HEALTH AND SAFETY COLLECTION

TRANSCRIPTS



FOOD SAFETY

The topics covered in this course will provide you with the knowledge and understanding to handle, process and prepare food safely.

LITMOS HEROES

Saving the world from boring learning

FOOD SAFETY

Course Description

ABOUT THE COURSE

It's no secret that we share our world with some really nasty characters, commonly known as germs. Germs are tiny microorganisms that exist all around us. We can't see, taste or smell them, but these tiny invaders can make our bodies sick. If you're someone who handles and prepares food, it's really easy for you to spread these germs to food without even realising it, and the consequences can be incredibly serious. We're going to explore the importance of food hygiene, including food safety hazards, their sources and methods of control. Once you've completed the course, you'll have the knowledge and understanding to handle, process and prepare food safely.

KEY INSIGHTS

- Understanding Food Law
- Impact of Foodborne Disease
- Bacteria in food
- Viruses and parasites in food
- How does food become contaminated?
- How to prevent contamination through good hygiene practices
- Safe Temperatures and Storage (food preservation)
- Food Allergies
- Hazard analysis and critical control points (HACCP

WHO IS IT FOR?

Anyone working in a catering setting where food is prepared, cooked and handled. Food production, preparation, handling, selling and transportation is strictly regulated by legislation. The rules apply to lots of different professions, and anyone handling food and drink within the catering sector must be trained in Food Safety and Hygiene.

E.g. hotels, cafes, restaurants, kitchens, fast-food outlets, hospitals, schools.

COURSE FORMAT

Learn at your own pace during this exciting, animated explainer course. The course includes an assessment at the end to confirm learners' understanding of the topics covered.

FOOD SAFETY

Voice Over Scripts

FOOD SAFETY - TRAILER

It's no secret that we share our world with some really nasty characters – commonly known as germs. Germs are tiny microorganisms that exist all around us.

We can't see, taste or smell them...

But these tiny invaders can make our bodies sick.

And although we like to think that these germs only lurk around dirty toilets and grubby handrails...

The truth is, they're not that easy to avoid.

In fact, research has shown there are around 200 times more faecal bacteria on the average kitchen cutting board than on a toilet seat...

Disgusting right?

If you're someone who handles and prepares food, it's really easy for you to spread these germs to food without even realising it.

And the consequences can be incredibly serious...

So, understandably, food production, preparation, handling, selling and transportation is strictly regulated by legislation.

The rules apply to lots of different professions, and anyone handling food and drink within the catering sector must be trained in Food Safety and Hygiene.

But whatever role you perform, the good news is this course is designed to help.

We're going explore the importance of food hygiene, including food safety hazards, their sources and methods of control.

Once you've completed the course, you'll have the knowledge and understanding to handle, process and prepare food safely.

UNDERSTANDING FOOD LAW

Food, specifically the production and handling of food, is covered by law.

Now... we understand that it can be difficult to get excited about food legislation and regulations.

But we do need you to pay attention.

It's important that you understand the key information about food legislation and what practical issues must be covered to comply with food regulations.

So you're on your own for a minute.

Take some time to read through the information on screen, and we'll see you back at the menu when you've finished.

THE IMPACT OF FOODBORNE ILLNESS

Food illness is defined as 'diseases, usually either infectious or toxic in nature, caused by agents that enter the body through the ingestion of food'.

And it's a serious global problem.

It's estimated that, worldwide, foodborne and waterborne diarrhoeal diseases kill about 2.2 million people every year.

Foodborne diseases can originate from a wide variety of different foods and be caused by many different pathogenic organisms that have contaminated them at some part of the food chain, between farm and fork.

Although the majority of cases are mild, they're often unpleasant and uncomfortable.

And can result in absences from education or the workplace, and place significant demand on healthcare services.

Foodborne diseases are particularly dangerous for people with poor health or weakened immune systems.

Occasionally cases can lead to serious or long-term conditions, and even death.

BACTERIA IN FOOD

The most common foodborne infections are caused by four bacteria – Campylobacter, Salmonella, Clostridium perfringens, and E. coli.

Campylobacter can be found in undercooked poultry meat, like chicken, or other food cross-contaminated with juices dripping from raw poultry meat.

Raw meat, eggs, or unpasteurised milk can contain Salmonella.

Beef, poultry, gravies, and dried or pre-cooked foods are common sources of Clostridium perfringens infections.

