

Food Preparation and Nutrition Knowledge Organiser Year 7



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

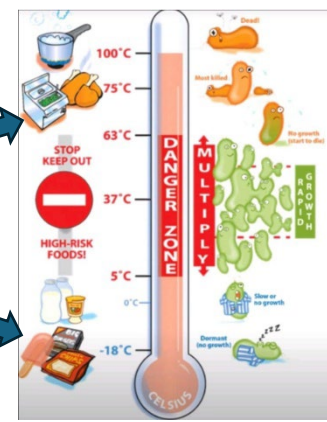
- Cook thoroughly
- Cook raw foods to 75°C at the core, check it with a probe thermometer
- Reheat foods to 75°C
- Never reheat food more than once

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 down, close by your 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

Food Poisoning

WHAT IS FOOD POISONING

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

SYMPTOMS:

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

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

What should be stored where in a fridge

PREVENT CROSS CONTAMINATION

USE CORRECT COLOUR CODED CHOPPING BOARDS

- RAW MEAT
- RAW FISH
- RAW POULTRY
- FRUIT & VEG
- COOKED MEAT
- BAKERY & DAIRY