



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

200
1822 - 2022

Food & Beverage Operations BMIH4002

Week 4 – Introduction to Food Production

*Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales*

www.uwtsd.ac.uk

Week 4:

Kitchen Brigade

Food Safety & the 4C's

Food and Hygiene Ratings

Personal Hygiene





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Learning Objectives:

Upon completion of this **lecture**, you should:

- Understand where the Kitchen Brigade comes from
- Be familiar with the different sections of a kitchen
- Be able to identify areas of Kitchen Safety Have a good understanding of the 4Cs.
- Have a good understanding of the Cross Contamination.
- Know how to identify issues surrounding the kitchen and how to deal with them

Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales

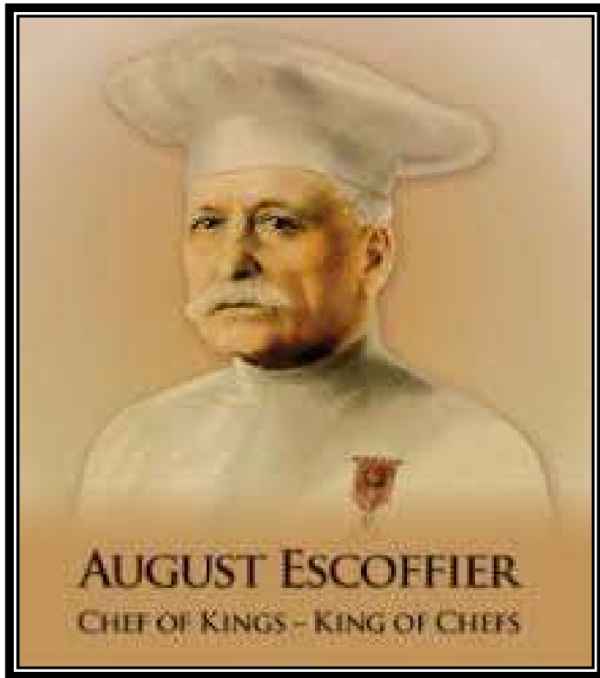
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FfRhA Arian

TEF Silver



Escoffier's Kitchen Brigade



Auguste Escoffier

1846 - 1935

French Chef

Chef of Kings, King of Chefs

Developed the 5 French Mother Sauces
and "Brigade de Cuisine" System

The 5 Roles of the Kitchen Brigade

Chef Executif

Chef de Cuisine

Sous Chef de Cuisine

Chef de Partie

Commis Chef

(Gillespie, 2001)

