

# BMGM4002

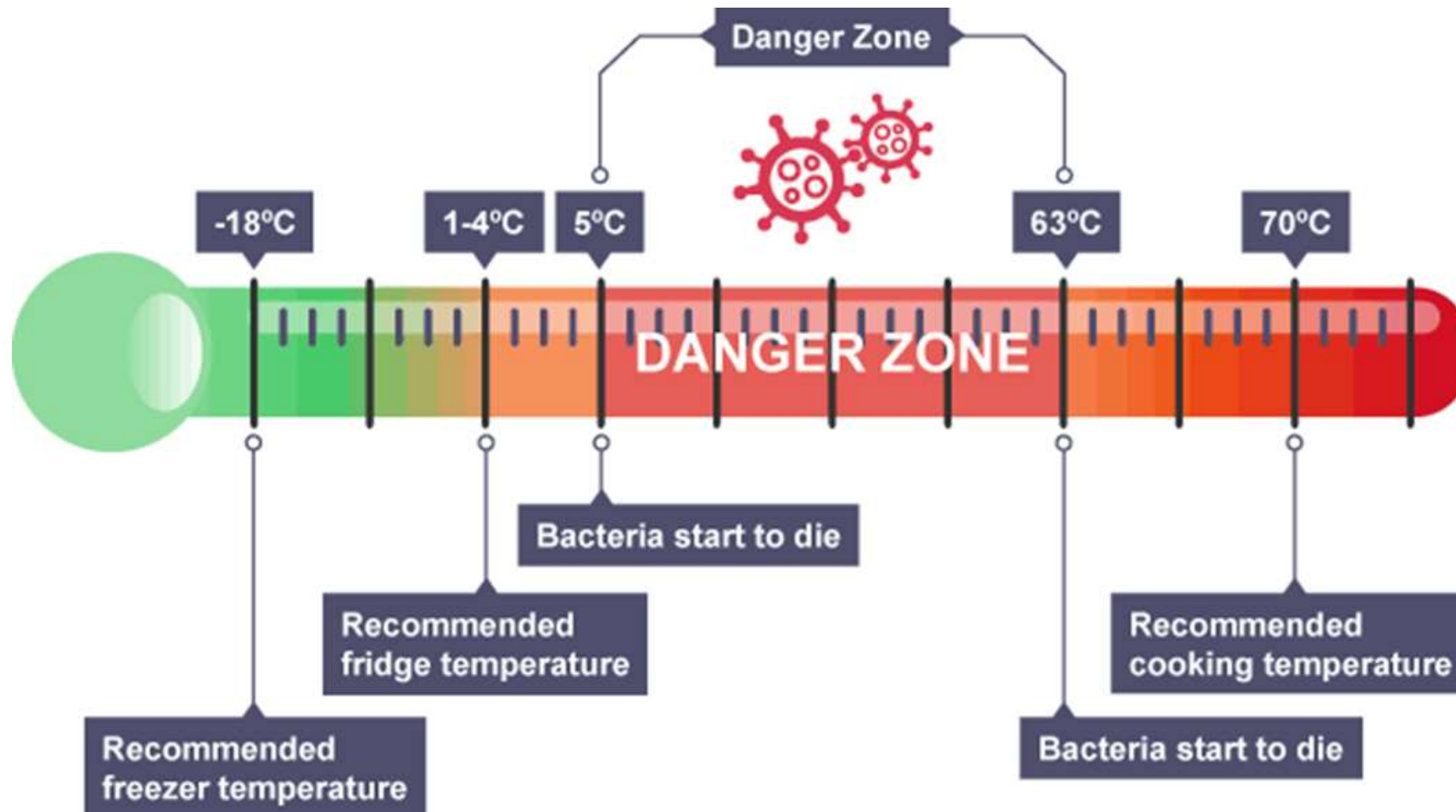
*International Gastronomy Management*

*Placement - Culinary*

Week 2 Food safety



# Temperatures for Food Safety



# The 4 C's of Food Safety



# 1 – Cross Contamination



# Cross Contamination

Cross-contamination can be direct or indirect.



One example of indirect contamination is if we pick up a doughnut we end up with sugar on our fingers. If this was something potentially hazardous, as just by handling a product you could handle another item or touch someone else causing cross-contamination.

An example of direct contamination could be when a product on a high shelf in a fridge drips onto a product on a lower shelf or when two foods are in physical contact with each other.

## Other examples of contamination include:

- Food getting contaminated in transport or packaging
- Damage to food packaging
- Contamination from clothing
- Poor housekeeping
- Rubbish
- Poor storage

We need to make sure we reduce the risk of both direct and indirect contamination; we need to look at ways this can be affected in the workplace and reduce this as much as possible.

## Separating Foods

- We must keep raw and ready-to-eat food separate.
- If it is not kept separate, it may become contaminated with harmful bacteria.
- Raw foods include raw meats, unwashed salad, vegetables, and fruits.
- Ready-to-eat foods include cooked foods, washed salads, garnishes, desserts and any other food not cooked before eating.
- There are many opportunities for cross-contamination in our kitchens so we must have plans in place to prevent it.



