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

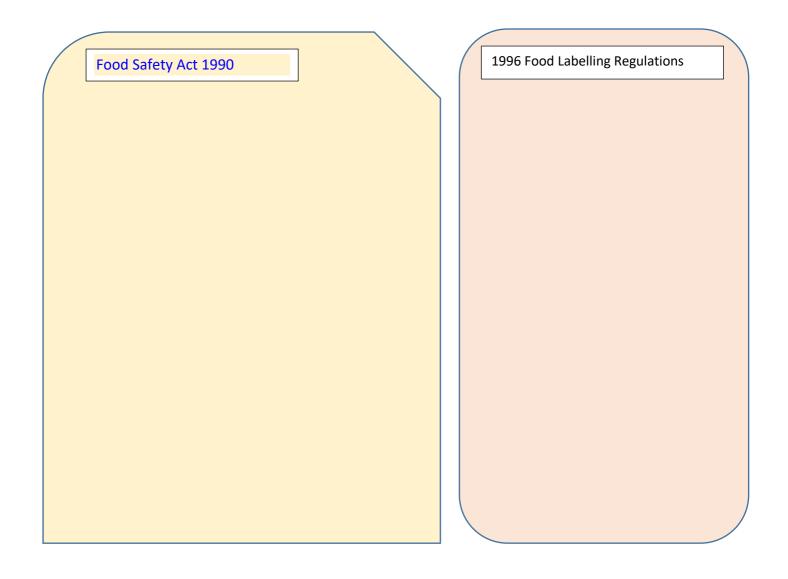
Understand how food safety is managed in different situations

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



2014 Food Information
Regulations: Allergen Labelling

Keeping work areas hygienic and clean



How should waste be disposed of in a kitchen setting?



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			
Listorio			
Listeria			
Staphylococcus Aureus			
Bacillus cereus			
Clastidium Daufiinaana			
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







(Shellfish)



(Shellfish)

























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