

LEVEL 4 – Student Journal

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The topic of choice: Food Safety Fundamentals (The 4 C's)	Date Completed: 19/10/2021
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Food safety is an essential aspect of effective business management. Food safety helps improve a business's hygiene rating through the 4c's of food safety, including cross-contamination, chilling, cleaning, and cooking. I understood how the 4C's of food safety are essential towards ensuring food is safe for consumption and cannot cause any problems to the people consuming them. Food safety is a crucial aspect of food preparation and storage because it helps prevent bacteria and other foreign materials from contaminating the food. These contaminants can lead to food poisoning or the transfer of food-borne diseases to individuals who consume the food. Therefore, it is essential to ensure that food safety is paramount during food preparation, packaging, and storage.

As we discussed in class, the first aspect of food safety is Cross-contamination. Cross-contamination happens when harmful bacteria contaminate food from other foods or surfaces. Cross-contamination can be direct or indirect and mainly occurs when cooked foods come into contact with uncooked food. I learned that to avoid cross-contamination in the kitchen. One should have colour-coded kitchen equipment. For example, when it comes to the chopping board, one should have a red chopping board for raw meat, a yellow one for cooked meat and a brown chopping board for vegetables. Other forms of cross-contamination include poor storage, contaminated clothing, poor housekeeping, contamination during packaging and transport (FSA, 2017). Cross-contamination can be avoided through proper hygiene practices during the preparation and practical storage of the foods.

Chilling is also a fundamental aspect of food safety. I learned from the video that it is essential to chill/store food under shallow temperatures to ensure that it remains safe for consumption. This is because warm temperatures encourage the growth of bacteria in the food. Therefore, it is advised that food is always stored in chilly temperatures of 5°C or lower to help prevent the growth of bacteria (FoodStandardsAgency, 2021). Some considerations to consider when storing chilled food include cleaning up spills, regular cleaning of the refrigeration unit, labelling of the stored food, appropriate



rotation of the stock, separating high-risk and raw food and finally disinfecting handles for the chilled food sections. By adhering to all protocols of chilling proper food safety will be achieved, which helps prevent food poisoning.

I learned that cleaning uses energy to remove dirt, food residue, grease, soil, and other foreign materials from the lecture. Cleaning generally involves the use of either chemical, thermal, or kinetic energy. The use of chemical energy includes using detergents as cleaning agents. On the other hand, thermal energy to clean involves the application of steam or hot water on surfaces or objects to clean them. Kinetic energy is divided into mechanical energy, such as floor polisher and physical energy, including brushing, wiping, and scrubbing (UWTSD, 2021). From the Food4Life website, I understood the several aspects of food safety through the article titled "The 4C's". From the article, food must be served at a temperature of approximately 63°C to help kill bacteria that die when food temperatures are above 60°C. If food is not cooked well, the harmful bacteria will not die, which puts individuals at the risk of contracting food-related illnesses. I got to understand that it is essential that the core temperature of food should always be 75°C. Also, if the temperature of food is outside the required range, some of the corrective actions that can be adopted include increasing the temperature of cooking, cooking the food for a longer time, or discarding the food.

In summary, food safety can be achieved through the proper practice of the 4C's. These include cross-contamination, cleaning, chilling, and cooking. Cross-contamination can be avoided through appropriate hygiene during preparation and adequate storage. Furthermore, foods should always be cooked at high temperatures to kill bacteria. Chilling, on the other hand, helps prevent food from going bad hence preventing food poisoning. Finally, cleaning is an essential aspect of food safety, whereby all surfaces and tools for cooking should always be kept clean to avoid contamination of food. By following the fundamentals of food safety, we will be able to ensure that the food we prepare adheres to the required standards of food safety.

REFERENCE LIST



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