

Kitchen and food hygiene

Cleaning and sanitizing are not same

- Cleaning uses soap and water to remove dirt and food from surface while sanitizing uses chemical or heat to kill germs.
- Remember that surfaces that look clean may still have germs that you cannot see.
 - Sanitizing reduces these germs to safe level.

- ▶ Food contact surfaces should be washed rinsed and sanitized after each use to remove germs that cause illness.
- ▶ Chemical sanitizer must be mixed following the label direction and soap should never be added to sanitizer
- ▶ Use test strips to make sure the sanitizer is not too strong or too weak
- ▶ Store wiping clothes in clean sanitizer
- ▶ If you are washing dishes by hand all dishes and food contact surface must be washed, rinsed and sanitized between uses

- ▶ Wash dishes in hot soapy water in the first sink and rinse dishes with clean, hot water in the second sink
- ▶ Sanitize by soaking the dishes in the third sink filled with warm and an approved sanitizer
- ▶ Always air dry dishes; towel can breed bacteria if left wet
- ▶ You may have a mechanical dish washer that will wash rinse and sanitize the dishes
- ▶ You need to know that the dishes are rich in correct temperature for sanitization so temperature gauges and sanitizer level must be monitored
- ▶ No soap should remain in any dishes
- ▶ Cracked dishware must be removed from service

- ▶ After dishes are clean and dry, handle and store them safely to minimize possible contamination
- ▶ Cups, bowls, pots, pans etc.. Must be stored upside down
- ▶ Always store kitchen utensils at least 6 inches off the floor in clean, dry area

Review

- ▶ Cleaning uses soap and water while sanitizing uses chemical or heat to kill germs
- ▶ Surface that looks clean can still have germs; Sanitizing reduces those germs to safe levels
- ▶ Food contact surface should be washed, rinsed and sanitized between each use
- ▶ Follow the labelled direction on all sanitizers, never add soap to sanitizer
- ▶ Washing dishes by hand use the three sink method to wash, rinse and sanitize dishes
- ▶ Store bowls upside down and store utensils and dishes at least six inches off the ground

Questions

1. What is biological contamination?
2. How does food worker's health affect safety?
3. What should you do when you are sick?
4. What does good personal hygiene mean?

Find the answers to these and other important food safety questions including -

- ▶ Proper hand washing when it's important
- ▶ Avoid bare hand contact with ready to eat food


► Gloves use

1. Of all types of hazards that can arise from unsafe food handling practices, biological contamination is most common
2. Our world is filled with germs and some can make us sick; it is those harmful pathogens that cause food borne illness
3. Food workers health is one of the most important factor to preventing food borne illness

4. It is simple when you are sick do not work with food, germs can easily be spread if you are experiencing flu like symptoms, jaundice and other illnesses
5. If you are sick stay at home remember the 24 hour rule vomiting, diarrhoea, fever with sore throat. Stay at home for 24 hours after the last symptom.
6. Besides being aware of your own health and knowing that when you are sick that you pose a risk to the public.
7. Being aware of your personal hygiene is another aspect of avoiding contamination in the food you serve.

- In fact, food worker with good personal hygiene saves illness.
 - i. Follow hand washing
 - ii. Keep finger nail trimmed
 - iii. Use hair cap
 - iv. Wear proper work clothing
- Hand washing is something that we all learn at very young age but if you want to work as a food handler it is important to relearn this task in the proper way that complies with health department guidelines.

- Wash hand throughout the day even if hands look clean , to keep germs out of your body and food you prepare.
- Always wash before you begin food preparation and when you have bin contaminated by exposer to potential germs.
- Contamination can be caused by using the
 - ✓ Bathroom
 - ✓ Touching own face, nose
 - ✓ Handling raw meat, fish etc..
 - ✓ Sneezing, coughing or blowing
 - ✓ Handling garbage or dirty dishes
 - ✓ Using chemicals
 - ✓ After taking a break

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- The six hand washing steps
 - ❖ Wet hand
 - ❖ Apply soap and scrub
 - ❖ Rub for 20 seconds
 - ❖ Scrub back of hands and between the fingers
 - ❖ Rinse hands
 - ❖ Dry with disposable towel or dryer

- Focus on minimizing bare hand contact utensil tissue paper these are all ready to eat food those serve without additional washing or cooking to remove germs.
- Gloves are there to protect food from germs, not your hands from the food. So remember to change them often and never wash or reuse them. Especially between the working with raw and ready to eat food.

- ▶ You may not eat, drink or use any types of tobacco in food preparation areas. This is to prevent spill and reduce contamination
- ▶ Hair must always be restrained when working around food or in food preparation areas
- ▶ Finger nails must be trimmed
- ▶ If nail polish or artificial nails are worn you must wear gloves while preparing food, not just ready to eat food

Remove the jewellery

- ▶ Jewellery including rings, watches, bracelets and all other jewellery on arms or hand must be removed during food preparation
- ▶ Personal items like medicine, wallet must be stored away from food preparation area

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect.

THANK YOU

- Dr Shashi Bhushan