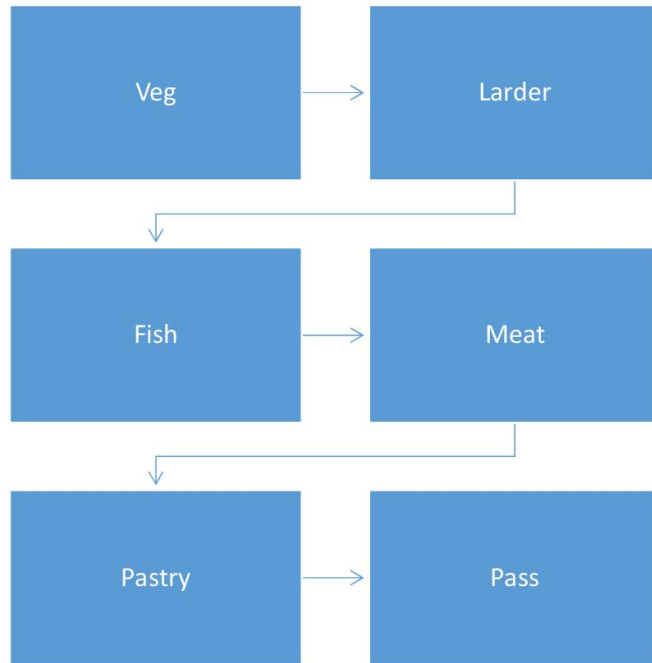
Escoffier's Brigade System



Today's Kitchen Brigade



Kitchen Layout - Sections

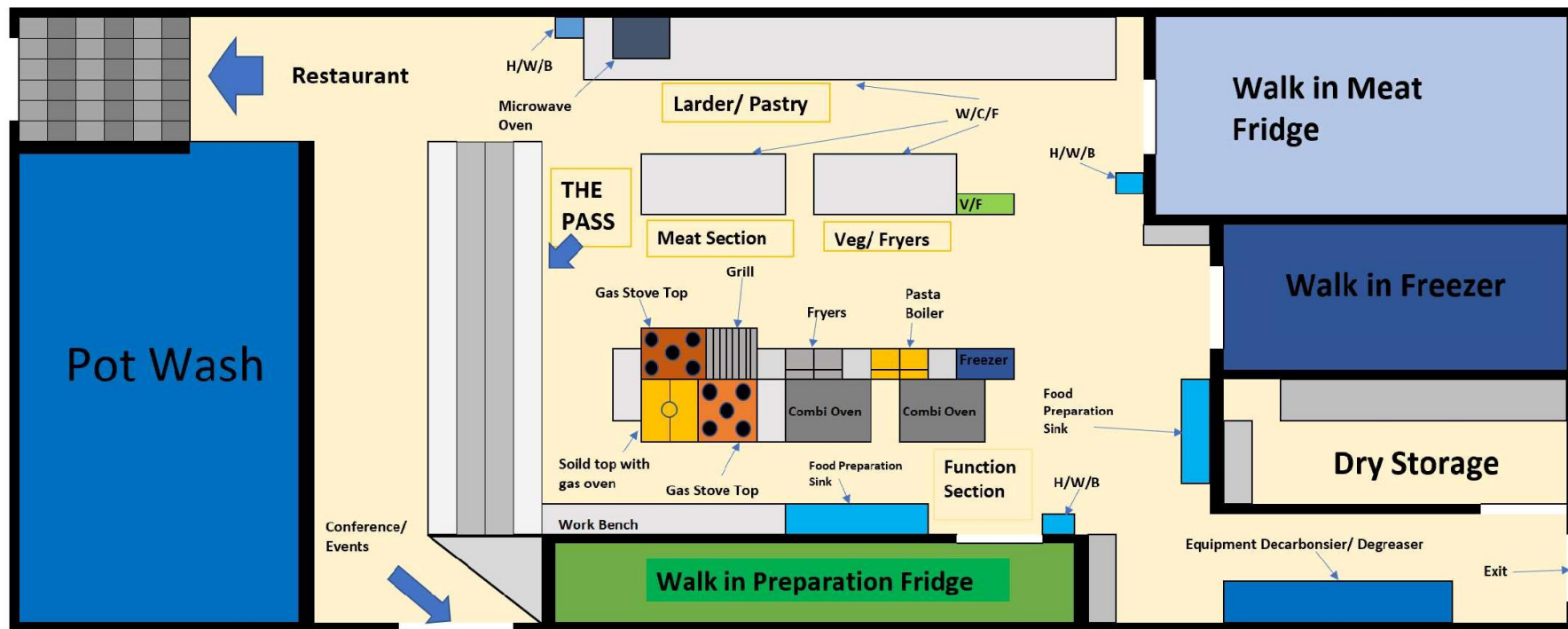


Top Tip: If trying to set up your own physical kitchen the space available will dictate what is possible. If space is a real premium try and keep the larder and pastry sections separate from the main kitchen as the dishes produced here really benefit from a cooler environment.

(Chef Word, 2022)

