of all in the food area and reduce visitors where possible to the food areas
- Ensure good housekeeping and keep all areas clean and free of rubbish, dirt and pests
- Regularly check food systems to ensure they are working correctly and keep good records.

Personal Hygiene

WHAT TO DO IF THINGS GO WRONG?

- If staff are not 'fit for work', move them out of food handling areas or send them home. Throw away any unwrapped foods they have handled.

HOW TO STOP THIS HAPPENING AGAIN?

- Train staff again on this safe method.
- Improve staff supervision.

Record it in SFBB Diary

Separating Foods

How can we separate and prevent cross contamination

- During delivery
- Storage
- Defrosting
- Preparation
- Cooking





Discussion

- Tony Tobin's Restaurant in Reigate
- Received a zero hygiene

Discuss the reasons why a zero-hygiene rating was received?

Physical & Chemical Contamination

We must prevent objects and chemicals getting into food.

We can do this by:

Following manufacturers instructions when using chemicals to clean.

Storing chemicals away from food.

Keeping food covered

Controlling pests

Clear and clean as you go

Repair and replace kitchen utensils

Have a 'no glass' rule in the kitchen



Maintenance

Effective maintenance is essential to allow us to clean properly and keep pests out.

- All kitchen surfaces should be smooth and easy to clean.
- Structural damage (tiles, damp, plaster damage) should be repaired immediately.
- Extractor fans and filters should be checked regularly.
- Replace worn chopping boards
- Repair/replace equipment
- Throwaway cracked or chipped dishes and tableware
- Temperature probes should be calibrated regularly

What are Pests?



- Rats and mice
- Flies and flying insects
- Cockroaches
- Ants
- Birds
- Beetles and Weevils



How to Prevent Pests

- Check premises
- Check deliveries
- Keep external (outside) areas tidy
- Restaurant renovation
- Make sure no dirty dishes are left out over night

Remember we must avoid chemical contamination, for example sprays or chemicals to manage pests. Usually you would hire in a professional company to deal with the problem.

Checking For Pests



How to Deal With Pest Infestation

- It is often in the best interests of the business to employ the services of a professional pest control team like PEST UK. Not only will they be able to provide professional and adequate pest management and prevention services, but are also best-placed to deal with any pest control problems immediately. PEST UK are members of BPCA, and so are always up-to-date with any changes in legislation.

Current legislation on pest management include;

- **Regulation (EC) 178/2002 of the European Parliament** – This regulation lays down the principles and requirements of food law. Article 14 of Regulation (EC) 78/2002 deals with unsafe food. It is an offence not to comply with article 14 under the General Food Regulations 2004. Food shall be deemed unsafe if it is considered to be injurious to health or unfit for human consumption.
- **Regulation (EC) 852/2004** – These regulations lay down general hygiene requirements for all food business operators and state that:
 - The layout, design and construction of food premises are to permit good food hygiene practices including protection against contamination and in particular, pest control.
 - Adequate procedures should be in place to control pests

(PESTUK, 2022)

Cleaning



Handwashing

Effective handwashing is essential to help prevent bacteria spreading to food.

We must wash our hands continuously throughout our shifts.

How long should we wash our hands for?

When specifically should we be washing our hands?

Effective Handwashing



Clear and Clear as You Go

Keeping our kitchens clear and clean makes it safer against hazards, for example physical contamination or the contamination of allergen free food.

- Take off outer packaging before bringing the food into the kitchen or storeroom.
- Be mindful of packaging from raw food touching work surfaces.
- Wash and wipe up spills
- Wash worksurfaces thoroughly between tasks.

Sanitiser vs Disinfectant



Sanitiser

A two in one product that acts as a detergent and a disinfectant.

If using a sanitiser, first we must clean to remove grease and then again to disinfect.

Disinfectant

A chemical which kills bacteria. Check that surfaces are clean of grease, dirt and food before using a disinfectant.



Be sure to check the contact time of the chemical you are using, this is how long the chemical needs to be left on the item you are cleaning to work.

Effective Clean Down



Cleaning Schedule

A cleaning schedule is a useful tool to help you clean effectively in your business.

How to put together a cleaning schedule

1. Walk through the business and create a list of everything that needs cleaning.

Note the items that come into contact with food and employees/guests, these items will need to be cleaned and disinfected regularly.

2. With each item you should write down how you clean the items, what chemicals you use and how to use them, what equipment you use and how often it needs cleaning.

3. Train staff on the cleaning schedule.

4. Remember to carry out spot checks or encourage your managers/supervisors to check regularly.

*You could practice creating your own cleaning schedule at home.