Infection often occurs when foods are prepared in large quantities and kept warm for a long time before serving. Outbreaks often happen in institutions, such as hospitals, school cafeterias, prisons, and nursing homes, or at events with catered food.

And food or water contaminated with microscopic amounts of cattle faeces may contain E. coli.

If you get infected with a foodborne disease caused by bacteria, you may start to feel ill about 12 to 72 hours after eating the food.

This is because bacteria need time to multiply.

Stomach cramps, nausea, vomiting, diarrhoea and in some cases fever, are the most common symptoms in foodborne diseases.

Untreated diarrhoea and vomiting may lead to severe dehydration or even death in extreme cases.

VIRUSES AND PARASITES IN FOOD

There are several viruses that can cause foodborne diseases, including Enterovirus, Hepatitis A, Hepatitis E, Norovirus and Rotavirus.

Food can get contaminated with faeces or bodily fluids such as saliva, blood or urine which contain the viruses.

Poor personal hygiene and failure to wear suitable personal protective equipment (or PPE for short) are the key factors in transmitting foodborne viral diseases.

For example, if you do not wash your hands properly, you may contaminate a salad or sandwich you are preparing.

Gastrointestinal illness caused by viruses usually leads to vomiting or diarrhoea, that resolves within two days.

Except Hepatitis A, which takes about 2 to 4 weeks to display symptoms and can spread beyond the stomach and intestines into the liver, causing jaundice.

People who prepare and handle food have a big part to play to help prevent people from getting these viruses and the unpleasant symptoms that go with them.

HOW DOES FOOD BECOME CONTAMINATED?

It's actually pretty easy for food to become contaminated.

Contamination is when something unpleasant or harmful ends up in food, and this typically can happen in one of four ways. Click on each of the images on screen to learn more.

MICROORGANISMS

Bacteria, fungi, viruses and parasites can develop, multiply or simply remain active in foodstuffs that are not handled, stored, and prepared correctly, or cooked sufficiently.

CHEMICALS (AND NATURAL POISONS)

Chemical hazards include chemicals and natural toxins.

This includes cleaning agents, excessive additives, pesticide residues, and other chemicals used in catering.

Remember that some foods may contain allergens, like wheat or nuts, that can cause severe allergic reactions in some people.

Equally, some foods contain natural toxins which can be harmful or even lead to death if ingested.

Be particularly careful when handling foods like sprouting potatoes, poisonous mushrooms, red kidney beans, rhubarb leaves, egg whites, and some kinds of fish.

Moulds produce highly toxic substances such as mycotoxins, neurotoxins and aflatoxins which can be extremely harmful.

PHYSICAL CONTAMINATION

Physical hazards are 'foreign objects' such as clothing fibres, hairs, dirt, insects, animal droppings and jewellery.

Physical contamination is usually visible, and can happen at any stage of the production or preparation process.

If you have a cat or a dog at home and you do not wear suitable PPE at work, you may contaminate food with animal hairs carried on your clothing.

Untreated diarrhoea and vomiting may lead to severe dehydration or even death in extreme cases.

FOOD SPOILAGE

Food spoilage is caused by food decay.

If you undercook or store food incorrectly, or keep it and consume it after its use-by date, you risk food spoilage.

Decay allows us to digest food. At the same time, eating spoilt food can cause food poisoning.

Bacteria and fungi are the main factors in food decomposition.

Ambient temperatures, oxygen and water speed up decay, allowing bacteria and fungi to multiply freely.

Spoilt food often changes colour, taste, texture and smell, which can help you spot it.

In contrast, high or low temperatures, and lack of oxygen or water create a hostile environment for bacteria and fungi, and slow down food decay.

HOW TO PREVENT CONTAMINATION

Anyone working in the food and drinks catering business must follow good food hygiene practices for three very important reasons:

1. To obey the law
2. To reduce the risk of food poisoning among your customers; and
3. To protect the reputation of the business you own or work for.

At its heart, good food hygiene is all about controlling harmful bacteria, which we now know can cause serious illness.

You can use the 4Cs to help you prevent the most common food safety problems.
Let's take a look at each one in more detail.

CROSS-CONTAMINATION

If you fail to maintain good personal hygiene, use the same surface or utensils without cleaning them properly beforehand and in-between handling different foods; or use chemicals during food preparation, then you risk that these foods will become cross-contaminated and cause foodborne diseases or allergic reactions if eaten.

For example, if you use the same surface or utensils while preparing or packing food containing nuts and nut-free food without cleaning them properly in-between, you risk cross-contamination of the allergen-free food.