Behind The Brigade at The Ritz, London

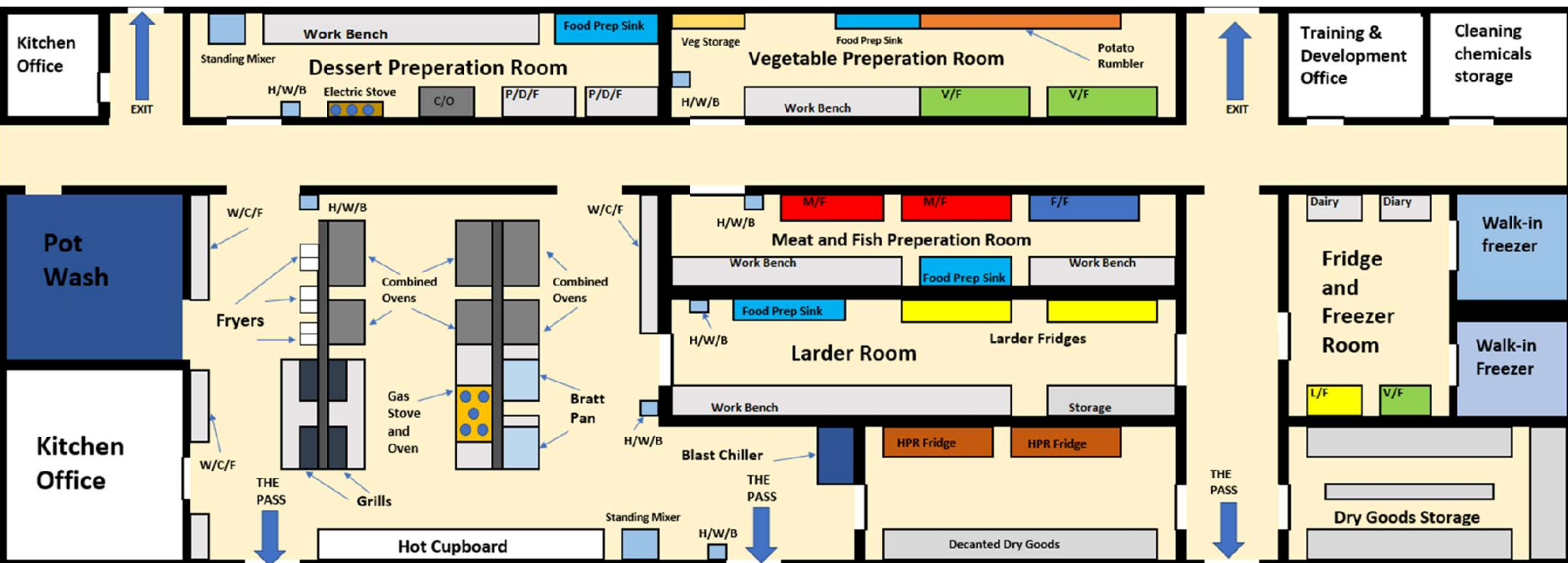




High Protected Risk (HPR)
M/F - Meat fridge
F/F - Fish fridge
P/D/F - Pastry/ Dessert Fridge
D/F - Dairy fridge
L/F - Larder fridge
V/F - Vegetable fridge

W/C/F - Work top with Commercial Fridge
H/W/B - Hand Wash Basin
C/O - Combined Oven (Steam and Fan oven capabilities)

St Pierre Marriott Kitchen

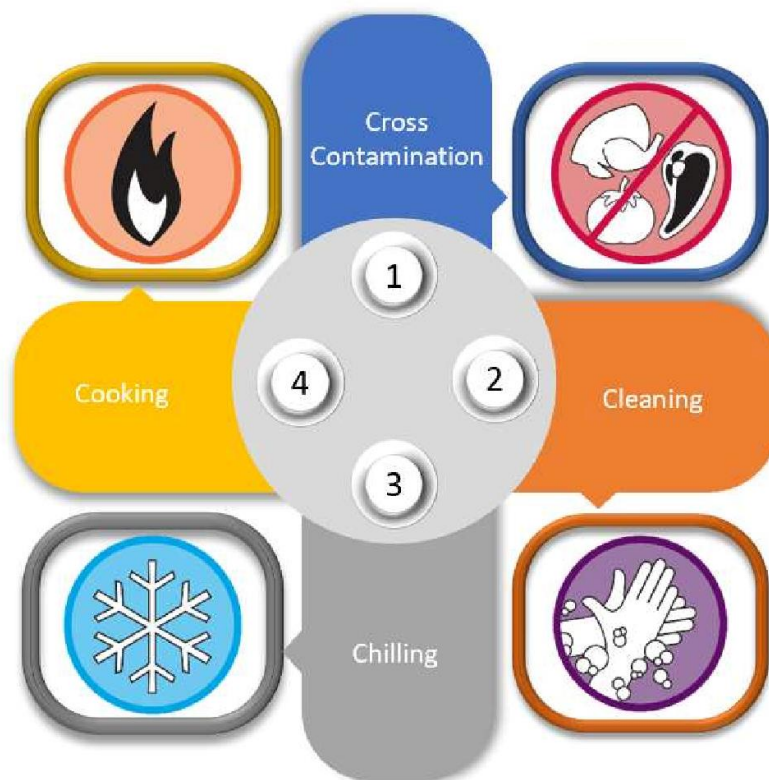


High Protected Risk (HPR)
M/F - Meat fridge
F/F - Fish fridge
P/D/F - Pastry/ Dessert Fridge
D/F - Dairy fridge
L/F - Lader fridge

