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# Eat Cle<sup>✓</sup>ver

...where healthy eating just got smarter!





# Module 4

- The Why of Good Hygiene
- Hand Hygiene
- Kitchen Hygiene
- Food Hygiene



# Avoid food poisoning



- Usually happens between 1 & 36 hours after eating contaminated or poisonous food.
- Symptoms – nausea, vomiting, abdominal pain, diarrhoea
- Generally lasts 1-7 days



# Bacteria

- So small we need a microscope
- Found everywhere & most are harmless
- Some cause food spoilage
- Others cause illness or harm



# Useful Bacteria



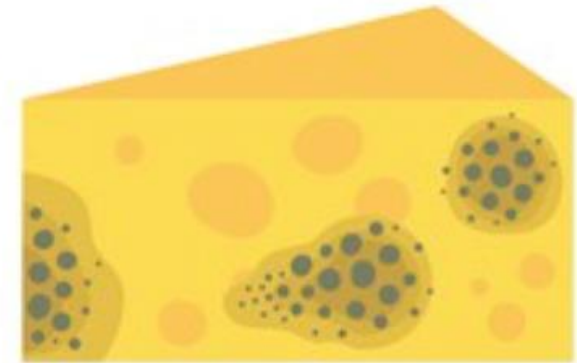
Can be found in:

- probiotics
- yoghurt
- kefir
- sauerkraut
- kimchi



# Bacteria – what do they need to grow?

- Warmth – bacteria multiplies between 5-63°C
- Moisture
- High protein food
- Time - multiply every 10-20 minutes



# Wash your hands!

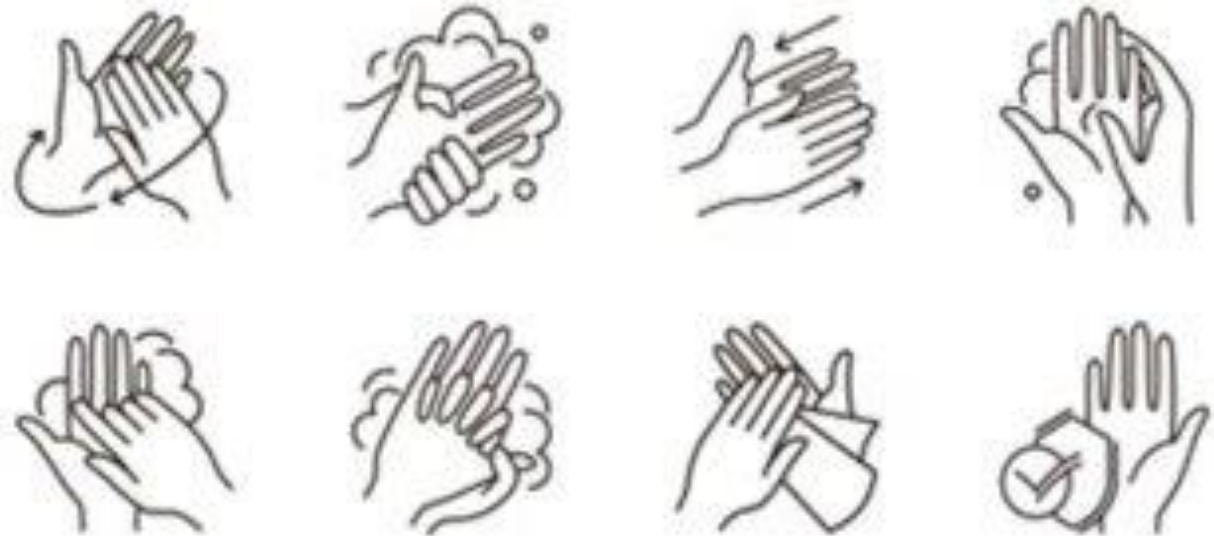


- **before** preparing food
- **before** eating
- between handling raw foods & eating
- **after** going to the toilet



