

# TRAINER NOTES



## FOOD HYGIENE ON A SHOESTRING

Thank you for purchasing "Food Hygiene on a shoestring. The package has been designed to be either, printed out and used as a paper presentation, onto acetates or simply used as a **PowerPoint presentation on a computer**. Although the individual could undertake this themselves, it is recommended that a suitably qualified supervisor undertakes this on a one to one basis or in small groups, ideally in a quiet and relaxed environment. There are also some record sheets, which you can adapt to suit your own catering department. If you have any queries please contact me on:  
01423 524840 – Steve Pepper, FRSPH, MIH

## INTRODUCTION

The law requires all food handlers to be trained "Commensurate with their work activities"

It is recommended that All food handlers undertake training **before they start work**. This simple to use package has been designed with this need in mind and if used correctly can provide the trainee with the basic knowledge required to do their job prior to any formal training that may be carried out at a later date.

The pack is not designed to replace other methods of training (level 2 food hygiene etc) but as a starting point for an investment in your most valuable resource.

**Correctly used it will help to provide your organisation with another vital part of your**

## "Due Diligence".

*Talk the trainee through the training package; develop and use examples in your own workplace to emphasise the points raised in the pack.*

*Regularly promote feedback from the inductee to check their understanding. Some suggestions for suitable questions are listed below to help you get started but don't be afraid to make up your own questions or use your own experiences to highlight a particular point.*

*For example I still remember the story of the fish fryer who SPAT into the frying range to check the temperature of the oil! or the elderly cook who called breakfast Cereals "Surreals" (Salvador Dali would have been proud). Good luck with the training and don't forget to **"practice what you preach"**.*

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1/What is Food Poisoning? - This is caused by eating contaminated food

**Student Question - What would you do if you or a member of your family were suffering from food poisoning symptoms?**

**Answer = Inform supervisor and don't handle food until medical clearance has been given.**

2/Food Poisoning - This is normally caused by Bacteria, but Viruses, Chemicals, Metals and Poisonous plants can also cause this.

**Student Question where do you find Bacteria?**

**Answer = Everywhere, People, Raw Food, Pests etc**

3/High "Risk Ready to Eat" Foods - These are food on which bacteria will readily grow in the right conditions

**Student Question If you are unsure if food is fit to eat what would you do?**

**Answer = not use it and inform the Supervisor who can arrange for it's disposal**

4/Prevention of Cross Contamination - This is where bacteria from a contaminated source comes in contact with a Cooked/High-Risk food.

**Student Question what colour code would you use for a)Raw Meat b)Cooked Meat Salad?**

**Answer = a)Red, b)Yellow (NB you may use a different system for prevention but this is the widely accepted coding).**

5/Temperature Control - Food should be kept HOT, COLD or not kept at all

**Student Question what is the "DANGER ZONE"**

**Answer = +5°C to +63°C (Fridges in your establishment ideally should be kept below this i.e. at +5°C)**

6/Recording Food Temperatures - The temperature of all food should be checked and recorded.

**Student Question a)What would you do before using a temperature probe? b)What would you do if the temperature of raw meat was below the specified core temperature?**

**Answer = a)Sanitise the probe first b)Continue cooking until the specified core temperature was achieved.**

7/Check all Deliveries for - Quantity, Quality, Date Codes, Storage Temperatures - check the driver, and vehicle for cleanliness.

**Student Question you receive a delivery of frozen meat, which is check as -7°C what do you do?**

**Answer = Refuse delivery.**

8/Personal Hygiene - General - food handlers should be clean and smart in their appearance.

**Student Question Why should food handlers wash/bathe regularly?**

**Answer = Low personal hygiene standards are not acceptable in the food industry and could lead to contamination of food.**

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9/Personal Hygiene - Hands - In a recent survey, samples of peanuts on a bar were found to have sixteen different samples of urine on them!!!

**Student Question** what could happen if a food handler doesn't wash their hands?

**Answer = This could lead to an outbreak of food poisoning or food contamination.**

10/Reporting of Sickness - All illnesses must be reported to the supervisor

**Student Question** Why?

**Answer = Because this could be passed on by handling food.**

11/Cleaning & Disinfection - Detergents clean up dirt/grease. Food Grade Sanitisers/Disinfectants reduce bacteria to a safe level. Sanitisers should be used in the so-called "**Two Sink**" Method of Washing Up

**Student Question** Why should cleaning solutions be made up each day?

**Answer = Weak/Stale cleaning solutions can support bacterial growth.**

12/Pests - No live animal or insect should be tolerated within the food preparation area.

**Student Question** - What would you do if you saw a live cockroach in the food area?

**Answer = Report it to your supervisor.**

13/The Law - Everyone involved in food handling is responsible for the safe production of food. Courts can impose fines and send people to Prison!

**Student Question** what would you do if you had: a)A "SEPTIC CUT" b)A "CLEAN CUT"?

**Answer = a)Tell the Supervisor and do not handle food b)Cover it with a Blue Waterproof plaster**

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## IMPORTANT!

This training package and resource material is designed to meet the needs of providing safe and hygienic food production within a “Prime Cook” catering environment. More specialist advice may be needed for Cook-Chill, Sous Vide, Reheating and factory production of food.

Please read through the package and check that the information contained within, matches ***what actually happens in the workplace***, for example the guide mentions ***colour code policies***. This is not the only way to prevent cross contamination but it would be pointless instructing employees if they were not going to put this information into practice.

This package reflects what should be happening within the food and catering industry at the moment. If you find that this package goes beyond what actually happens in your establishment (for example do you monitor and record food temperatures?) The Government now produces a “Safer Food Better Business” pack that is free of charge and has a training DVD included so staff can have initial training before they start work in a business.

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## QUESTION SHEET

Print these out If the student is nervous or has trouble with reading or other learning difficulty ask the questions yourself and record their responses for them. Record all results on the sheet provided, both of you sign and date it. I would suggest that you keep the actual test sheet itself (NB get them to sign and date this as well).

The Question Sheet is marked out of 20, multiply the results by five to get a percentage.

Provided you have effectively delivered your training your student should be able to score 60% or more. If you do not get these sorts of results, do not immediately assume that it is the fault of the student look carefully at how you delivered the training.

Answers to the Question sheet, you shouldn't really need these but here they are anyway:

**1c) 2b) 3a) 4c) 5d)**

**6a) 7b) 8a) 9c) 10d)**

**11a) 12b) 13c) 14d) 15a)**

**16d) 17a) 18b) 19b) 20b)**

Good Luck

Steve Pepper