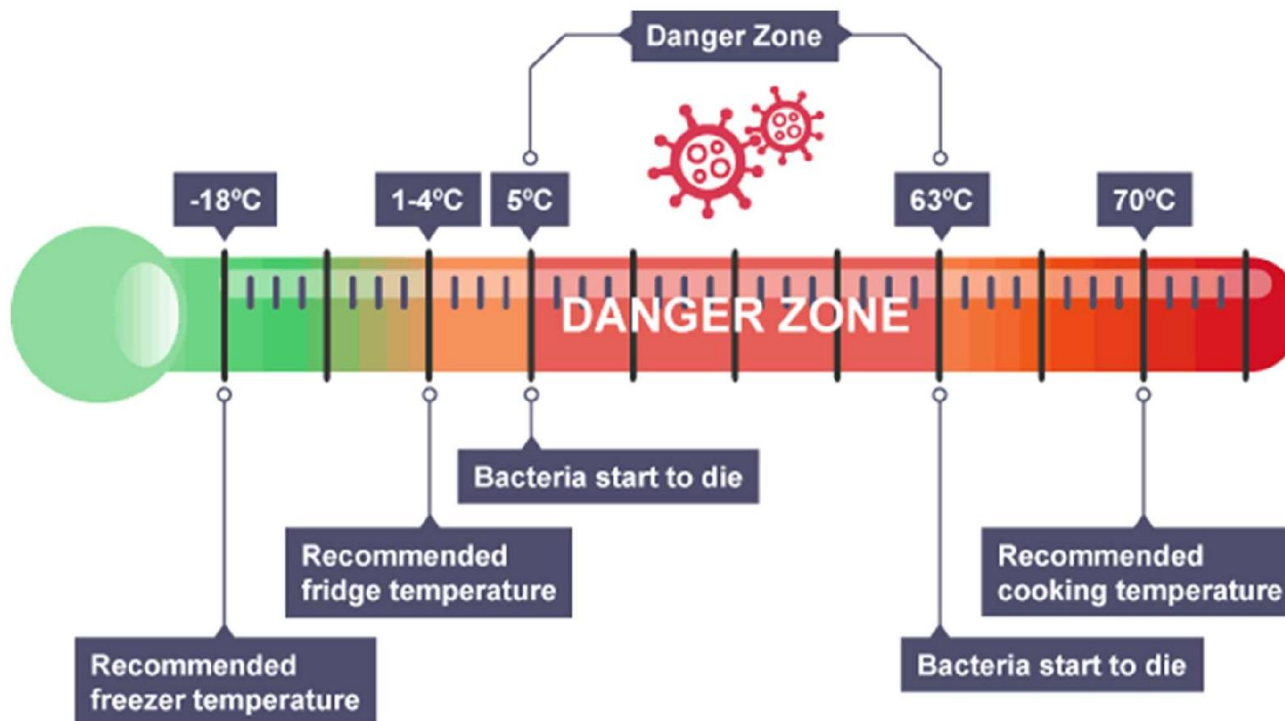
W/C/F - Work top with Commercial Fridge
H/W/B - Hand Wash Basin
C/O - Combined Oven (Steam and Fan oven capabilities)

Super Kitchen

The 4 C's of Food Safety



Temperatures for Food Safety



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 then 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 that is not cooked before eating.
- There are many opportunities for cross contamination in our kitchens so we must have plans in place to prevent.



