

Contents

Introduction	1	Topic 3. Personal Hygiene	15
Topic 1. Food Law and You	2	Clothing, nails, hair and jewellery	15
What is food safety?	2	Wash your hands - when, how and what you need	16
Your responsibilities as a food handler	3	When you are sick	18
Food poisoning	3	Smoking	18
Topic 2. Food Hygiene – Keeping Food Safe	4	Gloves - How to use and when to change	18
Food safety hazards	4	Topic 4. Cleaning	19
Food spoilage and food poisoning	4	Clean as you go	19
High risk foods	5	What do I clean with?	19
Low risk foods	5	How do I clean?	20
The food poisoning chain	6	What is a cleaning schedule?	21
What to do to prevent it	6	Cleaning Schedule	21
The right conditions: time, moisture, temperature	7	Pests - Common pests and what they can do	22
Temperature monitoring	8	Garbage	22
Cross contamination	9	Good house keeping tips	23
Food storage	10	Solutions to Activities	24 & 25
Thawing	12		
Cooking, cooling and reheating	13		
Bain-maries and pie warmers	14		
Ready-to-eat foods and 'no touch' techniques	14		