

	Food Intolerance	Allergy
Symptoms	Bloating, gas, cramp, headaches irritability	Hives, lip swelling, tongue swelling, cough, wheeze, vomiting diarrhea, chest pain, difficulty swallowing
Timing	Hours	Usually shortly after eating the offending food
Frequency	Inconsistently, not every time the food is eaten	Every time the food is eaten
Severity	Not life threatening	Can be life threatening

Allergens



MACRONUTRIENTS 101

CARBS

Function: your body's main source of short-term energy

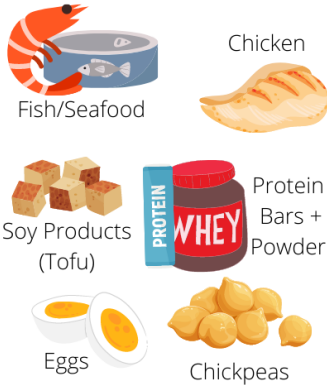
% of Diet: 50-60%



PROTEIN

Function: the building blocks of your body - helps build muscles

% of Diet: 15-30%



FATS

Function: your body's source of long-term energy (reserve)

% of Diet: 20-30%

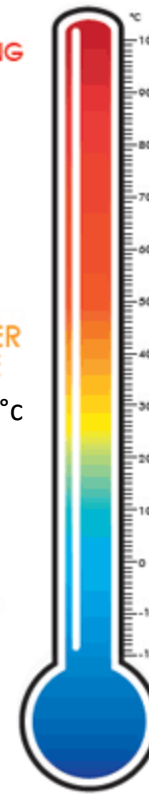


COOKING ZONE

DANGER ZONE

5-63°C

COLD ZONE



100 °C **Boiling Water**
bacteria will be destroyed

75 °C **Cooking/Reheating**

63 °C **Minimum Hot Holding**

37 °C **Body Temperature**
ideal temperature for bacteria to grow

8 °C **Food Storage**
store food at this temperature or below

5 °C **Fridge Temperature**

-18 °C **Freezer Temperature**
bacteria won't grow but may not die

All the above temperatures are guidelines only

Conditions for Bacteria to Grow

- Warmth
- Moisture
- Food
- Time



More food poisoning cases in summer due to:

- Higher temperatures
- More BBQ cooking – poor hygiene, poor cooking
- Higher consumption of chilled foods left at room temperature

sciencenotes.org

Types of Food Poisoning

Food poisoning comes from many sources, including bacteria, viruses, and fungi.



Listeria
fresh milk,
unwashed produce



E. coli
fecal
contamination



Campylobacter
undercooking,
unhygienic kitchen



Salmonella
undercooking,
poor hygiene



Staphylococcus
unrefrigerated food



Ciguatera
coral algae toxin



Shigella
human waste
contamination



Botulism
damaged cans

Islam

Muslims follow strict food laws and only eat food which is prepared and cooked in line with Islamic law.

Animals are slaughtered in a way that their blood is drained away. Meat produced in this way is called Halal.



***HALAL** refers to foods that are allowed to be eaten according to Islamic law, and how an animal is slaughtered

***KOSHER** is a word used to describe food and drink that complies with Jewish religious dietary law, and refers to how an animal is slaughtered

Judaism

Jewish people cannot eat anything which isn't 'kosher'. For meat to be kosher, the animal must be slaughtered according to Jewish law.

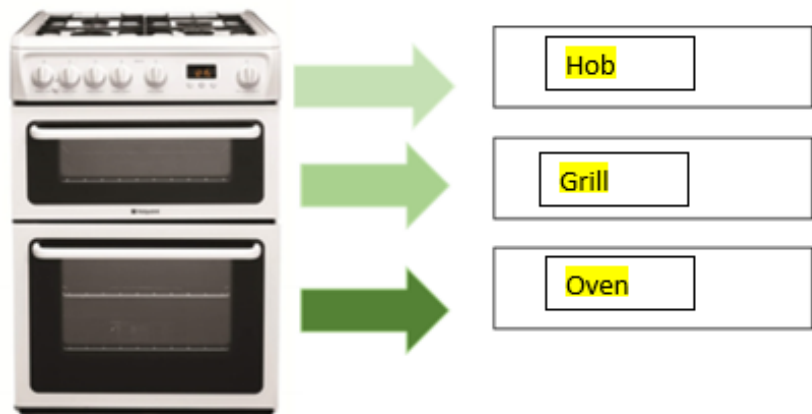
Before cooking, the meat must be clean of the animal's blood and the sciatic sinew (which runs down the spine to the leg) must be removed. They also have rules for which foods can be eaten together.

- Fish and meat cannot be cooked or served together
- Milk and meat cannot be cooked or served together
- Milk and milk products are usually only served at breakfast and avoided at other meals.

Hinduism

Hindus believe that the cow is a sacred animal and will not eat beef.





* These are a legal requirement



Role of EHO

- To check if the new facilities are up to standard
- Checking on hygiene procedures
- To look at food storage areas
- Fridge temperatures
- Check for pest infestation
- Check food is fit for sale
- Check hand washing facilities are available
- Temperature of cooked foods
- Correct storage of foods
- Dates on foods

* These are a legal requirement

