

COURSE INTRODUCTION

Food Hygiene

This training course has been designed to give you the knowledge and understanding for food hygiene to enable you to work professionally and safely.

LEARNING AIMS

On completion of this course, you should understand the following:

- The Rules and Regulations that govern food hygiene.
- Basic food safety and hygiene techniques
- Food handling, safe storage, and preparation
- How to access advice or support about food safety

THIS COURSE IS DIVIDED INTO 4 MODULES:

1. The rules and regulations of Food Hygiene
2. Food Safety
3. Handling food
4. Help and Advice about Food Hygiene

Module 1 Rules and Regulations that relate to Food Safety

The Food Safety Act 1990 :

- States that you are breaking the law if you serve food that is unfit for eating and likely to make people ill.

In the health and social care sector, the four Cs are especially important for food hygiene safety. Cleaning, Cooking, Cross-contamination, and Chilling all come into play during the food handling process and must be always implemented properly.

The Health and Safety at Work Act 1974 requires employers to ensure the health, safety, and welfare at work of all their employees.

Health and Safety at work Regulations 1999 require employers to assess the risks to workers and others who may be affected by their work.

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Meeting CQC guidelines

The Care Quality Commission (CQC) is an independent regulator established by the Health and Social Care Act 2008. It is responsible for inspecting care homes across the UK and plays a vital role in the development of regulations for care as a whole.

Food hygiene and safety is overseen by the Food Standards Agency (FSA).

The FSA works with local authorities to enforce food safety regulations.

Care providers must ensure that...

- Policies and procedures are in place for safe handling of food and encourages people to report and record incidents and accidents.
- There are suitable arrangements for monitoring performance and providing additional support and training when needed.

Module 1 Complete

Module 2 Food safety

Monitoring food safety and achieving the highest level of general hygiene is vital where meals are prepared and cooked on-site for elderly and vulnerable residents who can be more at risk of illness.

Food poisoning is not always serious, and people usually get better within a few days without treatment.

However, it can be very serious and result in hospitalisation and even death.

People With a Higher Risk of Food Poisoning are

- Adults Aged 65 and Older
- Children Younger Than 5 Years
- People with Weakened Immune Systems
- Pregnant Women

Important!!!!

You are likely to be supporting people who are more vulnerable to food poisoning therefore food safety and hygiene is very important in your role.

Food Poisoning Symptoms

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- Upset stomach
- Stomach cramps
- Nausea
- Vomiting
- Diarrhoea
- Fever

Causes of Food Poisoning

Cross contamination is probably the most common cause of food poisoning. It happens when harmful germs are spread by hands, equipment or onto other food surfaces.

Check the label

It's important to read food labels to make sure everything you're going to use has been stored correctly and used by the date on the packaging.

Use by dates

You will also see 'use by' dates on food that goes off quickly. You shouldn't use any food after the 'use by' date even if the food looks and smells fine, because it might contain harmful bacteria.

Module 2 Complete

Module 3 Handling food

Spreading germs around the kitchen is so easily done, because we touch so many things when we are preparing food and drink.

Not only do we touch the food itself, but we also touch handles, worktops, towels and utensils.

Your hands can easily spread bacteria around the kitchen and onto food. It's important to always wash your hands thoroughly with soap and warm water:

- Before starting to prepare food
- After touching raw food such as meat, poultry, and vegetables
- After going to the toilet
- After touching the bin

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- After touching pets

Don't forget to dry your hands thoroughly because wet hands spread bacteria more easily.

Personal protective equipment (PPE)

The most common protection that health and social care workers are issued with is disposable gloves and aprons.

Gloves

Aprons

Other PPE used can include shoe covers, hair nets or hats. If these are used in your service, then you should be shown the procedures for using.

Personal hygiene

Ways you can practice good personal hygiene...

For example:

- no smoking in food areas
- no coughing, sneezing, spitting over food
- no strong-smelling perfumes should be worn when handling foods
- no nail varnish should be worn when handling food
- no jewellery other than a plain wedding band or sleeper earrings should be worn

Important!!!

If you feel unwell, and don't handle food and inform your manager.

Before you start preparing food, it's important worktops, kitchen utensils and chopping boards are clean

You should change dish cloths and tea towels regularly to avoid any bacteria growing on the material.

To help stop bacteria from spreading:

- Don't let raw food such as meat, fish or vegetables touch other food
- Don't prepare ready-to-eat food using a chopping board or knife that you have used to prepare raw food, unless they have been washed thoroughly first

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- Wash your hands thoroughly after touching raw meat, fish or vegetables and before you touch anything else
- Cover raw meat or fish and store on the bottom shelf of the fridge where they can't touch or drip onto other foods

Thawing Food safely

It is best to thaw food in a fridge, which is more gradual, but germs are less likely to damage the food.

Be sure that the food is thawed fully before cooking.

Cooking Temperatures

Testing food to see if it is hot all the way through will signify that it is safe to eat.

Ideally foods cooked should reach a temperature of 75° C or higher.

You should always follow cooking instructions on any packaging.

Disposal of Food

Discarded food should be thrown away in a waste bin and should be emptied regularly to reduce the risk of rotting food contaminating the surroundings or affecting a person's health and wellbeing.

Clearing Away

Food hygiene rules apply to the disposal of food in the same way that they are applied in food preparation:

Hands should be washed

Surfaces cleaned after use

Equipment and utensils washed thoroughly

Equipment and utensils stored correctly after use

Correct Fridge storage

Keeping food chilled in the fridge slows down the growth of bacteria. Between 5°C and 63°C is called 'the danger zone', where bacteria on food can grow to a point where they can make you ill.

Follow these 5 steps

1. Keep the fridge at 5°C or below.
2. Don't overpack the fridge.

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3. Store different foods in the correct areas of the fridge.
4. Put leftovers in the fridge within two hours.
5. The Golden Rule: If in doubt, throw it out.

Correct Freezer Storage

Freezing food means that the lower temperature will make bacteria lie dormant, so the food will keep for longer.

Leftovers can be frozen, but it is important to cool them quickly within 1-2 hours and then put in sealed containers for the freezer. When freezing food, it should be labelled with the date, so that the freezer contents can be monitored.

Module 4 Help and Advice about Food Hygiene

Advice in the Workplace

At the beginning of your employment, you should have full training for food hygiene and safety before handling food.

It is vital that you read individual care plan and are given adequate information about everyone that you support in relation to their specific needs.

Don't be afraid to ask questions if you are ever unsure, never take risks!!!

Congratulations you have completed this training session on Food Hygiene!