

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: 18/10/2021
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I have chosen the topic "Food Safety Fundamentals – The 4 C's". I believe that it is one of the most important things in the hospitality sector. It often goes unnoticed by consumers, given how natural it is to abide by the fundamentals, and underappreciated. Food safety is a must for businesses in the hospitality sector, as illnesses spread by under-prepared food are a serious matter. The "4 C's" denote the four practices that should be followed in the kitchen, which are a guideline to safe food preparation. These are:

- Chilling
- Cooking
- Cleaning
- Contamination

The proper preparation of food is essential, as it can lead to a whole manner of problems when not done correctly. Most often, unprepared food will harbour dangerous micro-organisms, which include salmonella, E.coli and listeria, which are all strains of bacteria that can cause food poisoning when ingested by humans (CDC, 2021). The symptoms can include vomiting, nausea, collapse and, on rare occasions, death. In some cases, customers afflicted by food poisoning can sue businesses after eating at their establishment, provided they have the right evidence. In less extreme cases, food poisoning can

be extremely detrimental to a business's reputation and income, as the illness can lead to bad reviews and a loss of customers. That's why it is imperative that the kitchens of these businesses make sure their staff know the right way to prepare and cook food, to reduce the possibility of these drastic scenarios.

The first C of the list is Chilling. This is a general term for the storage of food products before preparation, as the products most at risk of being dangerous are stored in freezing conditions. This is both to keep products fresh, as well as keep them out of the "temperature danger zone", which is anywhere between 5 °C and 60 °C. (YSDA , 2021) This range is where the aforementioned bacteria can live and multiply fastest. To prevent the growth of these bacteria, high-risk food is typically stored at temperatures of below -5 °C, then defrosted in the refrigerator at below 5 °C. Chilling also includes the aversion to refreezing food that's been thawed, as bacteria can still grow during this process. (Better Health, 2020)).

The next on the list is Cooking. Naturally it has to do with the proper cooking of the food, mainly focused on the heating required, as high heat kills bacteria. (nidirect, 2021) Usually, temperatures of 60°C is the minimum internal heat for products, mostly of the meat variety, and should reach 80°C for a short amount of time, as to not overcook the food and disappoint guests. (Jill Seladi-Schulman, 2020)

Next is Cleaning. As its name suggests, it refers to the proper cleaning of the work surface as well as the chef before, during and after the cooking process. This always includes the proper washing of hands, as they come in contact with the food most often and can often have residuals of the bacteria after handling raw food or different forms of bacteria from prior activities. All workstations and utensils used in the kitchen should be thoroughly cleaned and stored correctly as well, for the same reasons. Products like fruit and vegetables should be rinsed as well, and meats should never be washed in similar fashion. Should products come in contact with something unhygienic, for example the floor, they are to be thrown out. Cleaning also has the added benefit of keeping a kitchen efficient and pleasant for the staff. (LJ Stuart , 2019) The most commonly used sanitizer for kitchen surfaces is chlorine, as it kills bacteria almost instantly and is commercially available, making it an efficient tool for cleaning the workplace. (Weber, 2016)

Leading on from cleaning is the final C, Cross Contamination. Much like cleaning, this describes the prevention of different things transferring bacteria to one another. Whilst it includes the prevention of people spreading bacteria to food and vice versa, this focuses on different food products contaminating each other. This involves practices such as never storing or preparing raw food near cooked foods, as



well as storing both in the right areas in proper containers, whether it be lidded to prevent contamination with anything stored nearby, or dishes with high lips to prevent spills. Contamination prevention could extend to other hygienic practices, such as staff having a hygiene policy, including the removal of jewellery, proper hair restraints and clean clothes, as well as the avoidance of entering the kitchen whilst sick. (NRA, 2020)

I am of the firm belief that all of these steps are imperative to the proper preparation of food in the kitchen, both in the hospitality sector, as well as at home. Whilst it may seem troublesome and even demeaning to some people to have to follow such guidelines, but it is essential for a business to follow these points strictly, for the safety of both the customers, and the business itself.



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