Cross Contamination



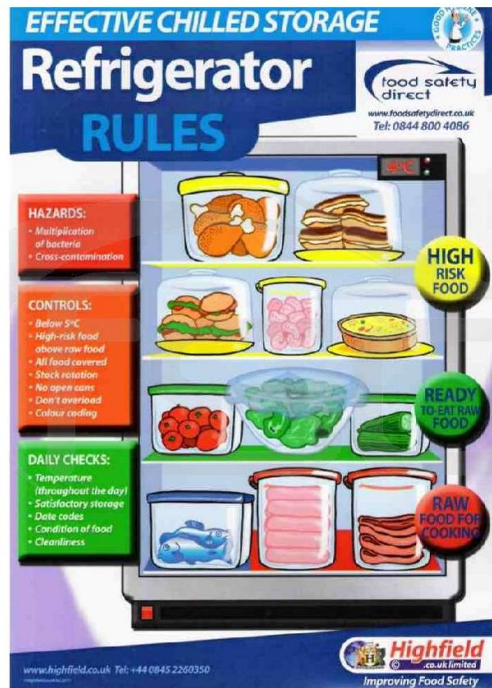
To avoid cross contamination it is important that the same equipment is not used for handling raw meat and milk product without being disinfected.

For cutting boards and knives the following colour coding is usually used:

- Red - Raw Meat
- Blue - Raw Fish
- Yellow - Cooked Meats
- Brown - Vegetables
- Green - Fruit and Salad
- White - Dairy Products
- Purple - Allergens



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.



Group Activity – 20 Minutes



Food Safety in Restaurants and Food Service: Focus on food safety challenges faced by restaurants, catering services, and other food service establishments. Discuss best practices for ensuring food safety in these settings.

What is Food Safety?

“Food safety can be defined as putting in place all of the measures needed to make sure that food and drinks are suitable, safe and wholesome through all of the process is of food provision.”

(Cousins and Weekes, 2020, pg 392)



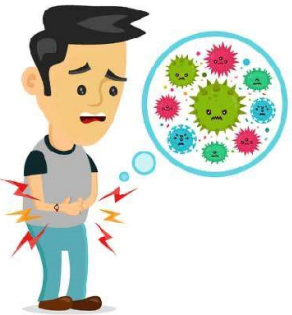
Food poisoning is unpleasant for anyone but for some the illness can be very serious or even fatal. **High risk groups** include: babies and the very young, elderly people, pregnant women, those with an impaired immune system who are already unwell.

Some foods pose a greater risk to food safety than others are called **high risk foods**. Some examples of high risk foods include;

- soups, stocks, sauces and gravies
- eggs and egg products
- milk and milk products
- cooked meat and fish (and meat and fish products)
- any foods that need to be handled or reheated.

(Cousins and Weekes, 2020)

What happens when we have poor Food Safety practices?



- Abdominal pain
- Diarrhoea
- Vomiting
- Feeling sick
- Fever
- Dehydration
- Collapse



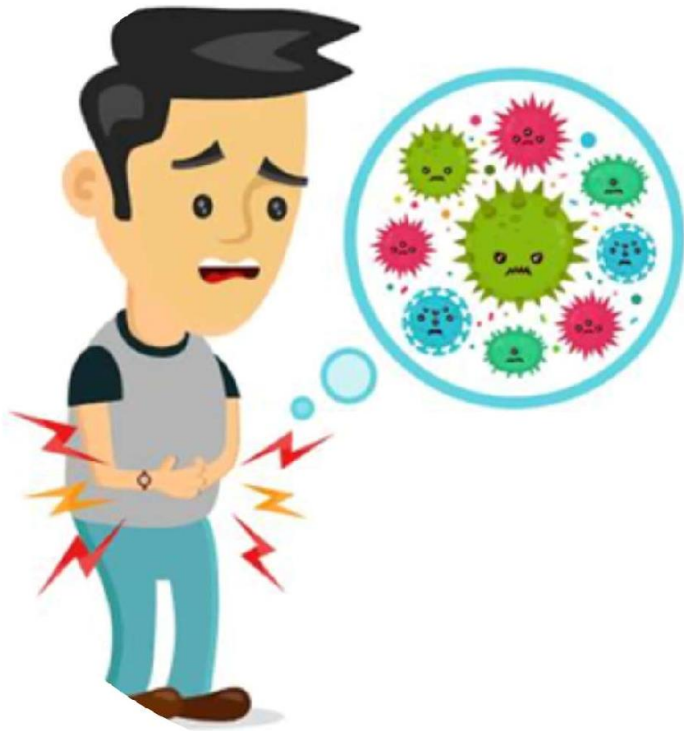
Food Poisoning

Food poisoning usually occurs within 1 to 36 hours of eating contaminated or poisonous food. Symptoms normally last from 1 to 7 days.

