

RSPH

ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

Level 1 Award in Food Hygiene Awareness

Welcome !

Section 1: The Need for Food Hygiene

- The incidence of food poisoning and the risk to the population of low standards of food hygiene
- Terminology: food hygiene, food poisoning, 'at risk' groups, contamination of food and safe food
- Common symptoms of food poisoning
- Main categories of food safety hazards
- Legal responsibilities of food handlers

Common symptoms of Food Poisoning

- Nausea
- Vomiting
- Diarrhoea
- Stomach pain
- Dehydration



Who is most "at risk"?

- **Infants**
- **Pregnant women**
- **Elderly people**
- **People with weakened immunity**



Contamination of Food:-

“The presence of something harmful or objectionable in food which makes it unsafe to eat”.

Contamination of food - hazards to consumers

Microbiological

Bacteria and their toxins, viruses, moulds, yeasts

Chemical

Examples: bleach, insecticide, poisonous plants, poisonous toadstools

Physical

Examples: bone fragments, glass, stones, hair

Allergenic

Some people are very sensitive to certain foods (eg peanuts, tree nuts, milk, eggs)

Chemical hazards

Examples: bleach, insecticide, poisonous plants, poisonous toadstools

Some Controls:

- **Use approved suppliers of food**
- **Store cleaning chemicals away from food**
- **Follow recommended cleaning instructions**
- **Follow expert pest control advice**



Physical hazards

Examples: pieces of bone, fragments of shells, glass, stones, hair, packaging, flakes of paint.



Some Controls:

- **Keep food covered**
- **Cleaning and housekeeping**
- **Food handlers uniform and hygiene policies**
- **Maintenance of buildings and equipment**
- **Pest control**

Allergenic hazards

Some people are highly sensitive to foods such as peanuts, tree nuts, milk, sesame seeds, soya, shellfish, fish and eggs.

Some controls:

- Keep foods covered and separate
- Effective cleaning and hand washing
- Provide accurate allergen information to customers



Food allergens can cause illness or death.

Never guess about whether a dish contains an allergen!

Prevention of Contamination of Food by Food Handlers

Food handlers must:

- Avoid exposing food to the risk of contamination
- Report if suffering upset stomachs, colds or coughs
- Keep cuts covered with suitable waterproof dressings
- Not smoke or spit in the food area
- Keep themselves and their protective clothing clean



Activity.....

- **Name three of the common symptoms of food poisoning...**
- **List the four categories of those most “at risk” from food poisoning....**
- **List the four categories of food safety hazards.....**

Section 2 Bacteria

- The nature of food poisoning bacteria
- Multiplication of bacteria in simple terms
- The four conditions necessary for the growth of food poisoning bacteria
- The "Temperature Danger Zone" and its importance in relation to food safety
- Examples of “high-risk foods”
- Food spoilage

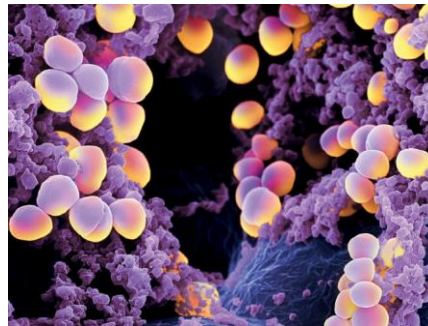
Bacteria

- **Bacteria are everywhere !**
- **Good bacteria (eg in cheese and yogurts)**
- **Harmful bacteria – “Pathogens”**

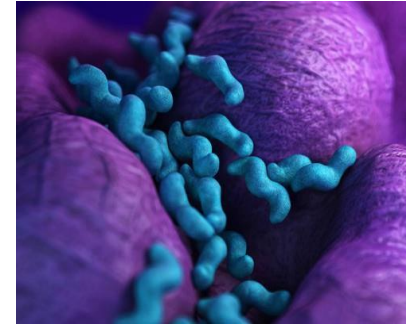
Food Poisoning Bacteria As Seen Through a Microscope