Cleaning Schedule Example

Bocs Bwyd Kitchen Area Cleaning Schedule										
Weekly Schedule										
Week Commencing:										
What	Where	Frequency	How	Time Required	Who	Monday	Tuesday	Wednesday	Thursday	Friday
Flooring Area of Kitchen	Kitchen/Chemical Area	Daily	Sweep floor using Blue Brush and then fill a Mop Bucket, hot water with D2 cleaning chemical. Mop thoroughly covering the whole area including under counters.	10-15 Minutes covering all areas	All Staff					
Back Walls and behind counter standing equipment, sink areas, hand wash sinks and other back area surfaces	All of Kitchen Area	Daily	Hot Soapy water, with Green cloths and blue paper towel to wipe residue	30 Minutes	Kitchen Personnel					
Bins within the kitchens	Kitchen	Daily	Spray with D10 to sanitize, leave for 5 minutes, wipe over with a Green Cloth and blue paper towel. Replace bag for next user and take empty bin outside	5-10 Minutes	Kitchen Personnel					
All Sinks and Taps inc. Hand Wash Sinks.	Kitchen Area	Daily	Clean area with D10 Sanitizer, ensure that hot water is running to clean down the area, wipe over with a Green Cloth and wipe with blue paper towel.	10 Minutes	Kitchen Personnel					
Soap Dispenser and Towel Holder	Sink Area	Daily	Wipe over with a damp Green Cloth, check supplies, re-fill if required to do so.	5 Minutes	Kitchen Personnel					
Merry Chef	Kitchen	Twice Weekly	Allow to cool before cleaning the oven. Once cooled, remove tray and spray lightly with D9 spray. Leave to the correct contact time. Ensure that gloves and mask are worn when spraying and cleaning. Using a scouring pad, clean the entire oven until it is clean. Clean out with hot soapy water, wipe dry with Blue Paper towel. Leave door open to air.	Using PPE follow guidelines to clean the machine using Suma Grill Cleaner, correct PPE i.e. Goggles, Apron, Gloves. Follow manufacturer's guidelines on usage. Up to 1 hour.	Kitchen Personnel					

Any Questions?



Chilling



Chilled Storage

Chilling food properly helps to stop harmful bacteria from growing.

Foods that should be kept chilled: sandwiches, cooked meat and fish, cooked rice and pasta, cream based desserts, food with 'use by dates' and food that specifies 'keep refrigerated' on the label.



Displaying Chilled Food

Display cold food 8°C or below

If it is not possible to display cold food at 8°C or below then follow the '4 hour rule'.

You can only use the 4 hour rule once for that food.

Some foods require storage temperatures below 8°C.

Cooling Down Hot Foods

Harmful bacteria can grow in food that is not chilled down as quickly as possible.

How can we chill down food quickly?

Divide food into smaller portions

Cut joints of meat in half

Cover pans of hot food and move them to a colder area (for example, storage room) or stand them in cold water/ice water.

Stirring food regularly

Spread the food out on a tray

Defrosting

Harmful bacteria can grow in food that is not defrosted properly.

Food should be thoroughly defrosted before cooking.

Options to defrost: in the fridge, put it in a container under running cold water, defrost in the microwave or at room temperature.

Always check to make sure it has defrosted all the way through.



Freezing

We need to be careful when freezing food and handling frozen.

Freezer should be set to -18°C

- Put frozen food away as soon as it's delivered.
- If you are freezing fresh food, freeze it as soon as it has been delivered or prepared.
- Freeze hot food as soon as its been properly chilled.
- Divide food into smaller portions and put it in containers or freezer bags before freezing.

Any Questions?



Cooking



Cooking Safely

Cooking food properly kills harmful bacteria. If it is not cooked properly it may not be safe to eat.

In order to check the temperature of the dishes use a disinfected temperature probe.

Examples of safe time and temperature;

80°C for 6 seconds / 75°C for 30 seconds

70°C for 2 minutes / ~~65°C for 10 minutes~~

~~60°C for 45 minutes~~

High Risk Foods

- Eggs: can contain harmful bacteria
- Rice: must keep hot or chill down quickly
- Pulses: can contain natural toxins
- Shellfish (molluscs and crustaceans): must be caught and handled safely. Must be prepared safely.
- Fish: Fresh fish must be stored between 0°C and 4°C. Certain fish can cause food poisoning if not kept at the right temperature.

Reheating

Reheating food correctly kills harmful bacteria that may have grown since the food was cooked.

Reheating means cooking again, not just warming up.



Hot Holding

It is important to keep food hot until serving to prevent harmful bacteria from growing.

If you need to keep food hot before serving, the correct equipment must be used: soup kettle, bain-marie.

Hot food must be kept at 63°C or above. If this is not possible, you can take food out of hot holding and display it for up to 2 hours – but only once. Once 2 hours has passed it must be thrown away.

