

# Food Preparation and Nutrition Knowledge Organiser Year 8

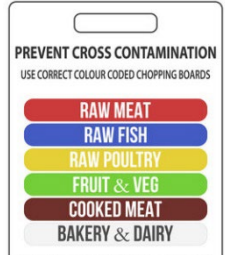


## Health and Safety in the Food Room

- Tie long hair back.
- Wash hands
- Wear an apron.
- Store bags and coats, safely.
- Remove jewellery.
- Check the food area/station are clean and free from dirt.
- Check all equipment needed is clean and ready for use.
- Move around the food preparation room, safely.
- Use oven gloves when putting food in / taking food out of the oven.
- Store food at the correct temperatures before and after lessons.
- Follow knife safety procedures.
- Make sure food you use is in date before preparing it.
- Wash up equipment thoroughly with hot, soapy water and ensure it is completely dry before putting it away.

## Oven and Hob Safety

- ◆ Keep hob surfaces and components clean
- ◆ When lighting a gas ring, always check that it has lit
- ◆ Do not leave cooker unattended
- ◆ Do not lean over hob or drape tea towels etc over it
- ◆ Always wear oven gloves when putting in and taking out products
- ◆ After cooking make sure all heat is switched off
- ◆ Make sure electric cookers are switched off at the mains after use
- ◆ Always make sure that saucepan handles are not facing out



## The 4 Cs of Food Safety

**CLEANING**

- Keep yourself and your hands clean
- Wash your hands before handling food, every 30 minutes and always after going to the toilet
- Keep work surfaces, equipment & utensils clean and disinfected
- Don't forget to clean dishcloths & cleaning equipment

**COOKING**

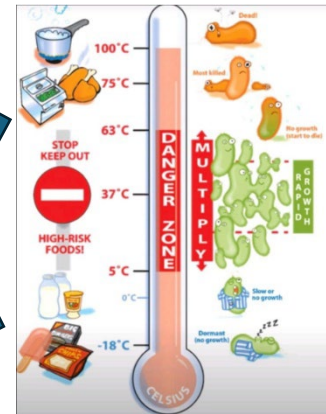
- Cook thoroughly
- Cook raw foods to 75°C at the core, check it with a probe thermometer
- Reheat foods to 75°C
- Never reheat food more than once

**CHILLING**

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

**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 before ready-to-eat food



## KNIFE SAFETY

**PINCH GRIP**

1. Thumb and index finger grip blade
2. Use the rest of your fingers to grip the handle

**HANDLE GRIP**

With all fingers and thumb opposite, grip handle firmly.

**CARRYING A KNIFE**

Carry a knife with the blade pointing downward, one by one side.

**Holding the Knife Correctly**

**Claw Grip**  
Used when cutting longer fruits and vegetables. Keep your fingers tucked under!

**Bridge Hold**  
Used when cutting smaller fruits and vegetables to hold the food and protect your fingers.

## Knife Safety

Bacteria causes food poisoning when given the conditions moisture, time, warmth and food.

**WHAT IS FOOD POISONING**

Food poisoning occurs due to consuming food contaminated with pathogenic bacteria. Parasites or viruses that cause unpleasant symptoms and damage to the gastrointestinal system.

**SYMPTOMS:**

- Nausea & Vomiting
- Dizziness & Fatigue
- Diarrhea
- Abdominal Cramps
- Mild Fever
- Headaches

## Food Poisoning

High risk foods are ready-to-eat foods that, if not stored correctly, could grow harmful bacteria.

**High Risk Foods**

- 1) cooked meat, fish and poultry
- 2) dairy products (eggs, cheese, etc.)
- 3) gravies, stocks and sauces
- 4) shellfish
- 5) cooked rice

Pathogenic Bacteria	Source	Symptoms	Onset time
Salmonella	Raw poultry, meat, eggs	Diarrhoea, abdominal pain, vomiting	12-36 hrs
Campylobacter	Raw poultry, meat, eggs, sewage	Diarrhoea, abdominal pain, fever	46-60 hrs
Staphylococcus Aureus	Humans – skin, hair, nose, mouth, cuts.(coughing/sneezing)	Abdominal pain, vomiting, chills	1-6 hrs
E.Coli	Sewage, water, raw meat, muddy vegetables	Abdominal pain, fever, diarrhoea, vomiting, kidney damage	12-24 hrs

**Storage**

Remember, bacteria needs warmth & moisture to multiply. Refrigerating removes warmth. Freezing removes warmth & moisture.

**Key temperatures**

- 72°C: kills bacteria. Cook or reheat high risk foods to this temperature
- 5-63°C: the danger zone - bacteria multiply quickly.
- 37°C: optimum temperature for bacteria multiplication.
- 0-5°C: chilling/ fridge: slows bacteria multiplication, extends shelf life
- 18°C: freezing - stops bacteria multiplying (until defrosted) and extends shelf life of foods & preserves nutrients.

**High-Risk Foods** – foods which bacteria multiply most in due to high moisture and protein. They have a short shelf life. Meats, fish and poultry; dairy foods; gravy, stocks and sauces; cooked rice

**Ambient Foods** – can be safely stored at room temperature - Flour; sugar; tinned food; crisps, pasta

**'Use By' Date:** Unsafe to consume after this date  
**'Best before' date:** Safe to consume after the date but quality not as high. i.e. crisps not as 'crisp'

Cover foods to prevent contamination  
 Storing food in the fridge - keep meats at the bottom to prevent juices/blood dripping onto ready to eat foods.