

FOOD SPOILAGE & FOOD SAFETY

WHAT CAUSES FOOD SPOILAGE?

- Bacteria, mould, fungi, yeast
- Insects, rodents, pests
- Chemical reactions
- Moisture, warmth, oxygen
- Time

SIGNS OF FOOD SPOILAGE

- Discolouration
- Change in texture (soft, slimy)
- Mould
- Unpleasant smell
- Off tasting

STORAGE OF FOODS

- Ambient foods—stored in a cool dry place at room temperature
- Frozen foods—stored in a freezer at -18°C
- Refrigerated foods stored in a fridge at 5°C

TYPES OF CONTAMINATION

- **PHYSICAL:** Hair, jewellery, plasters, glass, plastic
- **CHEMICAL:** cleaning products, pesticides
- **BIOLOGICAL:** bacteria, fungi, mould

BEST BEFORE

01-01-07

USE BY

01-01-07

Use-by-date/Best Before Date

- Use by date—food will be unsafe to consume after this date
- Best before date—food will be safe to consume but the

Key temperatures

- Freezer = -18°C
- Fridge = 5°C
- Cooked food = 75°C
- Hot Held Food = 63°C
- Danger zone = 5°C to 63°C



Food Poisoning

Found in

Campylobacter	Raw chicken, meat, milk
Salmonella	Humans and animals. Raw chicken, eggs
Staph A	Humans—nose, eyes, hair
E.Coli 0157	Raw meat, vegetables from the ground (carrots)
Bacillus cereus	Cooked rice and pasta

PREVENTING CROSS CONTAMINATION

- Washing hands before and during food prep
- Washing hands after handling raw foods
- Using colour coded chopping board
- Wearing correct clothing (apron, hat)
- Keeping raw foods separate from cooked foods
- Cleaning equipment thoroughly
- Keeping food stored at the correct temperature

FOOD PRESERVATION

- **Heat**—kills most microorganisms
- **Freezing/refrigerating**— microorganisms become less active and reproduction slows down
- **Drying**—removes moisture stopping microorganisms from reproducing

HACCP

Hazard Analysis Critical Control Point—a process where food businesses highlight potential hazards and put measures in place to reduce the risk

SYMPTOMS OF FOOD POISONING

- Sickness
- Diarrhoea
- Nausea
- Fever
- Abdominal pain



HIGH RISK FOODS

- High in protein and moisture
- Raw meat, eggs, cheese, milk, fish

PREVENTING FOOD POISONING

- Cook food thoroughly and to correct temperature
- Store food correctly
- Wash hands regularly
- Check the dates of food
- Wash surfaces and equipment thoroughly
- Use correct equipment such as colour coded chopping boards