*Clostridium
Perfringens*



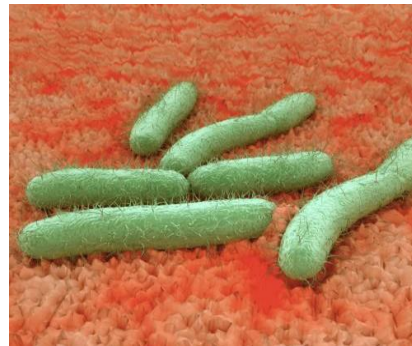
*Staphylococcus
aureus*



Campylobacter

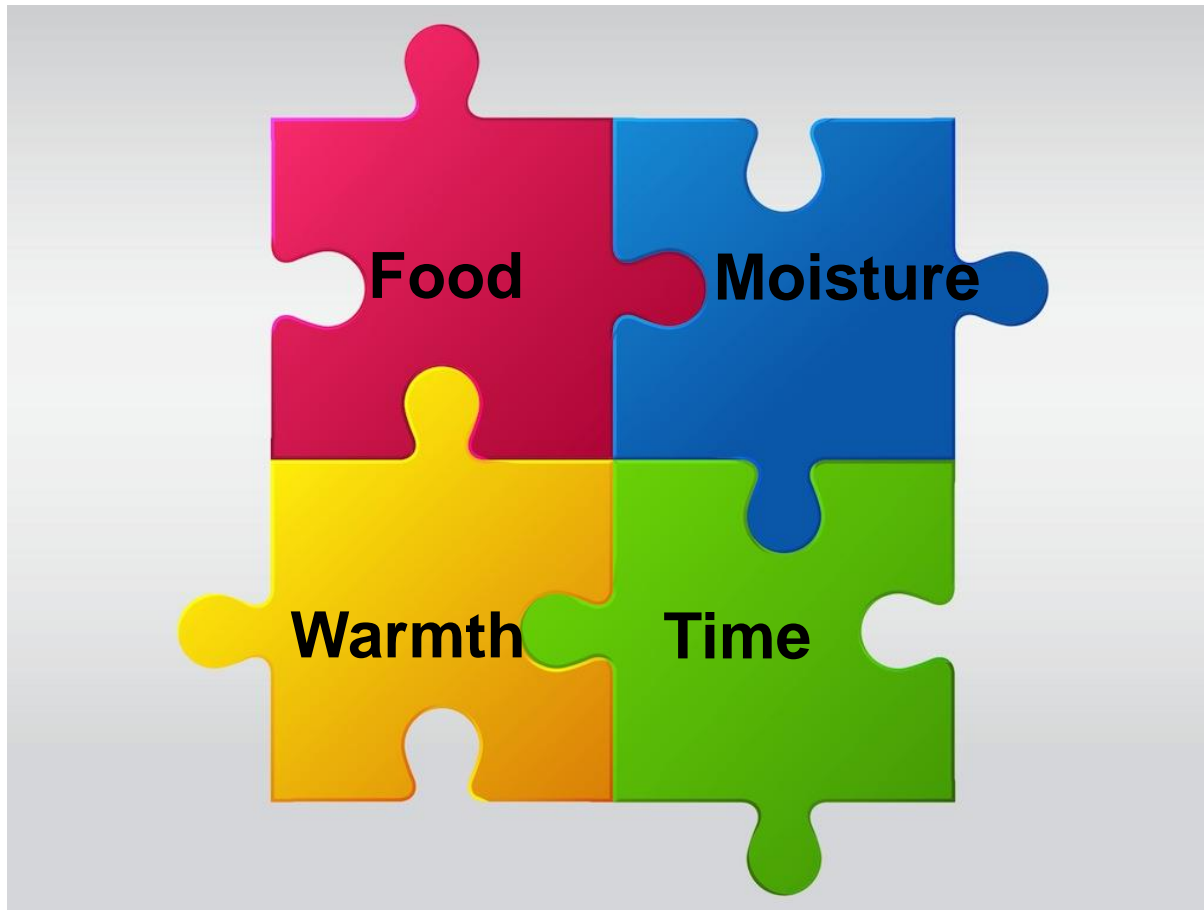


Salmonella



Escherichia coli

Conditions for Bacterial Growth



High Risk Foods

**Cooked meat and poultry;
cooked meat products;
gravy, soup and stock**



**Milk and eggs, and
dishes made from
them**

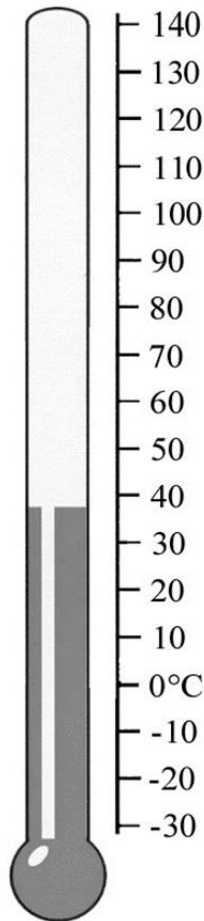


**Cooked /
prepared
shellfish &
seafoods**



Cooked rice

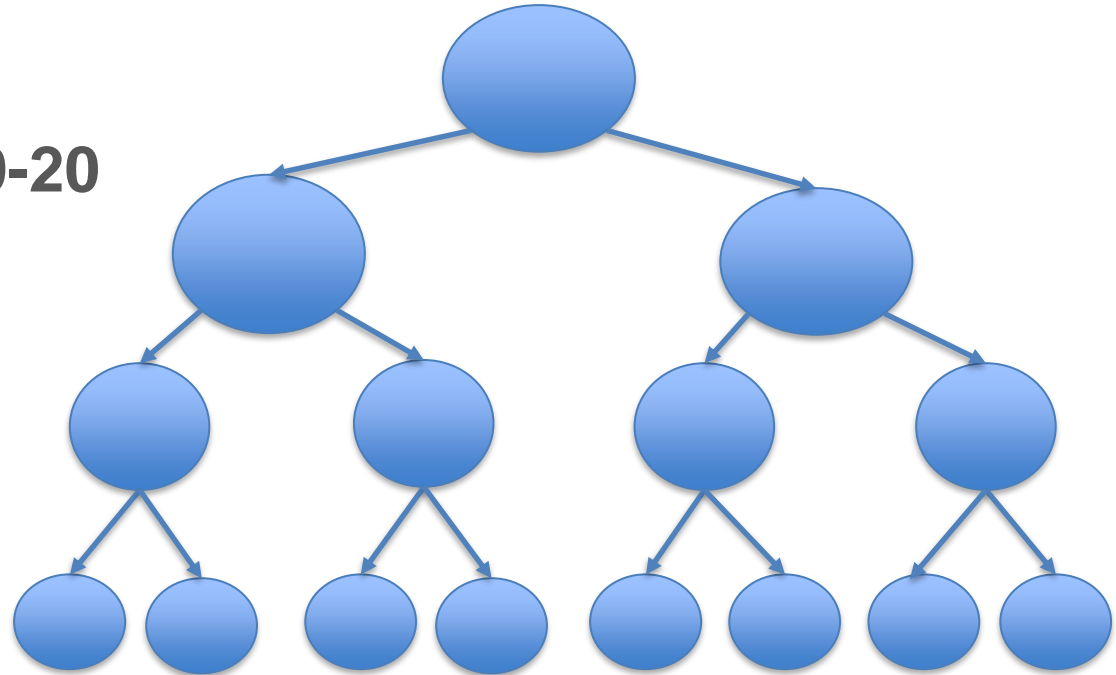
Temperatures and Bacterial Growth



- 121 °C to 130 °C Spores killed
- Cooking 75 °C
- Body Temperature 37 °C
- **DANGER ZONE 5 °C to 63 °C**
- Room temperature 17 °C to 20 °C
- Refrigerator 1 °C to 4 °C
- Freezer - 18 °C

Binary Fission

Under the right conditions, each bacterial cell can multiply every 10-20 minutes



Food Spoilage

- Food becomes unfit to eat due to action of bacteria, moulds and yeasts (eg mouldy bread, slimy fish, sour milk)
- Food changes include changes in :-
 - Smell
 - Appearance
 - Colour
 - Taste
- Spoilt food is unfit to eat and should not be sold



Activity.....

- List four examples of “high risk” foods.....

Section 3 Avoiding contamination

- Sources of bacteria
- Preventing the spread of bacteria.
- Examples of how to prevent contamination of food.
- Signs of pests in the workplace.

