

Independent Study

Task 2:

What does the Health and Safety at Work Act 1974 cover?

Employers must protect the 'health, safety and welfare' at work of all their employees, as well as others on their premises, including temps, casual workers, the self-employed, clients, visitors and the general public.

Task 3:

1. State 3 reasons why everyone should follow health and safety rules at work.

To keep workers safe

To keep customers safe

To ensure the workspace is hygienic

2. List 3 rules for employers from the Health and Safety at Work Act 1974.

Checking temperatures of food

Ensuring all machinery is safe to use

Carrying out risk assessments

3. What does RIDDOR stand for?

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations

4. What does COSHH stand for?

Control of Substances Hazardous to Health Regulations

5. List 3 examples of personal protective equipment.

Gloves

Goggles

Hats

Task 4:

Produce a collage/poster on all the different health and safety labels/stickers that should be present in a professional kitchen and say what each one is used for.

FOOD HYGIENE
What you should know!

FIRST PRINCIPLES OF FOOD HYGIENE

- 1. Cleanliness
- 2. Separation
- 3. Exclusion
- 4. Protection
- 5. Control
- 6. Monitoring
- 7. Evaluation
- 8. Improvement

TEN MAIN CAUSES OF FOOD POISONING

1. Contamination
2. Poor hygiene
3. Poor storage
4. Poor handling
5. Poor cooking
6. Poor cooling
7. Poor reheating
8. Poor thawing
9. Poor packaging
10. Poor distribution

GOOD HYGIENE PRACTICE CHECKLIST

KEEP FOOD OUT OF THE DANGER ZONE

5°C to 62°C

DANGER ZONE

Wash your hands before and after handling raw meat

Do not store cooked and raw food together

14 ALLERGENS
coming to a food label near you

The way allergens are labelled on pre-packaged foods is changing because of new regulations. The Food Information Regulations, which came into effect December 2014, stipulate that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned either on a label or through provided information such as menus when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

Celery / Celeriac The stalks, green ribs, leaves, and root of the plant. The root is used in soups, stews, and casseroles. Celery is also used in bread, pasta, and other products.	Cereals Containing Gluten Wheat, rye, barley, oats, maize, and other cereals. These are found in bread, pasta, cereals, and many other products.
Crustaceans Includes shellfish such as crabs, lobsters, prawns, and shrimps. Also includes crustacean shells, such as oysters and scallops.	Eggs Egg whites and yolks. Found in cakes, bread, and many other products.
Fish Includes fish such as salmon, trout, and cod. Also includes fish oils and fish bones.	Lupin Lupin beans. Found in some types of bread, pasta, and other products.
Milk Includes milk and milk products such as cream, butter, and cheese. Also includes milk powder and whey.	Molluscs Includes shellfish such as mussels, oysters, and scallops. Also includes mollusc shells.
Mustard Mustard seeds and mustard. Found in many types of mustard and other products.	Nuts Includes almonds, hazelnuts, walnuts, and other nuts. Also includes nut oils and nut flours.
Peanuts Peanut shells and peanut products such as peanut butter and oil. Also includes peanut meal and peanut flour.	Sulphur Dioxide (Sulphites) Sulphur dioxide and sulphites. Found in wine, dried fruit, and many other products.
Soya Soya beans and soya products such as soya milk and soya flour. Also includes soya oil and soya lecithin.	

Information provided by The Food Standards Agency

Food preparation only

This food preparation area must be kept clean and tidy

All food products must be stored up off the floor

Food Safety Temperatures

KEEP HOT FOODS HOT

COOKING	75°C
HOT DISPLAY	63°C
REHEATING	75°C

KEEP COLD FOODS COLD

FOOD DELIVERIES

CHILLED FOODS	5°C
FROZEN FOODS	-18°C

FOOD STORAGE

CHILLED FOODS	5°C
FROZEN FOODS	-18°C
COLD DISPLAY	5°C

All food must be covered