Bacteria can spread between food, surfaces or equipment.

It commonly occurs when raw food touches or drips onto ready-to-eat food, equipment or surfaces.

Follow these simple steps to avoid cross-contamination where you work:

CLEANING

Unsurprisingly, effective cleaning gets rid of bacteria on hands, equipment and surfaces.
So cleaning plays a massive part in preventing harmful bacteria spreading onto food.

Follow these safe cleaning practices where you work:

HOW TO CLEAN AND DISINFECT

Before you start to clean, it's a good idea to move food out of the way or cover it to prevent dirt, bacteria or cleaning chemicals from getting on to the food.

Proper cleaning requires two stages;

Stage 1
The first stage is a general clean of the surface or equipment using a suitable detergent to remove visible dirt, food particles, grease and debris.
This stage should always be completed by rinsing to ensure thorough removal of all residues from the surface prior to stage two.

Stage 2
The second stage is the disinfection stage, to ensure that any bacteria present are reduced to an acceptable level.
The disinfectant used should comply with BS EN standards.

It's important to remember that disinfection is only effective when carried out on clean surfaces.
As with stage 1, disinfection should be followed with a final rinse with clean water, unless the disinfectant is a non-rinse formula.

Disinfection using heat
Dishwashers wash items thoroughly at a high temperature, so this is one of the most reliable ways to clean equipment and kill harmful bacteria.

Disinfection using chemicals
There are several different chemicals that can be used for general cleaning and disinfection. It is very important to understand the differences between each of these to make sure they are used properly.
Click on each one to find out more:

Dilution rate
Most cleaning chemicals are concentrated, so you need to add water to dilute them before use.
It's important to follow the manufacturer's instructions on how much water to use with the chemical.
If you add too much water then the cleaning chemical might not work effectively.
Too little water may result in chemical contamination.

Contact time
Contact time is how long a chemical needs to be left on the item you are cleaning.
It is important to follow the manufacturer's instructions on contact time for the chemical to work effectively.

Final Rinse
Disinfection should be followed by a final rinse of the surface or equipment with clean water to remove any remaining chemical, unless it is formulated for use without a final rinse.

CLEANING MATERIALS

Did you know? Kitchen sponges can harbour 10 million bacteria per square inch!
Yuk.
This means they can be one of the main causes of cross-contamination in your kitchen.

When cleaning, follow these simple steps to prevent the spread of nasty bacteria like E. coli.

1. Use disposable, single-use cloths wherever possible and throw them away after each task.
2. Make sure you use separate cloths for use in the clean area to wipe work surfaces that will be used with ready-to-eat food. It can help to make these colour coded so they're easy to identify; and
3. When cloths are reusable they should be laundered in a boil wash, typically 90 C.

Separate cleaning materials such as cloths, wipes and sponges should be kept for use in clean areas where ready-to-eat food is prepared. They need to be stored in the clean area and not used in raw food areas.

WASTE CONTROL

It's important that you control the waste in your workplace because it can present a risk of physical contamination to food and may attract pests.

Additionally, food that is damaged, out of date or rotting may present a risk of cross-contamination to other foods from food poisoning bacteria.

Follow the 3 Ws to control waste safely where you work:

Waste in food rooms

- Before you bring food into the kitchen or storeroom, take off the outer packaging and throw it away. The outer packaging could have touched dirty floors during storage and transportation.
- Food waste and other waste must be removed frequently from the food handling areas.
- Sufficient containers should be provided and placed conveniently where the waste occurs.
- Pedal-operated bins are recommended to avoid touching lids.

Waste awaiting collection

- Containers used for the storage of waste awaiting collection should have a fitted lid and should be easy to clean and disinfect.
- Waste stores must be designed and managed in such a way as to enable them to be kept clean and protected against pests. Waste stores should, ideally, be located away from food storage and handling areas and from the main delivery entrance as they may encourage flies.
- Other waste such as cardboard and paper need not be placed in a sealed container, but must be kept separate from food and must be stored in such a way that it does not pose a risk of contamination.

Waste disposal

- It is your responsibility to ensure that all waste is disposed of properly in accordance with relevant legislation.

CHILLING

To us, this just looks like a fridge, but to some harmful bacteria, it's a living hell.

Chilling food properly helps to stop harmful bacteria from growing.

Some foods need to be kept chilled to keep it safe.

It's very important that these foods are not left standing around at room temperature.

