

Personal Hygiene



- A** Remove jewellery including watches
- B** Nails kept short and clean
- C** Hands should be dried
- D** Food should not be handled when ill
- E** Aprons should be worn when handling food
- F** Cuts and wounds must be covered with a blue plaster
- G** Hands must be washed
- H** Food should not be handled for long periods of time

Personal Protective Equipment



Protective clothing must be worn



Wear gloves



Wear protective apron



Hairnets must be worn



Health & Safety

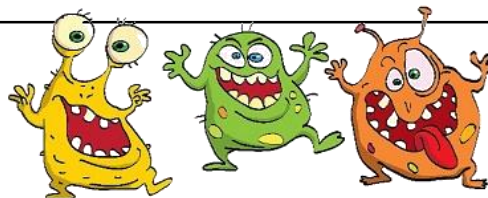


Risks in a kitchen	Hazards in a kitchen
Fires	Gas, open flames
Cuts	Knives / sharp objects
Burns	Ovens / heat
Scalds	Boiling water / steam
Slips	Spillages
Trips and falls	Objects on the floor

Handwashing

Food handlers should always wash their hands:

- Before Handling food
- After going to the toilet
- After coming in from outside
- After coughing, sneezing, or blowing your nose
- After touching money
- After handling rubbish or the rubbish bin
- After touching animals or insects
- After handling raw eggs, raw meat, raw fish or raw poultry



Key words



Hygiene - The standards to which people keep themselves or their environment clean.



Bacteria - Microscopic, single-celled living organisms, some of which can cause food poisoning.



Personal - Belonging or affecting a person rather than a group.



Function - The way in which something works or operates



This is a food production area

Food Hygiene



- A** Wash all fruits and vegetables
- B** Clean work surfaces regularly
- C** Store food at the correct temperature
- D** Cook foods properly
- E** Keep cooked food and raw food separate
- F** Wash and dry all dishes thoroughly

Food Storage: expiration dates



USE BY

vs.



BEST BEFORE

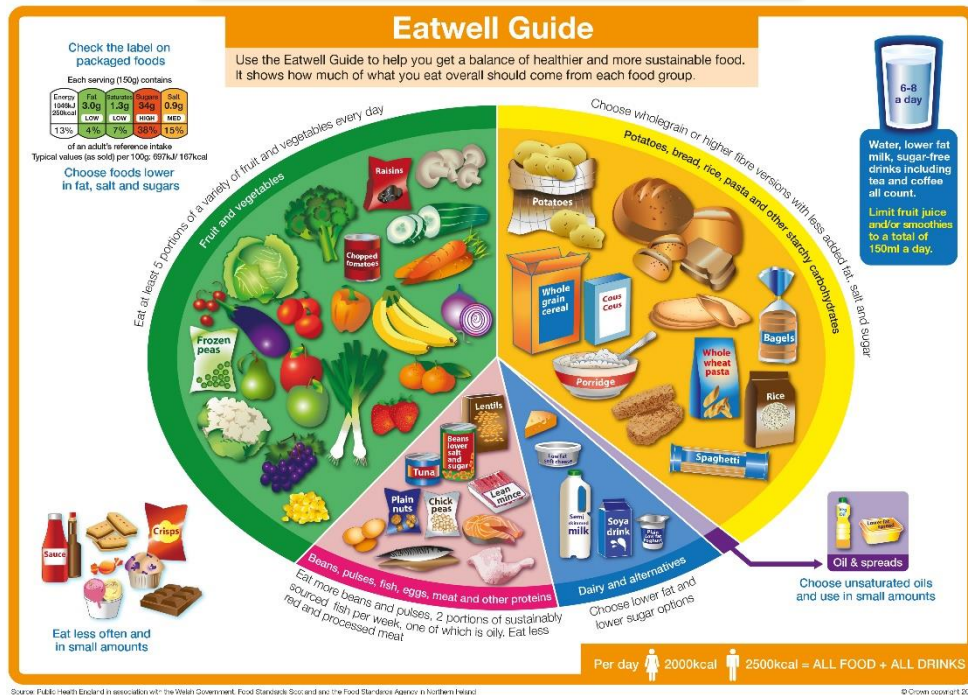
Use By - Food must be eaten by this date to prevent food poisoning

Best Before - Food can be eaten past this date but it might not be at its best quality

The Eatwell Guide

Check out these websites for further information about the Eatwell Guide

Weighing & Measuring



Equipment	Uses	Picture
Digital scales	Weighing ingredients usually in grams (g) and kilograms (kg).	
Measuring jug	Measuring liquids. The side of the jug is usually marked with millilitres (ml)	
Measuring cups	Some American recipes use cups for dried ingredients such as flour and sugar.	
Measuring spoons	Measure an accurate teaspoon or tablespoon. 1 tsp = 5ml, 1tbsp = 15ml	

The Healthy Eating Guidelines

The recommended guidelines for living a healthy lifestyle are:

- Base your meals on higher fibre, starchy carbohydrates.
- Eat lots of fruit and vegetables - at least 5 portions per day (80g per portion).
- Eat more fish, including a portion of oily fish per week.
- Cut down on saturated fat and sugar.
- Eat less salt: no more than 6g per day.
- Get active and be a healthy weight.
- Do not get thirsty.
- Do not skip breakfast.



Watch these videos which explain each section of the Eatwell Guide.

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal



Key word



Tolerance – The amount of variation allowed within a recipe $\pm 5g$ without it affecting the taste, texture and appearance.



The bridge hold

Used to chop and slice foods safely



The claw hold

Used to chop and slice foods safely



The Rubbing In Method

Using fingertips to rub fat (butter/margarine) into flour. Used to make scones, crumble, shortcrust pastry



Rolling out

Using a rolling pin to roll out dough such as pizza bases and shortcrust pastry

Food preparation techniques