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Student Journal

Topic: Student Journal Template on Food Safety Fundamentals (the 4 C's)

The 4 C's of food safety are cooking, cleaning, chilling and avoiding cross-contamination.

Cooking

Make sure you cook food at the correct temperature. One of the best ways to confirm this is to use a food thermometer. You cannot tell if food is fully cooked just by looking at it. The correct combustion temperature is the key.

Cleaning

Wash hands, food preparation surfaces and kitchen utensils as often as possible. Start cooking with clean hands and utensils. Make sure you wash your hands after handling raw meat.

Chill

Food must be placed in the refrigerator (+4°C or lower) within two hours of cooking.

Cross-Contamination

Keep raw foodstuffs away from cooked foods (such as fresh vegetables or bread). Use separate cutting boards, knives, utensils and plates for raw and cooked foods.

Criteria for Keeping Food Safe

- Obtaining food from a reliable and approved source
- Protecting food from contamination
- Preventing existing bacteria from multiplying

- Destroying harmful bacteria in food
- Discarding contaminated or inappropriate food

Cross-Contamination

Cross-contamination is a transfer of bacteria from something contaminated to ready-to-eat food, which usually transmit from raw vegetables to ready-to-eat food via contaminated hands, devices, utensils or surfaces. If a small amount of a food allergen accidentally gets into another food, the food allergen should always be stored separately from the other food (Todua and Mghebrishvili 3). Even a small amount is enough to trigger an allergic reaction, and cooking will not remove the food allergen.

Controls of Cross-Contamination

- Washing hands thoroughly
- Effective teaching, supervision and training of food workers
- Separation of raw and ready-to-eat foods at all stages
- Different raw and ready-to-eat utensils, such as cutting boards, knives, cones and containers (with colour-appropriate code)
- Effective cleaning and hygiene
- Waste use paper towels or cloths to enter colour code
- Not using food containers or utensils
- Not washing raw meat as sprays can contain germs

Bacterial Contamination

Direct Contamination

It may occur when raw meat touches cooked meat or drips raw food onto prepared food, such as blood drips from raw meat onto cooked meat due to improper cooling.

Indirect Contamination

An example of such contamination is the one that occurs when a shopkeeper cooks (Zhang et al 692). Meat prepared after handling raw meat without washing hands or when using the same surface for raw and ready-to-eat food without cleaning and sanitising between uses may cause indirect contamination.

Chilling

Proper cooling of food helps stop the growth of harmful bacteria. Some foods should be kept refrigerated, such as food with an expiration date, cooked foods and other prepared foods like salads and prepared desserts.

High-risk foods are ready-to-eat foods that support the growth of harmful bacteria and are cooked or used Can be eaten without cooking (Chai and Oh 879). It is important to keep these foods at the correct temperature in the refrigerator between 1 and 5°C to store.

Chilling of Food

- Keeping it at the right temperature (between 15°C)
- Keeping the refrigerator door closed as much as possible
- Storing cooked food over raw food
- Not placing warm food in the refrigerator, as this will increase the temperature of the refrigerator
- Chilling immediately (within 90 minutes) before placing in the refrigerator
- Not overloading the refrigerator. When the refrigerator is full, fresh air does not circulate the food
- Food must be covered to prevent cross-contamination and loss of moisture
- Foodstuffs must be dated and used before the expiration date

➤ Cleaning regularly to remove food scraps and debris if they occur to avoid food contamination (Chogyam et al. 1736).

Cleaning Procedures

A clean restaurant is not a safe place to eat. Ways to clean, for example, how often areas need to be cleaned, the refrigerator should be removed. Which cleaning should be used for different purposes? How the product should be used, including how much it should be cleaned and how long it should stay in contact with the surface (Choi et al. 817). How should be products are stored in a special place, not in a restaurant, where children are inaccessible, in special containers with non-removable bottles? It is important to read the label cleaner and follow the manufacturer's instructions.

Recommendations

Food safety is important for human nutrition, as malnutrition and foodborne illness are often linked to poor health. As a result, food security must be integrated into policies and interventions to improve nutrition and food safety (Todua and Mghebrishvili 7). As the international community moves towards the post-Millennium Development Goals phase, emphasising the goals of sustainable development, food security is key to improving global health and ensuring sustainable development (Quinto 208). Food security is the key to achieving Number 3 Ensuring a healthy lifestyle and promoting well-being every year.

Works Cited

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