To keep food safe, follow the chilling tips on screen:

COOKING

Thorough cooking kills harmful bacteria in food.

So it's really important to make sure that food is cooked properly.

When cooking or reheating food:

Always follow cooking instructions.

Always check that it is steaming-hot all the way through.

Don't reheat food more than once.

When reheating, take care that food is cooked all the way through.

It's especially important to make sure poultry, pork, burgers and sausages are cooked all the way through.
If there's any pink meat or the juices have any pink or red in them, germs could be lurking.

PEST CONTROL

The presence of pests in any food handling premises is unacceptable.

They can spread disease.

Contaminate work surfaces and foodstuffs.

And can damage property.

If the public spot a pest, you also risk loss of reputation, prosecution and closure.

This is why it's important to prevent, as far as practicable, the introduction of pests to the workplace and reduce the conditions that may encourage their presence.

Click on the common pests you should be on the lookout for to read more about them:

PERSONAL HYGIENE

As someone who works with food and drink, it's important that you maintain a high level of personal cleanliness.

Click on the different icons to find out how you can do this.

PROTECTIVE CLOTHING (PPE)

When handling food you should wear suitable, clean clothing and, where necessary, personal protective equipment (PPE for short).

This includes keeping hair tied back, and wearing a suitable head covering, like a hair net, when preparing food. Outdoor clothing should not be brought into any food area.

You shouldn't wear watches or jewellery when preparing food.

And you should avoid touching your face and hair.

It goes without saying, but you should not smoke, spit, sneeze, eat or chew gum when handling food.

FITNESS FOR WORK

Nobody likes to get the sniffles.

But if you work in the food business, you must tell the business owner or manager immediately.

If you have to visit the doctor, don't forget to say you are a food handler.

If you suffer from any of the symptoms on screen, you must not handle food, or enter a food handling area.

HANDWASHING

Effective handwashing is extremely important to help prevent harmful bacteria from spreading from your hands to food, work surfaces and equipment.

You need to wash your hands;

When entering the food handling area, for example, after a break or going to the toilet.
Before preparing food.
After touching raw food.
After handling food waste or emptying a bin.
After cleaning.
After blowing your nose.
After touching phones, light switches, door handles and cash registers, or other surfaces that could come into contact with colleagues handling raw food.

Washing your hands properly should take around 20 seconds, about as long as it takes to sing “happy birthday” twice. Use the following steps from the World Health Organisation while you hum:

1. Wet your hands with water (warm or cold).
2. Apply enough soap to cover all over your hands.
3. Rub hands palm to palm
4. Rub the back of your left hand with your right palm with interlaced fingers. Repeat with the other hand.
5. Rub your palms together with fingers interlaced.
6. Rub the backs of your fingers against your palms with fingers interlocked.
7. Clasp your left thumb with your right hand and rub in rotation. Repeat with your left hand and right thumb.
8. Rub the tips of your fingers in the other palm in a circular motion, going backwards and forwards. Repeat with the other hand.
9. Rinse hands with water (warm or cold).
10. Dry thoroughly, ideally with a disposable towel; and
11. Use the disposable towel to turn off the tap.

Takeaway

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

SAFE TEMPERATURES AND STORAGE - FOOD PRESERVATION

Food preservation is processing food, while maintaining its colour, taste and nutrients, to stop or slow down food decay.

Correct food preservation, storage and temperature control can help avoid food contamination risks altogether.

A number of methods exist to preserve food and then store it in order to extend its life.

In this section we’ll explore the main ones. Click on the image and have a read about each one in more detail.

FOOD ALLERGIES (MINI-GAME)

A food allergy is when the body’s immune system reacts unusually to specific foods.

Although allergic reactions are often mild, they can be very serious.

Almost any food can cause an allergic reaction, but there are certain foods that are responsible for most food allergies.

Can you find the 14 major allergens in our kitchen??

ALLERGIES

You need to manage food allergies when preparing and selling food.

If a customer asks if a dish contains a certain food, check all the ingredients in the dish, what they contain, and what you use to cook the dish.

Never guess.

Always read labels and other information.

When you have been asked to prepare a dish that doesn't contain a certain food, make sure work surfaces and equipment have been thoroughly cleaned first.

As well as washing your hands thoroughly.

This is to prevent small amounts of the food that a person is allergic to getting into the dish accidently.

