



Hospitality and Catering

Food safety in Hospitality and Catering

Lesson 3

This is a level 2 standard course which explores all aspects of food safety, within hospitality and catering businesses.





Cross-contamination

This is when a product comes into contact with something, not meant to be on that product.





Cross-contamination

It is important to ensure segregation of products like meat, vegetables and allergens.





Cross-contamination

Cross-contamination can lead to unsafe food or affect the taste.

Example – Onions can leave a flavour behind on a chopping board, if not cleaned after use.





Examples of how bacteria can travel and cause cross contamination are

- Raw to cooked food
- Hands
- Utensils and equipment
- Handles



We can control cross contamination by:

- Keeping food stored separately
- Wash hands
- Use different equipment for cooked and uncooked food
- Cleaning



Hand washing

Hands are the most common cause of cross-contamination.

Not washing hands regularly, can lead to the spread of bacteria and can cause cross contamination.





When should you wash your hands?

- When you start work
- Touching uncooked food
- After you have been to the toilet
- Coughing or sneezing
- Touching hair or face
- After using chemicals
- Touching rubbish
- After smoking



Always use a hand basin provided exclusively for washing hands.

Food preparation and the cleaning sinks, must be separate to the hand wash basin.





How to wash your hands

Use comfortably hot water, rub your hands vigorously to work in the soap.





How to wash your hands

Don't forget the areas in between your fingers and around your wrists.





How to wash your hands

Rinse your hands before drying them thoroughly. Wet hands will encourage bacteria growth.





How to wash your hands

Make sure you thoroughly dry your hands and sanitise them. Sanitiser will help to prevent bacteria growth.





Personal hygiene

You must maintain the highest possible standards of personal hygiene to avoid contaminating food.





Cover cuts with blue plasters so no infection occurs. Blue plasters are easier to see if they fall into food.





Don't wear jewellery, it can fall into food, it can also cause an accident if caught in equipment. Jewellery also harbors bacteria.

Only wear a plain wedding ring if needed.





Don't eat, drink or
smoke where food
is been produced.





Don't cough, spit or
pick your nose.





Personal Protective Equipment (PPE)

PPE is your work clothing/equipment that covers your personal clothing, e.g. apron.

This reduces bacteria contamination from your clothes, and protects from anything falling off your own clothes, like buttons or studs.





Headwear

You need to cover all your hair. This can be a hairnet or washable cloth hat.





Footwear

Non-slip safety shoes or boots that can be cleaned easily.





Revision Activity 3

**How can you prevent
cross contamination?**