

Food Safety

EU through the eyes of Midas' students
Team no 10: Sweeties

eTwinning team

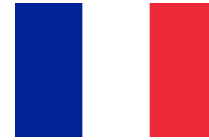
Motto:

You are what you eat!

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What is food safety?

- Food Safety refers to handling, preparing and storing food in a way to best reduce the risk of individuals becoming sick from foodborne illnesses.
- Food safety is a global concern that covers a variety of different areas of everyday life.



The principles of food safety aim to prevent food from becoming contaminated and causing food poisoning. This is achieved through a variety of different avenues, some of which are:

- Properly cleaning and sanitising all surfaces, equipment and utensils;
- Maintaining a high level of personal hygiene, especially hand-washing;
- Storing, chilling and heating food correctly with regards to temperature, environment and equipment;
- Implementing effective pest control;
- Comprehending food allergies, food poisoning and food intolerance;

The five steps for food safety:

5 Steps to FOOD SAFETY

<h3>1</h3> <p>Be Clean, Be Healthy</p>  <p>Wash hand when necessary</p>  <p>Do not work with food if you are ill</p>  <p>Never touch ready-to-eat food with bare hands</p>	<h3>2</h3> <p>Keep It Cool, Keep It Hot</p>  <p>Keep cold foods at 41°F / 5°C or below</p>  <p>Keep hot foods at 140°F / 60°C or above</p>	<h3>3</h3> <p>Don't Cross-Contaminate</p>  <p>Don't store raw foods over cooked or ready-to-eat foods.</p> <p>Never prepare ready-to-eat foods on the same surface or with the same utensils used to prepare raw animal proteins.</p>	<h3>4</h3> <p>Wash, Rinse, & Sanitize</p>  <p>1. Wash</p>  <p>2. Rinse</p>  <p>3. Sanitize</p> <p>Properly wash, rinse and sanitize all food contact utensils and equipment</p>	<h3>5</h3> <p>Cook It & Chill It</p>  <p>4. Cook</p> <p>Cook food until it reaches a proper internal temperature.</p>  <p>5. Chill</p> <p>Rapidly cool food to 41°F / 5°C or below</p>
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Regardless of why you are handling food, whether as part of your job or cooking at home, it is essential to always apply the proper food safety principles. Any number of potential food hazards exist in a food handling environment, many of which carry with them serious consequences.

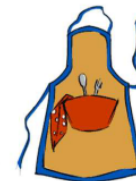
Kitchen safety rules:



Kitchen Safety Rules



- Always wash your hands before and after handling food.
- Tie back long hair.
- Wear an apron and roll up your sleeves.



- Keep food preparation surfaces clean.
- Wash fruit and vegetables under cold water before use.
- Always ask an adult before handling knives or going near hot things.



- Handle knives and other sharp equipment with care.
- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



- Turn handles of saucepans away from the front of the stove when cooking.
- Use oven mitts when taking hot dishes from the oven or microwave.



- Do not run around the room where food is being prepared.
- Wipe up food spills immediately.
- Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.
- Wash kitchen and eating utensils after use in hot soapy water.



Food Safety Tips During COVID-19

Grocery Shopping

- Use disinfectant to wipe down cart or basket
- Examine produce with your eyes, not hands. Wash before eating
- Wipe down reusable shopping bags before and after use



Takeout & Delivery

- Ask for no-contact delivery: pay ahead of time and have order left at the door
- Wash hands after removing food from packaging and after throwing packaging away



Meal Delivery Kits

- Wash hands before opening boxes and after emptying them
- Practice normal safe food handling procedures, like separating meat and poultry from other foods

