



LEVEL 4 – Student Journal

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Topic of choice: Food Safety Fundamentals	Date Completed: 19.10.2021
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Within this journal, I will present and develop the information I have learned during the lessons at the International Hotel Management, Food & Beverage module.

In the hospitality industry, a fundamental department is the kitchen department, where the food is cooked.

To ensure that a hospitality business has a good rating, that they have happy customers, and that their business is working, they must satisfy their customer's culinary necessities, by providing safe, tasty, and good food.

Food safety is a discipline describing the way to handle, prepare and keep the food in ways that prevent food borne illness.

For guiding us through all the safe cooking processes, the HACCP (Hazard Analysis Critical Control Point), prepared for all those who own a business in hospitality, a number of rules which does not help only the kitchen team, the owner of the business, but the customers as well.

However, a food safety program does not stop with the HACCP. Additionally, programs like SFBB (Safer Food, Better Business), which required the businesses to implement and maintain documented Food safety management procedures based on HACCP principles, will also be necessary, or the 4 C's strategy (Cooking, Cleaning, Chilling, Cross Contamination)

To ensure that the HACCP procedures and rules are followed by the kitchen team daily, according to SFBB, documents must be signed after the control points are checked by those responsible.

A portion of safe food is safely cooked, using different temperatures according to the product is cooked, for example, according to HACCP, for different types of meat, vegetables, or fruits, there are different temperatures to be used for cooking.

For some of the products, there are different room temperatures they must be stored in, same for the products they must be cooled in.

Those responsible for the verification of the cooling temperature of the food must ensure that the surfaces the food had been deposited on are clean as well, and well disinfected, that there is enough space between different types of vegetables versus fruits, or desserts, to prevent the Cross-Contamination process, when bacteria can be easily transferred from one project to another.

According to HACCP, critical limits, monitoring, and corrective actions must be taken in a kitchen department. By using the SFBB system, each of the fridge's temperatures will be checked daily, all the food containers will have a label on them with important information such as the date when cooked and refrigerated. In this case, whoever is responsible for checking the food labels, will know when is necessary to throw the contents of the box or not.

Only maintaining a rigorous procedure of cooking the food, controlling, and storing it, can help a business to grow, and the people are eating there to stay healthy.

Many illnesses are caused by uncooked food, rare meat, unwashed vegetables or fruits, expired food served, not properly stored. The more vulnerable people are the children, the eldest people, and the ones with health problems.



The symptoms they can have in case that they are served expired food can be severe/major, from indigestion, which is also severe, because the body will throw out everything they had not only in that day, but also in the last three days, therefore, there will be a lot of dehydration, stomach pain, diarrhoea, or worse.

If one of the customers who experienced a problem like that would report the issue to the authorities, the restaurant could be immediately closed.

To avoid these issues happening every day in the kitchen, some simple steps such as cleaning after each meal cooked, each item cut, washing, and disinfecting the surfaces we cook on very often, after each using, ensuring that in each sink provided, there is hot water reaching 60 degrees at least, ensuring that next to the sink there is always paper towels, soap and hand disinfection gel, gloves, hair protectors, aprons, to ensure that the storages and fridges are cleaned and washed, that all the food is covered and stored in properly temperature room, and follow the HACCP, 4C's, and SFBB rules.

To conclude this student journal, in my opinion, it is very important to follow the rules the science people have made. It's important for the hospitality business on the market, for the employees to keep their job, and most importantly, for the customer's safety.

Only happy customers will help the hospitality growth.

I have learned new and interesting information from the Food & Beverage module, which will guide me into a better future in hospitality.



REFERENCE LIST

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