IF the worst happens, and you think a customer is having a severe allergic reaction, keep calm and follow these steps:

1. Do not move them because this could make them worse. If they feel faint or dizzy, they should lie down.
2. Ring the emergency services for an ambulance immediately and describe what is happening.
3. Explain that your customer could have anaphylaxis.
4. Send someone outside to wait for the ambulance and stay with your customer until help arrives.

TEMPERATURE

Did you know? At ideal temperatures, some food poisoning bugs can multiply every 10 minutes.

As bacteria are invisible to the naked eye and cannot be physically removed from food, all you can do is control their numbers.

Temperature can be used to achieve this in two ways.

1. You can destroy harmful bacteria, or reduce their numbers, by cooking or reheating; and

2. You can control their growth by keeping food hot or cold.

A food temperature of 8 C or below is effective in controlling the multiplication of most bacteria. It's recommended practice to operate refrigerators and chillers at 5 C or below.

At the other end of the scale, temperatures of 75 C or above are effective in destroying almost all types of bacteria. Temperatures above 63 C will control the multiplication of bacteria in hot food.

Take a look at the table on screen for more detail on recommended temperatures to keep food safe.

CLEANING MONITORING

Clean food handling and processing equipment is a prerequisite for good hygiene, but the effectiveness of cleaning must also be monitored and recorded.

This can be achieved in three steps.

Step 1. Visual inspection – check if the surfaces, utensils and equipment all look clean.

Step 2. Formal audits – all of your activities involving food production, handling, storing and distribution will be inspected regularly, based on HACCP (HACCP is covered in the next section); and

Step 3. Testing – While a simple visual check may be useful, it is far too limited as a means of confirming that hygienic processing conditions have been achieved, or identifying contaminated locations. A surface that looks clean can actually be harbouring sufficient organic material to support the growth of substantial numbers of bacteria.

What is needed is to combine visual inspection with a sensitive, scientifically objective method of hygiene monitoring and testing.

HACCP

In order to enhance food safety, every stage of food production (from purchasing, receiving, transportation, storage, preparation, handling, cooking to serving) should be carried out and monitored scrupulously.

If you're involved in catering, you must follow the hazard analysis and critical control points or HACCP for short.

HACCP is a way of managing food safety. It involves putting in place procedures to control hazards.

The seven principles of HACCP systems are:

1. Analyse hazards
2. Determine critical control points
3. Establish limits for critical control points
4. Establish monitoring procedures for critical control points
5. Establish corrective actions
6. Establish verification procedures; and
7. Establish a record system

Click on each one to read about each principle in more detail

FINAL SUMMARY

You've reached the end of the course. We hope you've enjoy it.

Before you go, let's recap on the key messages:

• Keep yourself clean and wear clean clothing.

• Always wash and dry your hands thoroughly, using the effective handwashing technique, before handling ready-to-eat food, after using the toilet, after handling raw foods or waste, before starting work, after each break, and after blowing your nose.

• Tell your supervisor before you handle food if you suffer from any skin, nose, throat, stomach or bowel trouble or an infected wound. You are breaking the Law if you do not. This is particularly important if returning to work following an illness.

• If you have to visit the doctor, please remember to say you are a food handler.

• Tell your supervisor if you, or anyone in your home, is ill.

• Make sure cuts and sores are covered with a waterproof dressing which can be easily seen.

• Avoid unnecessary handling of food.

• Do not smoke, eat or drink in a food room, and never cough or sneeze over food.

• If you see something wrong – tell your supervisor.

• Do not prepare food too far in advance of service.

• Keep perishable food either refrigerated or piping hot.

• Keep the storage, preparation and display of raw and ready-to-eat food strictly separate.

• When reheating food, make sure it gets piping hot all the way through.

• Clean as you go. Keep all equipment and surfaces clean and properly disinfected where necessary.

• Remember that disposable gloves can become contaminated in the same way hands can, so use with care; and
• Follow any food safety instructions either on food packaging or from your supervisor.

If you follow what you have learnt in this course, then you can be confident the food you prepare and handle is safe, and consumers are protected.

If you have any questions, or would like further support on any of the topics covered, you can always speak to your line manager who is there to support and help you.

Before you go, we'd like to invite you to take a short quiz. Don't worry, it's not designed to catch you out. Because food hygiene is so important, we just want to make sure that you have understood the key messages from the course. You can start when you feel ready.

FOOD SAFETY

Quiz Questions

Q1

CAN YOU REMEMBER THE NAME OF THE FOOD SAFETY LEGISLATION THAT PROVIDES THE FRAMEWORK FOR ALL LEGISLATION IN BRITAIN.