Every day, thousands of people in the UK suffer from food poisoning.

Many of these will be very ill and some of them will die. Those most at risk include the very young, the elderly, persons who are already ill or recovering and expectant mothers and their unborn babies.

The main reasons for food poisoning are negligence, ignorance, poor management, a poor food safety culture and a failure to implement good practices. Effective instruction and training will prevent food poisoning if the good practices food handlers are taught are implemented in the workplace.



Have you ever
experienced
Food Poisoning?



Common faults contributing to food poisoning

- Preparing food too far in advance
- Storing at room temperature
- Cooling food too slowly
- Not reheating food to a high enough temperature
- Buying food from unreliable suppliers and sources
- Undercooking
- Not thawing food correctly
- Cross contamination
- Eating contaminated raw food
- Storing hot food below 63c
- Unhygienic and infected food handlers

Personal Hygiene for Food Handlers

To keep food safe, every person working in a food-handling area must maintain a high level of personal hygiene.

They must wear clothing that is:

- suitable
- clean
- protective

When preparing or handling food they should:

- keep hair tied back and wear a suitable head covering, e.g. hat or hair net
- not wear watches or jewellery (except a wedding band)
- not touch their face and hair, smoke, spit, sneeze, eat or chew gum

You must not allow anyone to handle food or enter a food handling area if they:

- are suffering from or carrying a disease likely to be transmitted through food
- have infected wounds, skin infections or sores
- have diarrhoea
- If any of these apply to a member of staff, they must tell their manager about it immediately.

Staff with diarrhoea or vomiting should not return to work until they have had no symptoms for 48 hours.



(Food Standards Agency, 2022)



Personal Hygiene - Handwashing

Effective handwashing is extremely important to help prevent harmful bacteria from spreading from peoples' hands.

All staff that work with food must wash their hands:

- when in the kitchen or preparation area
- before preparing food
- after touching raw food
- after handling food waste or emptying a bin
- after cleaning
- after blowing their nose
- after touching phones, light switches, door handles and cash registers
- Staff should dry their hands on a disposable towel. This is because harmful bacteria can spread on wet or damp hands. Use a disposable towel to turn off the tap.

HACCP – Hazard Analysis of Critical Control Points

HACCP is a way of managing food safety hazards. Food safety management procedures should be based on HACCP principles.

HACCP involves:

- looking closely at what you do in your business, what could go wrong and what risks there are to food safety
- identifying any critical control points the areas a business needs to focus on to ensure those risks are removed or reduced to safe levels
- deciding what action you need to take if something goes wrong
- making sure that your procedures are being followed and are working
- keeping records to show your procedures are working
- It is important to have food safety management procedures that are appropriate for your business.

(Food Standards Agency, 2017)

Food Hygiene Ratings



Food Hygiene Ratings: What does this say about the business?

If you serve or supply food direct to the public, you may be covered by the [Food Hygiene Rating Scheme](#).

Your rating will be based on what is seen on the day of inspection and you may be given a hygiene rating from 5 to 0, based on the food hygiene standards found at the time.



What does the rating cover?

Ratings are a snapshot of the standards of food hygiene found at the time of inspection. It is the responsibility of the business to comply with food hygiene law at all times.

This includes:

- handling of food
- how food is stored
- how food is prepared
- cleanliness of facilities
- how food safety is managed

The food hygiene rating scheme does not provide information on the following factors:

- quality of the food
- customer service
- culinary skill
- presentation
- comfort



Environmental Health Officer (EHO)

Environmental Health Officers are authorised officers from your local council who visit your premises to check if your business is complying with food law and producing food that is safe to eat.

To do this, they will look at:

- your premises
- how you work
- your food safety management system
- the types of food you make and prepare

They have the right to enter and inspect your premises at any reasonable time. Authorised officers will usually arrive without making an appointment.

How often your business is routinely inspected will depend on the type of business and its previous record.

Some premises might be inspected at least every six months, others much less often. Authorised officers will offer help and advice on [food safety](#).