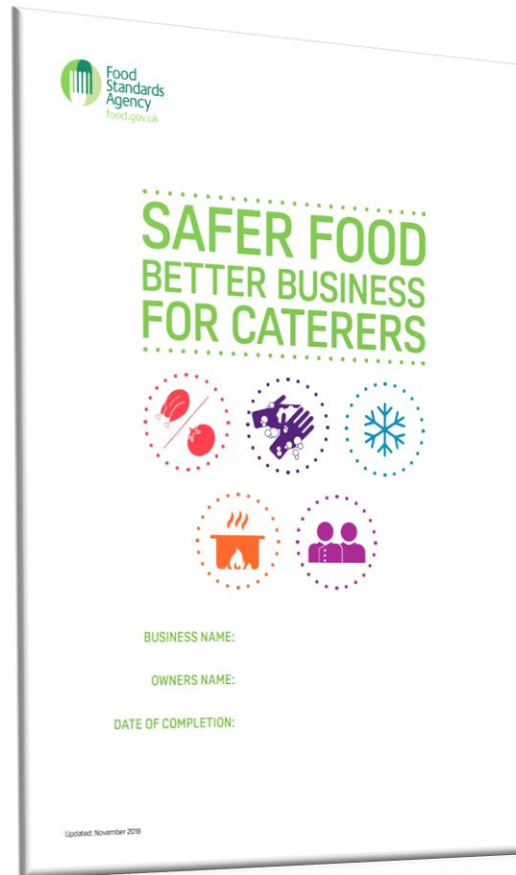


Any Questions?



Safer Food, Better Business

(and the associated full document pack that can be found on Moodle)



**Safer food
better business**



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Why Should We Use SFBB?



To comply with the Regulation (EC) No. 852/2004

This requires food businesses to put in place, implement and maintain documented food safety management procedures based on Hazard Analysis Critical Control points (HACCP) principles.

Why use SFBB?

- Easy to understand
- Flexible enough to fit any business
- Practical & time efficient
- Jargon free
- Can be used to train staff
- Protects your business' reputation
- Improves your business, e.g. by wasting less food

SFBB also helps with

- Identifying hazards and risks
- Implementing control measures
- Monitoring control measures
- Taking corrective action
- Reviewing the system regularly
- Achieving higher 'scores on the doors' rating from the EHO's



Starting Your Own Food Business

When starting a food business you must register it with the Environmental Health team at your local council at least 28 days before you start food operations.

If you purchased the business from someone else, you need to register as a new owner.



Getting Ready to Open a Business



Safer Food, Better Business

Record Keeping and Responsibility

The person who is responsible for the day-to-day running of the kitchen/business.

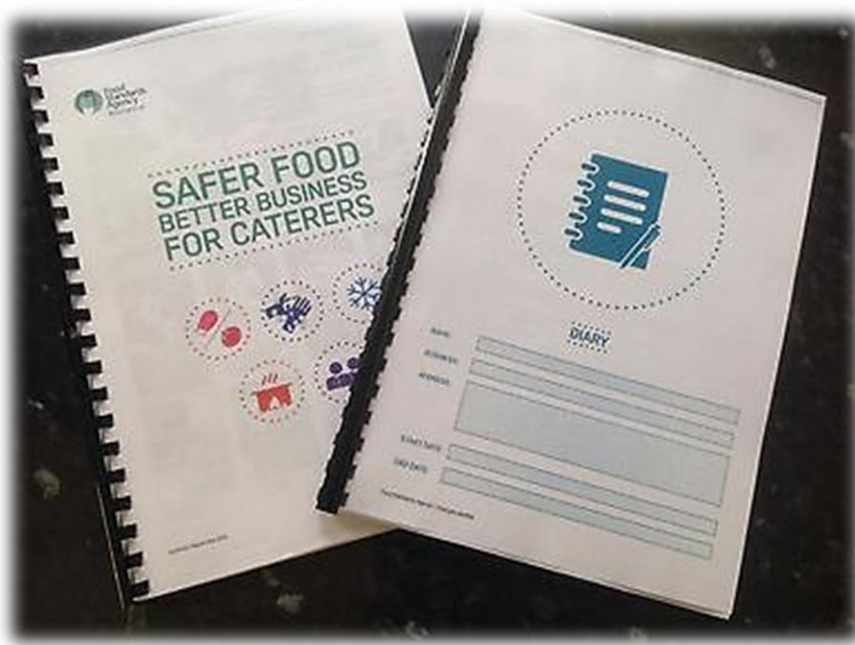
Each kitchen must have its own SFBB pack/diary. The Diary must be signed and dated at the end of each shift. It is signed to show that you have completed the opening and closing checks.

When you sign the diary, you are confirming that you have supervised your staff in following your safe methods and that any problems are being solved and recorded in the diary.

Each head chef must complete the safe methods.

But also... you as a food handler have an important role in complying with the safe methods carried out in your catering workplace.

Take a look at the SFBB pack and diary on Moodle



HACCP, SFBB and Food Safety are all interlinked and contribute to the overall food hygiene score we receive.

The SSBB pack will be useful to assist you in your revision.



Introduction to Kitchen Quiz

IT'S QUIZ TIME!

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Food Contamination & Spoilage Quiz

Any Questions?



References

<https://cpdonline.co.uk/knowledge-base/food-hygiene/physical-food-contamination/> accessed 9th Nov 22

Lundrigan, M (2022) 'A high end Reigate restaurant with dishes on the menu'. *Surrey Mirror (Reigate, England)*, 21 Jul, p. 12, (online NewsBank).

<https://www.youtube.com/watch?v=gz0CVbFXtJg>

[Tony Tobin's Ranmore restaurant charging over £30 for meal gets zero food hygiene rating - Surrey Live \(getsurrey.co.uk\) -](#)

Images



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