





FOOD SAFETY

Food safety describes all processes necessary to handle, prepare and store food in ways that prevent food-borne illness resulting from contaminated food, pathogenic bacteria, viruses, or parasites.

ESSENTIALS

Following good food safety habits can help prevent food-borne illness. Keep in mind these four simple steps: clean, separate, cook, and chill.

CLEAN	SEPARATE	COOK	CHILL
 <ul style="list-style-type: none">• Wash hands the professional way• Follow personal hygiene requirements• Clean and sanitize surfaces and equipment often, following specific procedures	 <ul style="list-style-type: none">• Receive and store food according safety requirements• Separate raw foods from finished products to avoid cross-contamination• Separate different raw foods	 <ul style="list-style-type: none">• Cook food safely• Cook food to the right temperature• Maintain proper food temperature	 <ul style="list-style-type: none">• Refrigerate/cool food correctly and promptly

Introduction video: What food safety is all about and why it matters.



Source: https://www.youtube.com/watch?v=n19DV_RDWVg



Food Allergy occurs when a body's immune system response to a food or a substance in a food that the body mistakenly believes is harmful and creates antibodies to that food. When the food is eaten again, the immune system releases histamine and other chemicals, causing the symptoms of an allergic reaction.

While any food can cause an adverse reaction, eight types of food account for about 90 percent of all reactions – known as the "Big 8": milk, fish, soy, tree nuts, peanuts, eggs, shellfish and wheat.

Some key food allergy safety measures to take include:

- Sensitize staff on food allergies so they are aware of the major and most common allergens.
- Provide all allergen ingredients of a dish in the menu. Ideally all ingredients are listed.
- When preparing an allergen free meal, the same equipment and utensils used for normal dishes, are never used. Equipment and utensils are properly cleaned before preparing an allergen free meal.



Continue and watch the following 5 training videos to get a comprehensive introduction to the various aspects of food safety in a kitchen.

Watch this video on **Personal Hygiene** to learn:

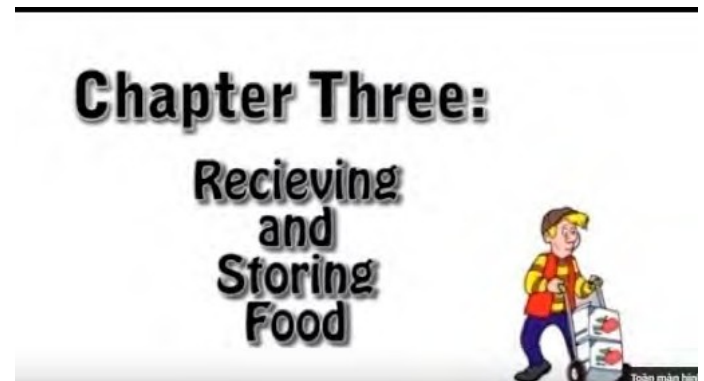
- Why personal hygiene is important
- How and when to wash hands the professional way
- Personal grooming
- Gloves, hand sanitizers and aprons



Source: <https://www.youtube.com/watch?v=SgQjwssO7AY>

Watch this short video on **Receiving and Storing Food** to learn:

- The importance of inspecting foods
- What to look for when inspecting foods



Source: https://www.youtube.com/watch?v=TPRKO17H_U

Watch this short video on **Food Preparation and Handling** to learn:

- How to keep food from cross-contaminating
- How to cook food safely
- The safe way to thaw frozen foods and chill hot foods
- How to keep food at the right temperature, hot or cold
- The importance of maintaining proper food temperature to control illness-causing germs
- Respect for the Temperature Danger Zone
- The different kind of temperatures and how to measure temperature and how often



Source: <https://www.youtube.com/watch?v=pt3y03NMneE>

Watch this short video on **Sanitation, Cleaning and Maintenance** to learn:

- The difference between cleaning and sanitizing and when to clean and/or sanitize
- How to clean surfaces and equipment
- The correct way to handle spills



Source: <https://www.youtube.com/watch?v=24SzN5XfBvA>

Watch this video on **Employee Health Status** to learn:

- When to work and when not to work
- How to handle cuts and burns
- How to lift things properly to avoid injuries
- What to do in case of choking



Source: <https://www.youtube.com/watch?v=dgdhSK-vG7M>

TEST YOUR KNOWLEDGE

Click on the button below to test your knowledge.

TEST KNOWLEDGE