They can take action if they find that your standards of [food hygiene](#) are not good enough. In serious cases, action might include closing the premises or prosecution

What enforcement can EHO carry out?

Authorised officers can take enforcement action to protect the public, including:

- Seizing foods suspected to be unfit for human consumption
- Writing a letter following an inspection or outlining issues with compliance and asking you to correct these
- Serving a formal legal notice that sets out certain things you must do or forbidding you from using certain processes, premises or equipment
- Recommending a prosecution in serious cases

Authorised officers will allow you enough time to make changes unless there is an immediate risk to public health.

Following an inspection, a business can appeal their rating and have a 'right to reply' and can request a re visit from their local council.

Frequency of Inspections

A new rating is given each time a business is inspected by a food safety officer from the business's local authority.

Each local authority plans a programme of inspections every year. The frequency of inspections depends on the potential risk to public health.

The assessment takes account of the following factors:

- type of food that is handled
- the number and type of customers, for example vulnerable groups
- types of processes carried out before the food is sold or served
- hygiene standards seen on the day of the last inspection

Food Hygiene in Wales: Spot the difference



Displaying the rating sticker is **mandatory in Wales and Northern Ireland.**

It is **voluntary** in England.

By putting it on display, you can show your customers how good your hygiene standards are.

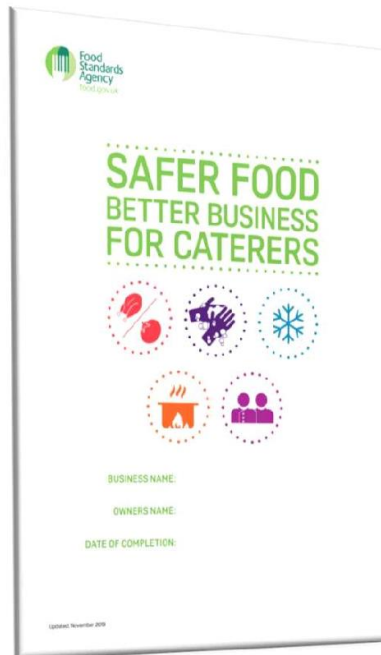
In Scotland, they run their Food Hygiene scheme slightly differently....



[Food hygiene ratings: 'A zero isn't down to paperwork'](#)

Safer Food, Better Business

(and the associated full document pack that can be found on Moodle)



**Safer food
better business**

Why use SFBB?

- Easy to understand
- Flexible enough to fit any business
- Practical & time efficient
- Jargon free
- Can be used to train staff
- Protects your business' reputation
- Improves your business, e.g. by wasting less food

SFBB also helps with

- Identifying hazards and risks
- Implementing control measures
- Monitoring control measures
- Taking corrective action
- Reviewing the system regularly
- Achieving higher 'scores on the doors' rating from the EHO's



Starting Your Own Food Business

When starting a food business you must register it with the Environmental Health team at your local council at least 28 days before you start food operations.

If you purchased the business from someone else, you need to register as a new owner.



Getting Ready to Open a Business



Safer Food, Better Business Record Keeping and Responsibility

The person who is responsible for the day-to-day running of the kitchen/business.

Each kitchen must have its own SFBB pack/diary. The Diary must be signed and dated at the end of each shift. It is signed to show that you have completed the opening and closing checks.

When you sign the diary, you are confirming that you have supervised your staff in following your safe methods and that any problems are being solved and recorded in the diary.

Each head chef must complete the safe methods.

But also... you as a food handler have an important role in complying with the safe methods carried out in your catering workplace.

Group Activity 40 Minutes

1. What is HACCP, and why is it important in the food industry?
2. What are the seven principles of HACCP, and how do they contribute to food safety?
3. Can you provide examples of biological, chemical, and physical hazards that HACCP helps to identify and control?
4. How does the implementation of HACCP benefit both consumers and food businesses?
5. What are the key steps involved in developing a HACCP plan for a specific food product or process?

6. What role does documentation play in HACCP implementation? Why is it important to keep accurate records?
7. Can you think of any real-life examples where the failure to follow HACCP principles resulted in a foodborne illness outbreak or product recall?
8. In your opinion, how can consumer awareness and education about HACCP contribute to safer food choices?