



Hospitality and Catering

# Food safety in Hospitality and Catering

## Lesson 5

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





## Preservation

Preservation is a process carried out to help a product last longer.

The process involves removing one or more requirements for bacterial growth.





# Types of preservation

Drying

Freezing

Chilling

Pickling

Vacuum packing

Sterilization

Smoking



## Date marking

In the UK the law states that all manufactured and ready to eat food must either have a

**BEST BEFORE DATE** or  
**USE-BY DATE** displayed.





## Date marking

Some companies might request another date. For example, display until date. This is not required by law it is just a customer's request.





## Date marking

It is a criminal offence to sell a product past its use-by date.

It is not a criminal offence to sell a product after its best before date.





# Use-by dates

A use-by date is displayed on food that has a short life (doesn't last for long) such as:

- Dairy
- Ready to eat food
- Fish
- Fresh meat

It is a criminal offence to sell food past its use-by date, this is due to the possibility that the food could cause harm.



# Best before dates

A best-before date is displayed on food that has a long life (lasts a long time) such as:

- Canned food
- Dried food
- Frozen products

These products can be sold past their best before date, it is not likely to cause harm, but the quality could be compromised, it can lose its flavour and texture.





## Stock rotation

FIFO – means ‘first in first out’  
the golden rule of stock  
rotation.

Reasons to stock rotate is to:

- Stop wastage from out-of-date food
- Increase profits
- Reduce costs





## Food allergy and intolerance

Legislation came into force in 2014 stating that all prepacked food and fresh food must state what allergens it contains.

Labelled food must show in **bold** what allergens it contains.

Serving food with an allergen to a customer, can lead to serious consequences and legal action.





## Food allergy and intolerance

Allergens must be clearly stated with food been served.

This can be stated on a sign next to the food, the menu, and allergen information must be recorded within the premises, for easy access.

Serving staff need to know which food contain which allergens.





# 14 allergen categories



Picture taken from the food safety guru



## **Allergens – the symptoms**

**Allergens can affect people in different ways. Severe allergen reactions can cause death.**

Symptoms can be:

- Rash
- Hives
- Vomiting
- Severe stomach cramps
- Headaches
- Anaphylactic shock



# Revision Activity 5

List three allergens?