# Separating Foods

How can we separate and prevent cross-contamination

- During delivery
- Storage
- Defrosting
- Preparation
- Cooking



## Cross Contamination – chopping boards

To avoid cross-contamination it is imperative to use the designated boards for the task at hand. For chopping boards and knives, the following colour coding is used:

Red - Raw Meat

Blue - Raw Fish

Yellow - Cooked Meats

Brown - Vegetables

Green - Fruit and Salad

White – Bakery & Dairy Products

Purple - Allergens



To prevent the inadvertent use of equipment for on high-risk foods it is recommended that where possible different colours and shapes are used to identify products and where they belong. For example;

**Top Tip:** We also do this with cleaning equipment!



Yellow -  
Kitchen

Green – Food  
& Beverage  
Service

Blue – General  
Purpose

Red - Toilets

Use disposable cloths wherever possible and throw them away after each task.

Always use a new or freshly cleaned and disinfected cloth to wipe work surfaces, equipment, or utensils that will be used with ready-to-eat food.

Take away reusable cloths for thorough washing and disinfection after using them with raw meat/poultry, eggs, or raw vegetables – and surfaces that have touched these foods.

Ideally, wash cloths in a washing machine on a very hot cycle. A suitably high temperature can be obtained using a hot cycle of 90°C.

Using dirty cloths can spread bacteria and allergens very easily. Cloths that are not dried properly can increase the risk of bacteria.

To prevent the inadvertent use of equipment for other purposes, it is recommended that where possible different colours and shapes are used to identify products. For example;

### **WHAT TO DO IF THINGS GO WRONG**

- If you notice dirty cloths in the kitchen, remove them for cleaning immediately or throw them away.
- If you think your staff have used a dirty cloth, wash, disinfect and dry any equipment, work surfaces or utensils it has touched and throw away any food that might have been contaminated.

### **HOW TO STOP THIS HAPPENING AGAIN**

- Consider using disposable cloths if you are not using them already.
- Increase your supply of disposable/clean cloths.
- Train staff again on this safe method.
- Improve supervision.
- \*Record it in SFBB\*

used with

Take away reusable  
vegetables – and surface

Ideally, wash cloths in a water  
cycle of 90°C.

Using dirty cloths can spread bacteria very easily. Cloths that are not properly cleaned can increase the risk of bacteria.

Food  
Beverage  
Service

Toilets



Another way of indirect contamination is smoking; in the UK you're not allowed to smoke inside any workplace, however when you go outside to smoke a cigarette you must make sure to wash your hands correctly, if you don't wash your hands correctly any bacteria you come into contact with from say a door handle can get transferred to your hand and then your cigarette and then your mouth.



When returning to work you must make sure to wash your hands again as any bacteria from your mouth is transferred to your hands, which can then be transferred to another person or food.

Always make sure your hands are cleaned well before and after you go for a cigarette.



**TOP TIP:** Most workplaces require you to change out of your chef whites and leave the premises to take a smoke break.

# Prevent Cross Contamination



A general checklist to prevent contamination includes:

- Buying foods from reputable sources and check all deliveries carefully for damage and if you see any problems reject the affected item.
- Check dates and apply good stock rotation
- Store food correctly and immediately on delivery to avoid it being left out where it can be contaminated by other foods, smoke, or chemicals
- Ensure personal hygiene of all in the food area and reduce visitors where possible to the food areas
- Ensure good housekeeping and keep all areas clean and free of rubbish, dirt, and pests
- Regularly check food systems to ensure they are working correctly and keep good records.

## Personal Hygiene

- All staff should wear clean clothes when working with food. Ideally, they should change into clean work clothes before starting work and not wear these clothes outside food preparation areas.
- Work clothes should be appropriate for staff duties and protect food from contamination. Ideally, they should be light - coloured with no external pockets. It is also a good idea to wear a clean apron or disposable apron over work clothes.
- Staff should always wash their hands thoroughly before handling and preparing food.
- Staff should change aprons after working with raw food e.g. meat, poultry, eggs or unwashed vegetables.
- It is good practice for staff to keep hair tied back and wear a hat when preparing food.
- Staff should be 'fit for work' at all times. This means that they must not be suffering from, or carrying, an illness or disease that could cause a problem with food safety.
- Staff should tell their manager if they have any cuts or sores and these should be completely covered with a brightly coloured waterproof dressing

# Personal Hygiene

- All staff should wear clean clothes when working in the laboratory. They should change into clean work clothes before starting work and not wear these clothes elsewhere.

## WHAT TO DO IF THINGS GO WRONG?

- If staff are not 'fit for work', move them out of food handling areas or send them home. Throw away any unwrapped foods they have handled.

## HOW TO STOP THIS HAPPENING AGAIN?

- Train staff again on this safe method.
- Improve staff supervision.

**\*Record it in SFBB Diary\***

- Staff should be 'fit for work' and not carrying, an illness or disease that could cause a problem
- Staff should tell their manager if they have cuts or sores and these should be covered with a brightly coloured waterproof dressing

# Case Study



## Discussion

- Tony Tobin's Restaurant in Reigate
- Received a zero hygiene

Discuss the reasons why a zero-hygiene rating was received.

