
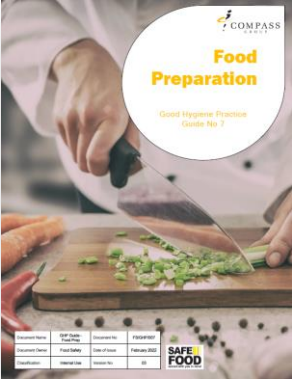


Food Safety Conversation No7: Food Preparation

Key Learning	What You Need To Know	
<p>The preparation stage of any food operation is the most important with respect to controlling the risks of contamination. It is essential in our role as a food handler to know these risks and adopt the control measures to minimise food contamination</p>	<ul style="list-style-type: none"> ❑ There are principally 4 sources of food contamination: <ul style="list-style-type: none"> ▪ Physical ▪ Chemical ▪ Bacterial ▪ Allergenic ❑ Always wash hands in warm water with soap and dry them using disposable paper towels before handling any food. ❑ Follow any food safety instructions on food packaging regarding the preparation and handling of food. ❑ Prepare food as close to service time as possible, keeping perishable foods under refrigeration. ❑ Where possible provide separate work areas for raw and ready to eat foods. ❑ Where this is not possible segregate via time and thoroughly clean and sanitise areas between use. ❑ Follow your units colour coded chopping board system if one is implemented. ❑ Do not use complex equipment for both raw and ready-to-eat foods e.g. vacuum packers, food slicers, food mixers and food processors. ❑ Thoroughly wash salad and fruit to be sold as ready to eat with clean water to remove visible dirt. ❑ Ensure food allergens are handled and prepared carefully to avoid cross contamination, use separate boards and utensils. ❑ Make sure you know what ingredients are in a food item prepared and made on site in order that the correct allergen information can be given to the customer if requested. ❑ Sanitisers used to clean work surfaces must meet the standard BSEN1276 and be used in accordance to the manufacture’s instructions, including the correct dilution and contact times. ❑ Where possible avoid using glass in food handling areas and always check any glassware used for signs of chipping / cracks / breaks and do not use if any damage is found. 	
		

HACCP Stages	Colleague Validation	More Information
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- Preparation
- Food Service & Display

1. What are the different types of food contamination and give examples?
2. How can you avoid cross contamination?
3. Why do you need to wash fruit & vegetables before use?
4. Why is it important to know what ingredients go into a dish you are preparing?
5. What checks should you do if using glass products within your kitchen?

More information can be found within the **Good Hygiene Practice Guide No: 7 Food Preparation** and the HSE website