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Student Number: 2016810	Lecturers: Ryan Peters, Kathryn Roberts, and Samantha Birdsell

Type of choice: Food Safety fundamentals (The 4C's)	Date Completed: 21/10/2021
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This is CertHE International Hotel Management Program which consists of multiple modules and learnings. This particular module, Food and Beverage Operations, was one of the most important one among other modules which was taken by our honorable teacher Mr. Peters and his colleagues. After the start of this module, it became very pleasant and comfortable for me to focus on the topics because our teachers of this course gave us very specific ideas about the course from the beginning to the end, how we will reach to the end and what materials we will be using during that course. More specifically, "Food Safety Fundamentals (4 c's)" was a topic for this module from which I have learnt lots of important issues regarding hospitality industry, food and beverage and other sectors. This module has covered all the basic topics of food hygiene and 4 c's protocol for preparing food.

Food safety is one of the major concerns of today's food and hospitality industry as we put the health safety of our customers as our first priority. To ensure that we are feeding our consumers the safest food possible maintaining food safety fundamentals or commonly known as the 4 c's are very much necessary (Knowles, 2012). The 4 c's of food safety includes cleaning, avoiding cross contamination, cooking and chilling (Hamada and Ogino, 2012). Following this important food hygiene is very effective for avoiding food poisoning and other food safety related issues. The first point of that protocol is cleaning which focuses on cleaning the surface where the food will be prepared, cleaning hand and all the utensils and

keeping the environment in which food will be preserved germ-free. Then comes avoiding cross-contamination by keeping poultry, seafood and other raw or uncooked foods away from cooked foods. Cross-contamination is one of the biggest reasons behind the problem of food poisoning (Motarjemi, and Lelieveld, 2014). After that comes the cooking part in which it is carefully ensured that specific regulations regarding cooking temperature, process of cooking, instructions of using materials for specific type of cooking etc. are maintained properly. Finally, it can be said that cooking is not the end of the process after cooking and serving those cooked foods there are always some left overs which need to be kept chilled using refrigerators or other cooling machines (Archer, 2014). It is very important issues in case of ensuring the safety and quality of food which is often neglected.

From this module, I have gained basic knowledge about the fundamentals of food safety which includes multiple regulations that need to be followed for cooking and serving safe foods to the consumers. For example, I have learnt the importance and the process of disinfecting the place where the cooking will take place. As we know that there are germs which can stay alive outside of the body of human beings which need to be completely obliterated before cooking. This learning has helped me to be more confident for the future for preparing safe food for my consumers in my practical life. In this module I have learned about all the basic of avoiding cross-contamination which includes the ways of separating cooked and raw meats by using spate knives, cutting boards and utensils and other elements. It has also provided me the necessary training regarding how to eradicate harmful bacteria and other germs (McMeekin et al., 2014). Regarding the proper preservation of food, this module has tremendously helped me in increasing my knowledge. I have learnt about the proper temperature that need to maintained for leftover foods and also the time limits within which I have to place the food in correct temperature and environment. For example, using a food thermometer to check the proper temperature. This learning have helped me to acquire new skills and expertise which will increase the quality of my service and also my confidence in my work in practical life. This will give me a strong foundation in my work and reduce the amount of complaints from the consumers. This will also

help me to tackle any guest complaints immediately with perfections and most importantly it will ensure the healthy life of my consumers and increase their satisfaction towards the service of my institution.

In this reflective essay, I have explained various skills and experiences that I have achieved from this module. And I have demonstrated how these skills and experiences will help me and how I will use these skills and experiences to tackle various challenges and issues of my practical work life after the university course. Furthermore, I have chalked out how to overcome deficiencies in a particular sector.

References:

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