- [ ] The Food Safety Act 1990 (as amended)
- [ ] Regulation (EC) No. 852/2004
- [ ] Hazard Analysis and Critical Control Points (HACCP)

Q2

FOODBORNE DISEASES CAN BE VERY SERIOUS AND CAN LEAD TO LONG-TERM CONDITIONS, AND EVEN DEATH. IS THIS TRUE OR FALSE?

- [ ] True
- [ ] False

Q3

FOOD POISONING IS MOST COMMONLY CAUSED BY

- [ ] Bacteria
- [ ] Chemicals
- [ ] Moulds

Q4

ENTEROVIRUS, HEPATITIS A, HEPATITIS E, NOROVIRUS AND ROTAVIRUS ARE EXAMPLES OF WHAT?

- Bacteria ☐
- Viruses ☐
- Chemical Hazards ☐

Q5

CAN YOU MATCH THE DESCRIPTION BELOW TO THE TYPE OF CONTAMINATION?

Bacteria, fungi, viruses and parasites can develop, multiply or simply remain active in foodstuffs that are not handled, stored, and prepared correctly, or cooked

- Microorganisms ☐
- Chemicals ☐
- Physical Contamination ☐
- Food Spoilage ☐

Q6

CAN YOU MATCH THE DESCRIPTION BELOW TO THE TYPE OF CONTAMINATION?

Cleaning agents, excessive additives, pesticide residues, and other chemicals used in catering.

- Microorganisms ☐
- Chemicals ☐
- Physical Contamination ☐
- Food Spoilage ☐

Q7

CAN YOU MATCH THE DESCRIPTION BELOW TO THE TYPE OF CONTAMINATION?
Foreign objects such as clothing fibres, hairs, dirt, insects, animal droppings and jewellery.

- Microorganisms ☐
- Chemicals ☐
- Physical Contamination ☐
- Food Spoilage ☐

Q8

WHY SHOULD ANYONE WORKING IN THE FOOD AND DRINKS CATERING BUSINESS FOLLOW GOOD HYGIENE PRACTICES?

- To obey the law ☐
- To reduce the risk of food poisoning amoung your customers. ☐
- To protect the reputation of the business ☐
- All of the Above ☐

Q9

WHY SHOULD ANYONE WORKING IN THE FOOD AND DRINKS CATERING BUSINESS FOLLOW GOOD HYGIENE PRACTICES?

- Cross Contamination ☐
- Food Spoilage ☐

Q10

IF YOU SPOTTED THE SIGNS (ON THE RIGHT), WHICH TYPE OF PEST COULD BE ON THE PROWL?

- [ ] Rodents
- [ ] Flies
- [ ] Cockroaches

Q11

WHAT IS AN EXAMPLE OF PPE?

- [ ] Hair Net
- [ ] Outdoor Shoes
- [ ] Watches

Q12

IF YOU HAVE DIARRHOEA OR VOMITING ILLNESS, YOU SHOULD NOT RETURN TO WORK UNTIL YOU HAVE HAD NO SYMPTOMS FOR HOW LONG?

- [ ] 12 Hours
- [ ] 48 Hours
- [ ] 24 Hours

Q13

WASHING YOUR HANDS PROPERLY SHOULD TAKE AROUND HOW LONG?

- [ ] 20 Seconds
- [ ] 10 Seconds
- [ ] 5 Minutes

Q14

CAN YOU IDENTIFY THE MAJOR ALLERGEN FROM THESE FOODS?

- [ ] Apple
- [ ] Carrots
- [ ] Nuts

Q15

WHAT IS THE RECOMMENDED TEMPERATURE TO OPERATE REFRIGERATORS AND CHILLERS AT?

- [ ] 5 Degrees Celsius or below
- [ ] 75 Degrees Celsius or above
- [ ] -18 Degrees Celsius or below

Q16

WHAT TEMPERATURE IS EFFECTIVE IN DESTROYING ALMOST ALL TYPES OF BACTERIA?

5 Degrees Celsius ☐

75 Degrees Celsius ☐

25 Degrees Celsius ☐

Q17

HAZARD ANALYSIS AND CRITICAL CONTROL POINTS (OR HACCP OR SHORT) IS A WAY OF MANAGING FOOD SAFETY. IT INVOLVES PUTTING IN PLACE PROCEDURES TO CONTROL HAZARDS. BUT CAN YOU REMEMBER HOW MANY PRINCIPLES THERE ARE?

7 ☐

5 ☐

12 ☐