

Food and Nutrition Knowledge Organiser

Year 7 Food Safety

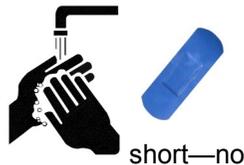
Safety rules in the food room

Do not run in the kitchen
Listen to the teacher
Stack stools neatly
Tie hair up
Put all bags, coats and blazers in the cubby holes to prevent someone tripping up.
Use oven gloves when putting things into the oven and getting things out.
Clean up any spillages straight away so that someone doesn't slip
Never put metal into the microwave
Do not mess with the cooker dials



Hygiene rules in the food room

Wash your hands with anti-bacterial soap
Wear a clean apron
Tie hair up
Make sure your nails are clean and short—no nail varnish
Cover cuts and sores with a blue plaster
Clean work surfaces with sanitiser
Use clean dishcloths and tea towels
Make sure all equipment has been cleaned thoroughly in hot soapy water



Knife safety

Always carry the knife by the handle with the point facing down
Only carry one sharp knife
Do not leave the sink in a sink full of hot soapy water because you will not be able to see it and could cut yourself
Use the bridge hold and the claw technique
Keep your fingers out of the way and always concentrate
Make sure they go back into the knife wrap at the end of the lesson so that they are all ac-

Bacteria needs 4 conditions to multiply.

Warmth



Food



Moisture



time



Temperature control is important

Fridge 0-5°C

Freezer -18°C

Danger zone 5-63°C

Cooked food 75°C

Reheated food 75°C

In the **fridge** bacteria multiply slowly

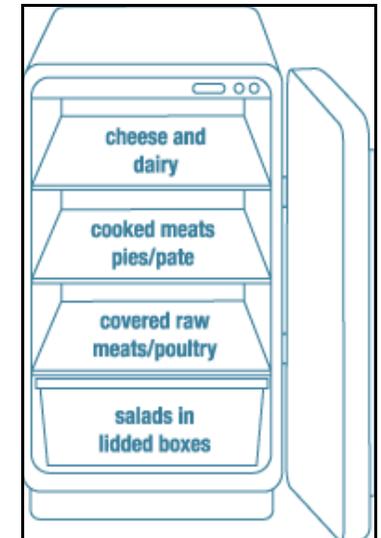
In the **freezer** bacteria lie dormant they do not multiply but they are not dead.

In the **danger zone** bacteria multiply readily so it is important to keep high risk food out of the danger zone .

Bacteria **die** above 75°C, therefore we must cook and reheat food above this temperature.

Fridge storage

Raw meat should be placed on the **bottom shelf** and cooked meats should be placed on the **middle shelf**, this is to avoid **cross contamination**.



Bacteria are the most common cause of **food poisoning**.

Symptoms of food poisoning are vomiting, diarrhoea, stomach cramps and fever.

The **4 C's** in food safety are a way to minimise the risk of food poisoning.

Cleaning— following hygiene procedures

Chilling— storing foods are the correct temperature.

Cooking— cook food to 75°C to kill bacteria.

Cross contamination— keep raw meat and ready to eat foods separate.



The bridge hold The claw technique