Sources of Food Poisoning Bacteria



Pests



Raw meat, poultry, eggs and shellfish



Waste food and dirt



Soiled fruit and vegetables



Food handlers

Ways in which YOU can contaminate food

Smoking

Eating while

Biting

Preparing food

Fingernails

Coughing

Not washing
hands after
using the toilet

Sores

Tasting food
with fingers

Cross-contamination

The transfer of food poisoning bacteria from contaminated food to uncontaminated (clean) food.



Contamination Controls

- **Prepare and store raw meats and raw foods separately from cooked or “ready-to-eat” foods**
- **Keep the work area and surfaces clean**
- **Keep utensils clean**
- **Wash your hands before preparing food**
- **Keep foods covered at all stages**
- **Use of colour-coded equipment**
- **Do not store raw meats above ready-to-eat and cooked foods in a refrigerator**
- **Effective storage and disposal of waste and unfit food**

Have you seen any of these where you work?



Rodents



Flies



Cockroaches



Birds



**Domestic
Pets**

Signs of pests

- Seeing live animals
- Droppings or feathers
- Grease trails at the base of walls
- Gnawed packaging or woodwork
- Dead bodies of pests
- Unusual smells or noises

Tell your supervisor !

Activity.....

- **List four measures you can take to prevent food from becoming contaminated by bacteria...**
- **List four signs that might indicate an infestation of food pests in the workplace.....**

Section 4: Personal and General Hygiene

- Rules for personal hygiene
- Methods and procedures for cleaning the workplace.

Always wash your hands:-

- Before handling food
- After using the toilet
- After handling raw foods
- After cleaning
- After handling rubbish
- After blowing your nose, coughing or sneezing
- After a break
- And when they look dirty!



Hazardous hands are:

- **Dirty hands**
- **Hands with long nails**
- **Hands with nail varnish and false nails**
- **Hands wearing jewellery (with the exception of a plain wedding ring)**
- **Hands with cuts and wounds that carry germs**

Wear protective clothing



Cleaning and disinfection

Cleaning - Remove grease, food residues and dirt.

Disinfection - Reduce micro-organisms to safe levels.

“Clean as you go”

Scheduled cleaning



Cleaning and disinfection products

- Detergents
- Disinfectants
- Sanitisers



Always follow the manufacturer's instructions.

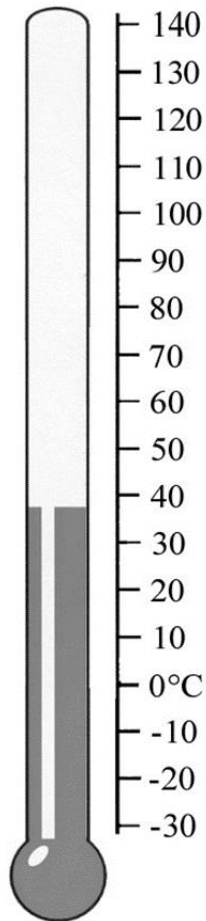
Activity.....

- Explain the reasons why you need to wear protective clothing in a food area
- Provide a definition of “Clean as you go”

Section 5: Temperature Control & Food Storage

- **Control of temperature for perishable food**
- **Safe methods for storage of foods**
- **The importance of checking food labels, including date markings**

Temperatures and Bacterial Growth



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- Freezer - 18 °C

Is Your Fridge Safe?

- **Store raw and cooked foods separately**
- **No hot food in the fridge - cool it quickly within 90 minutes**
- **Cover all food; don't overload the fridge**
- **Check the temperature is 1°C to 4°C**
- **Keep the door closed as much as possible**
- **Keep the fridge clean**



Dry (“Ambient”) Stores

- **Check deliveries on arrival**
- **Storage areas should be cool, dry, clean and well ventilated**
- **Store foods on shelving, off the floor**
- **Keep foods covered**
- **Do not use damaged tins**
- **Rotate stock “First in, first out”**

Information on Food Labels

- **“Use By” date – For high-risk / perishable foods.**

Food must be used by this date. It is an offence to sell food after this date.

- **“Best Before” date - Foods with a longer shelf life such as canned or dried foods.**

Food quality is affected beyond this date.

Activity.....

- **What is the temperature range of the “Danger Zone”**
- **Name two food items which have “use by” dates and two food items which have “best before” dates.....**

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Good Luck in Your Exam!