

## The 4 C's

### Cleaning



- Keep yourself and your hands clean.
- Wash your hands before handling food and always after going to the toilet.
- Keep work surfaces, equipment and utensils clean.
- Clean dish cloths, tea towels and other cleaning equipment.

### Cooking



- Cook thoroughly.
- Cook raw foods to 75°C at the core.
- Reheat foods to 75°C.
- Never reheat food more than once.

### Chilling



- Cool cooked food products as quickly as possible to 5°C.
- Core temperature of cooked food must reach <10°C within 150 minutes of end of cooking.
- Foods must be protected from contamination while cooking

### Cross-contamination



- Prevent cross-contamination.
- Always separate raw-food from ready-to-eat food
- Use separate equipment, chopping boards and utensils.
- Wash hands thoroughly after handling raw food.

## Key words



**Contamination** - The process of making food dirty or poisonous, or containing unwanted or dangerous substances.



**Pathogenic bacteria** - Harmful bacteria that can cause illness or disease such as food poisoning.



**Symptoms** - Any feeling of illness or physical change that is caused by a particular disease.



**Source** - Where something comes from, starts or the cause of something.

## Contamination

### Direct contamination

**Bacteria** is carried from one food to another when they touch. Foods touching, or dripping.  
E.g. raw meat touches cooked meat

### Cross contamination

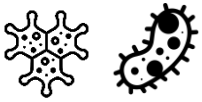
The transfer of bacteria from contaminated food (usually raw) to ready to eat foods using objects (vehicle).  
E.g. hands, work surfaces, cloths, equipment, chopping boards.

### Physical contamination

Foreign matter such as a hair, pests, jewellery, plastic packaging, glass, metals is found and contaminating food.



## Food Poisoning



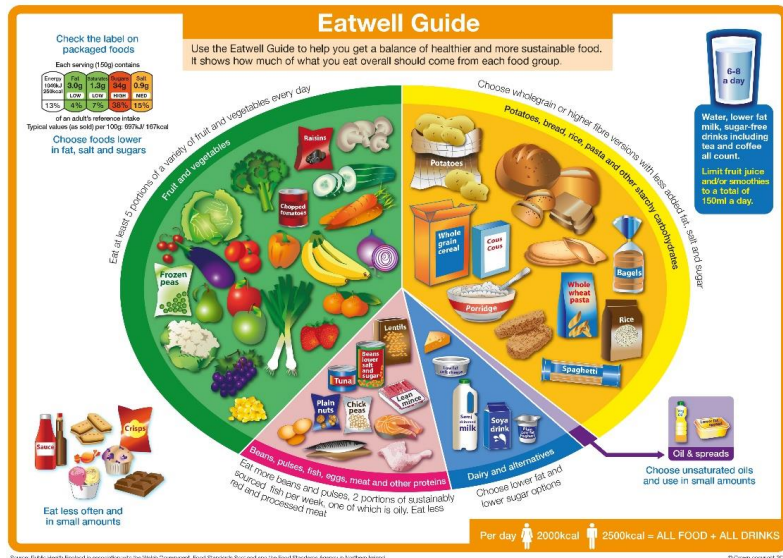
Name of bacteria	Sources
Staphylococcus Aureus	Hands, skin, raw milk, in the nose.
Listeria	Soft cheeses, ready-to-eat foods, meat
E-Coli	Raw meat, mince and poultry, raw milk
Salmonella	Raw eggs, raw meat and poultry, raw milk
Campylobacter	Raw meat and poultry, raw milk, dirty water
Clostridium Perfringens	Raw meat and poultry
Bacillus Cereus	Rice, cheese, raw meat

<b>Common symptoms of food poisoning:</b>				
Nausea	Diarrhoea	Stomach cramps	Fever	Vomiting




## Nutrients



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

# 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.
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**Balanced diet**—a diet that provides a person with the right amount of nutrients for their needs.

**Sources**—the foods in which nutrients are found

Nutrients are natural substances that are essential for our bodies to grow, work properly and stay healthy.

Nutrients are split into two categories; protein, carbohydrates and fats are classed as **macronutrients**. Vitamins and minerals are classed as **micronutrients**.

Name	Function	Source
Protein	<ul style="list-style-type: none"> <li>• Growth of the body</li> <li>• Repair of the body when injured</li> <li>• Gives the body energy</li> </ul>	Eggs, meat, fish, poultry, beans and pulses
Carbohydrates	<ul style="list-style-type: none"> <li>• Main source of energy for the human body</li> <li>• <b>Dietary fibre</b> helps the body get rid of solid waste products</li> </ul>	Starchy—potatoes, rice, pasta Sugar—fruit, sweets, jam
Fats	<ul style="list-style-type: none"> <li>• A source of energy for the body.</li> <li>• Insulate the body from cold temperatures</li> <li>• Protects the bones and kidneys from physical damage</li> <li>• Gives the body fat soluble vitamins A, D, E, K</li> </ul>	Oils and fats, milk, butter, cream
Vitamin C	<ul style="list-style-type: none"> <li>• Helps the body absorb iron</li> <li>• Maintains connective tissue</li> <li>• Antioxidant which helps to prevent heart disease and cancers.</li> </ul>	Fruits and vegetables e.g. citrus fruits, kiwi fruit
Vitamin D	<ul style="list-style-type: none"> <li>• Helps the body to absorb calcium</li> <li>• Helps calcium add strength to the bones and teeth</li> </ul>	Sunlight on skin, oily fish, meat, eggs
Calcium	<ul style="list-style-type: none"> <li>• To make strong bones and teeth</li> <li>• Make nerves and muscles work</li> <li>• Helps the blood clot after injury</li> </ul>	Milk, cheese, yogurt, green leafy vegetables,
Iron	<ul style="list-style-type: none"> <li>• Makes haemoglobin in red blood cells to carry oxygen to all body cells and produce energy.</li> </ul>	Red meat, green leafy vegetables