

LEVEL 4 – Student Journal

You are required to complete a journal entry to capture the learning experience and knowledge you have acquiring during a particular lecture. You may choose from the following topics:

- Allergies and Intolerances and the importance within the industry
- Food Safety Fundamentals (The 4 C's)
- Ratings, Inspections and Reporting Procedures

Consider the appropriate lectures. What was the topic and what have you learnt? Provide a brief summary. What new skills / knowledge have you acquired? How will you apply your knowledge in the future? What are your personal reflections?

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Topic of choice: Food Safety Fundamentals (The 4 C's)	Date Completed: 17/10/2021
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The topic I have chosen for the student journal is 'Food Safety Fundamentals. – The 4 C's' I chose this topic as I am always cooking and found that the lecture we had made me appreciate the importance of food safety especially in the hospitality industry. The 4 C's stand for; Cooking, Cleaning, Chilling and Cross Contamination. Food safety is important for businesses as it aids in protection for customers against foodborne illnesses and food poisoning (DeltaNet , 2021) Therefore, those who work in industries that handle food must be aware of how to handle it safely.

The 4 C's

Food safety is a vital aspect in the world of hospitality. Food poisoning as mentioned above is correlated with lack of hygiene (Virtual College , 2017). Illnesses can be avoided as long as those working in these jobs follow the 4 C's.

The first C, is CLEANING, this involves cleaning your hands before and after job but also cleaning surfaces before and after handling food. If in contact with raw meat, fish or other raw foods, hands, utensils and surfaces should be thoroughly cleaned before making contact with any other cooked or readied food. (Haringey London , 2021) Cleaning can be done using a number of materials so using the right materials is important. For example, disinfectants are used to kill germs whilst detergents are designed to remove grease and oil. There are different disinfectants such as bactericides which kill



bacteria and antiseptics which disinfect living environments (NETTOYEUR , 2018) Sometimes these products can be harmful to skin so must be handled with care. It is advised that surfaces should be cleaned with detergent first and then disinfectant.

As well as this cleaning involves doing things in the right manner such as using separate buckets for separate surfaces, separate clothes for separate tasks and if those clothes are disposable, to place them in hot water after finishing and drying before using again. This stops bacteria from growing. From the presentation I learnt that there are two-stage cleaning the involves first stage; pre clean, main clean and intermediate rinse followed by stage 2 which is disinfect, final rinse and dry. (Northamptonshire Council, 2021)

Cooking is the next C which is vital as it kills any harmful bacteria/viruses that may reside in the food. It can be tempting to put all the food in at once however that can be dangerous as some food products such as meat have varying times and there can be risk of raw food if not cooked at what has been instructed. (EduCare, 2016) Hot food is best not to be served with no delay to avoid bacteria from contaminating it but in some cases hot food that needs to be displayed should be kept at 63' or above.

The third C is cross contamination; this happens unintentionally as bacteria's or microorganisms transferring from one food to another. An example of when this can happen, is cooking raw chicken, when cutting the chicken there's already a possibility the bacteria has transferred to the board, knives and even one's hand. (FDA , 2017) There are 5 ways to avoid cross contamination in industry and even in our homes by, 1. introducing a hygiene program/philosophy, this involves clean uniform, hand care, using gloves if necessary, being clean, tying hair up etc. 2. Employees should be reminding to that do that. Secondly, washing hands is important especially when handling food 3. Usage of separate equipment for example, use a set of cutting boards/utensils/containers for one particular item like raw meat (NRA, 2018) 4. Sanitize work surface and 5. Maybe not always doable but purchasing already prepared food so that it requires little to no prepping. (NRA, 2018).

And the final C is Chilling. Health and safety doesn't end after meals have been given out, in fact good practices must be withheld even afterwards. These leftover produces must be stored in the fridge or freezer. The FSA recommend chilling food between 0-5' (NIBUSINESS, 2021) Guidelines that need to be followed regarding chilled food are: Checking chilled food if it's called, immediately store chilled food



in the fridge, cooked food must be cooled and stored in fridge, try to keep chilled out for short as possible during prep time, and regularly check the fridge for its temperature.

Conclusion

Although sometimes these steps can seem trivial once practising and implementing these into daily lives throughout the hospitality career enables you to be proud that you're keeping others safe when they consume the food. I've learnt that proper cleaning methods and what should be done. I believe also that without these extra attentions to the detail, and if someone were to fall ill based on the food then it will lead to the brand name of the hotel being tarnished. So, not only is it heavily important for the customer's health (which is the number one reason) it also will ruin the reputation of the hotels/restaurants/catering etc.



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