

Key points to learn: Hygiene Rules

Personal Hygiene

Wash Hands

Wear Apron

Tie Hair Back

Chopping Boards

Red – Raw Meat

Brown – Vegetables

Green – Salad Fruit and veg

Yellow – Cooked Meat

White – Dairy and Bakery

Blue – Raw Fish

Fridge Storage

Below is the order that food should be stored in a fridge

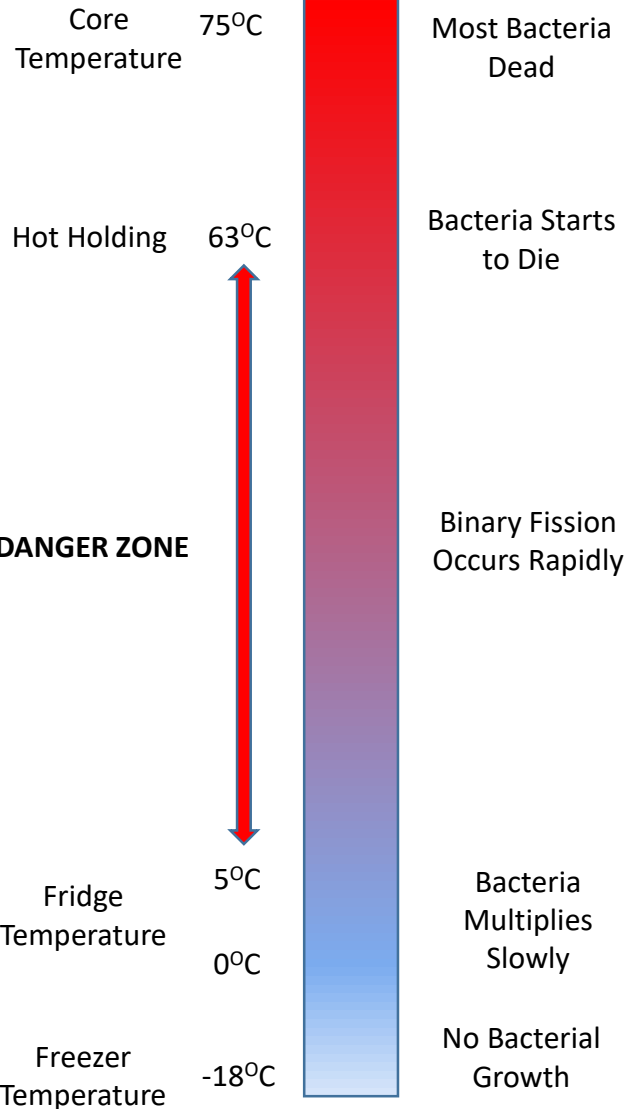
- Dairy
- Fruit and Veg
- Cooked Meat
- Raw Meat
- Raw Fish

Kitchen Rules

- Check Storage temperatures regularly
- Use sanitiser to clean down work benches
- Hot soapy water to wash up
- Keep bins from overflowing
- Do not store food stuff on the floor

Food Hygiene

Key points to learn: Key Temperatures



KS4 Food Preparation and Nutrition

Year 10. Autumn 1

Health, Safety and Hygiene

Key Terms

Cross Contamination

The transfer of bacteria from one food to another

Binary Fission

How bacteria multiply

Food Poisoning

Causes

- Cross Contamination
- Improper storage temperatures
- Undercooked food

Symptoms

- Vomiting
- Diarrhoea
- Fever
- Stomach Ache

Key points to learn: Microorganisms

Living Conditions	Warmth (5-63°C)
	Moisture
	Protein
	Correct PH
	Time

High Risk Foods	Meat and Fish items
	Dairy
	Cooked Rice
	Eggs
	Gravies / Stocks

Campylobacter	Poultry and Pork
E-Coli	Raw Vegetables and Undercooked Mince Beef
Salmonella	Raw Meat, Poultry, Eggs, Unpasteurised Milk
Listeria	Unpasteurised Dairy, Pate, Soft Cheese
Staphylococcus Aureus	On the skin, Open Cuts
Symptoms Of Food Poisoning	Nausea, Vomiting, Fever, Diarrhoea

Key points to learn: Signs of Food Spoilage

Enzymes	Biological Catalysts
Enzymic Action	Ripens bananas, browns and softens fruit
Mould Growth	Spoils bread, cheese and fruit. 'Fuzzy' appearance
Yeast	Grows on fruit. Has a white 'powdery' appearance
Stopping Enzymes	<ul style="list-style-type: none"> • Change PH • Blanch (plunge in boiling water)

Key points to learn: Useful Microorganisms

Mould	Blue Cheese . Added creaminess and tangy taste
Yeast	Makes bread rise. Feeds of the sugar and releases Carbon Dioxide
Bacteria	Makes Yogurt – Added to milk and thickens and gives a sour taste

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Revision Questions

1. What are the 5 conditions needed for Microbiological growth?
2. How does freezing affect bacteria?
3. Explain the process of milk pasteurisation
4. Explain how lemon juice and help preserve a fruit salad

Glossary

Pathogenic – Harmful

Blanching – Dropping in boiling water for a few minutes and then rapidly cooling

Ambient – Room Temperature

Pasteurisation – Heating milk to kill bacteria