

In preparation for your Food Science and Nutrition Diploma course please complete this booklet and bring it with you to your first lesson in August.

Unit 2

Ensuring Food is Safe to Eat



Unit 2 - Learning Outcomes

Understand how micro-organisms affect food safety

Understand how food can cause ill health

Understand how food safety is managed in different situations

How can individuals take responsibility for food safety?

What are the responsibilities of an individual (employee) in relation to food safety?

1.
2.
3.

What are an employers responsibilities in relation to food safety?

1.
2.
3.
4.
5.



Billy has just turned up for work, how should he prepare himself before entering the kitchen?

What training does a new member of staff need before starting work in the kitchen?

What items of personal protective clothing does a food employee need and give a reason for each item you name.

List the main points of importance in each of these pieces of food legislation

Food Safety Act 1990

1996 Food Labelling Regulations

2014 Food Information
Regulations: Allergen Labelling

Keeping work areas hygienic and clean



How should waste be disposed of in a kitchen setting?



**COSHH
CUPBOARD**

**Caution
hazardous
chemicals
stored here**

What does the term COSHH stand for?

What chemicals might be stored here?

What other safety signs might you see in a kitchen?



What is the role of the Food Standards Agency in keeping food safe?

Describe the work of the EHO, what powers do they have and how do they help improve food safety?

Bacteria

Bacteria	Sources	Symptoms	How to prevent it
Salmonella			
Campylobacter			
Listeria			
Staphylococcus Aureus			
Bacillus cereus			
Clostridium Perfringens			
E-coli			

What are the critical temperatures for the following?

Fridge setting

Freezer setting

Food should be heated to

Hot holding

What are high risk foods?

Examples of high risk foods are

These foods should always be stored ..

What are low risk foods

Examples of low risk foods

Why are these foods low risk?

Allergens



Why is it important that all foods are labelled with these allergens?

What is anaphylaxis?

What food act brought in compulsory labelling of allergens?

What could happen to an employer who failed to label food allergens?

Food Spoilage

How do enzymes cause food spoilage?

How do moulds spoil food, why should food with mould never be eaten?

Define and give examples of the following:

Cross contamination

Allergen

Bacteria

Food Spoilage

Due diligence

Pathogenic Bacteria

Contamination

High Risk food

Low Risk food

Food spoilage

Yeasts

Moulds

Allergen

Food Standards Agency

Environmental Health Officer (EHO)

Physical contamination

Chemical contamination

Microbial contamination