# Hand washing – a how to guide

- Water
- Soap
- Wash all over
- Rinse
- Dry







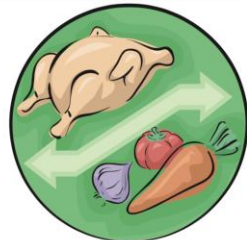
**Rub over all  
areas of hands**



# Kitchen Hygiene



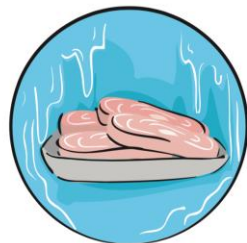
CLEAN



SEPARATE



COOK



CHILL

1. **C**leaning
2. **C**ross-contamination
3. **C**ooking
4. **C**hilling





# Cross-contamination



- Clean worktops and utensils with hot water and detergent
- Avoid preparing food for yourself or others if you are ill



# Cross-contamination

Raw meat and unwashed vegetables...

- Separate from other foods
- Disinfect surfaces that have touched these
- Wash and disinfect chopping boards
- Always wash hands thoroughly after touching
- Wash fruit and vegetables thoroughly



# Cooking

- Ensure cooked food is **steaming**
- Cool within 1 to 2 hours
- Put in the fridge & use within 2 days
- Reheated food must be piping hot
- **Don't reheat more than once**





# Cooking meat

Whole chicken/bird

- pierce thickest part of leg
- juices should be clear

Steaks/*whole* cuts of beef & lamb

- can be eaten rare

Other meat

- middle must be piping hot
- juices should be clear



# Chilling



- Keep your fridge at  $\leq 5^{\circ}\text{C}$
- Throw out food past its 'use-by' date
- Clean fridge regularly
- Cover foods before storing
- Let hot food cool before putting in fridge





# Chilling meat

- Store raw meat on the bottom shelf
- Follow labels' storage instructions
- Cool cooked meat as quickly as possible & put in fridge or freezer
- Separate cooked and raw meat



# Some more tips...

1. Freeze before **use by date**
2. Follow labels' freezing/ thawing guidance
3. Thaw in the fridge
4. Use the meat within **two days** of defrosting
5. Defrosted **raw** meat can be cooked and then frozen again **but...**
6. Never reheat foods more than once!



# Spoiled food – look and sniff



- mould growth on fruit, vegetables or bread
- slime on mushrooms
- discolouration
- unusual smells, textures, or tastes



# Storing food safely

- Store cupboard - canned and dried foods
- Room temperature - fresh fruit and vegetables
- Chilled ( $\leq 5^{\circ}\text{C}$ )
- Frozen ( $-18^{\circ}\text{C}$ )
- Golden Rule – first in, first out



# Storage and Handling of Food

## Canned and Dry Foods

Store in dry, cool, well ventilated area

Close/secure packaging to prevent spills and pests

Check dates and rotate stock regularly

## Fresh Fruit & Vegetables

Store away from other foods

Regularly check fruit for mould – spreads easily

Store soil contaminated vegetables separately

Wash fruit and vegetables prior to eating or cooking

## Chilled Storage (0-5°C)

High risk and perishable foods

Store raw foods at the bottom of the fridge below cooked foods

Cover foods and label if necessary

Don't overload fridge

Decant food from cans into storage containers

Let hot food cool before putting in fridge

## Frozen Storage (-18°C)

Never re-freeze food

Keep raw and high risk foods separate

Re-seal open packaging

Wrap/cover all food before putting in freezer

Defrost and clean freezer regularly

Defrost food in a covered container on the bottom shelf of the fridge. Food must be thoroughly defrosted before cooking

# Protective wrapping



## Kitchen foil

- can react with highly acidic foods:
- tomatoes, cabbage, rhubarb, soft fruits



# Protective wrapping

## Cling film

- don't use if it could melt into food.
- shouldn't touch food when using microwave
- avoid use with high fat foods





# Protective Wrapping

## Reusable wraps

- washable, reusable and biodegradable
- can be used to seal containers
- can touch food





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