

Food and Health

Safe, Clean and Hygienic



The correct food choices can help make us strong, fit and healthy.

However, even healthy food can make us ill if we do not use safe and hygienic practices when we handle, prepare, cook or store it.



What should we remember before handling food?

First of all think about your personal hygiene.

- Remove any jewellery, e.g. rings, watches or bangles.

These could spread germs or could fall into what you're cooking. Taking them off also stops them getting messy.

- Tie back your hair.

Hair can dangle in food, fall into food or get caught in equipment.



What should we remember before handling food?

In some factories or restaurants where food is prepared, workers have to wear hair nets or hats.

- Wear an apron and roll up your sleeves.

This stops any germs from your clothing contaminating the food and it stops your clothes getting messy.

- Wash your hands with hot water and antibacterial soap.

Washing your hands stops dirt and germs from contaminating food. You must wash your hands before, during and after food handling.



Apart from personal hygiene, what else should we be aware of when handling food?





Cross contamination

Cross contamination is when bacteria gets from one food to another.

Raw food can contain bacteria that could make us ill. It's important that raw and cooked foods are not in contact so that bacteria aren't spread.



To avoid any risk of cross contamination pay attention to this advice:

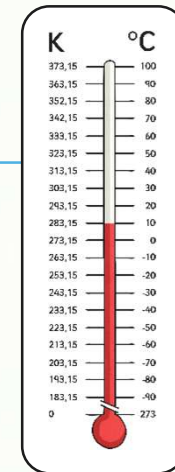
-  Don't use the same equipment for raw and cooked foods.
-  Use different chopping boards for raw meat and vegetables, fish or bread. Some come colour-coded so this is easier to do.
-  Keep raw and cooked foods separate.
-  Be careful when storing raw food so it cannot drip or come into contact with cooked food.



Cooking, Reheating and Chilling Food

- Food must be cooked all the way through to remove any harmful bacteria.
- Cooked food should be served immediately or kept warm (above 63°C).
- Bacteria can multiply quickly in a warm room if food is kept there for a long time. Food should never be served or reheated if kept under those conditions.
- It's important that food that has been cooked and cooled is reheated until it is piping hot. Food shouldn't be reheated more than once.
- Chilling food stops bacteria growing.

If you want to keep some food you've cooked to use later, cool it down as quickly as possible and put it into a container you can cover with a lid or film. Store your cooked food in the fridge or freezer.



Cleaning Up

- Always clean up after you've been preparing or cooking food.
- Wash equipment in hot water using antibacterial soap and wipe down surfaces you have been working on using an antibacterial spray and clean cloth.
- A clean and tidy kitchen helps prevent illness and accidents.



Check Dates

- **Best Before** and **Use By** dates are shown on food packaging.
- Best Before dates mean food used after that date may not be at its best but it is still safe to eat if it has been kept according to the conditions stated.
- The Use By date is very important. After the Use By date, don't cook, eat or freeze that food. It may look fine but it could make you ill.



Check Allergies

- Being safe with food means that we also must think about allergies. Food allergies can make some people very ill.
- When preparing, cooking or serving food, always be aware of the allergies that people may have. It is always best to ask them.
- Ingredients like nuts, which can cause serious reactions, are usually listed and warned about on food packaging and in restaurants.



Following this advice and these safe and hygienic practices can prevent food poisoning or people becoming ill after eating your food!



You could ask your school canteen, a local restaurant or a food production company to tell you what they have to do to make sure the food they prepare stays fresh and good to eat.

