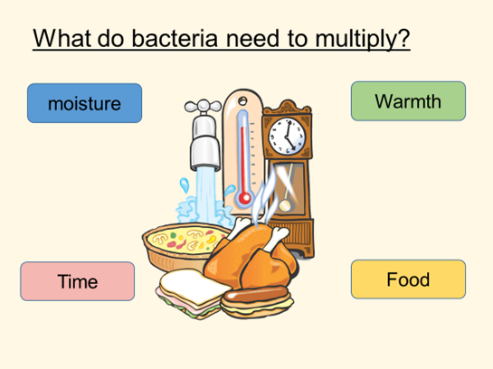
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| Causes of food related ill health | | | |
| 17 | Microbes: bacteria, mould and yeasts | 18 | Some of these cause food spoilage and contaminate (infect) food by growing in it, which makes the food unfit and unsafe to eat. |
| 19 | Chemicals, metals and poisonous plants | 20 | These poison foods by either mistakenly being added to it (chemicals); reacting with certain foods (metals) or by producing toxins (plants). |
| 21 | Food allergies and intolerances | 22 | These happen in a minority of people, who unfortunately react to something natural in food (not a microbe or poison) and become ill as a result. |

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| Key words | | | |
| 1 | Cross contamination | 2 | When harmful bacteria spread from one place to another |
| 3 | Microbes | 4 | tiny living things that are found all around us and are too small to be seen by the naked eye. They live in water, soil, and in the air |
| 5 | Symptoms | 6 | A physical or mental feature which is regarded as indicating a condition of disease, |
| 7 | Nausea | 8 | Feeling sick |
| 9 | Intolerance | 10 | an inability to eat a food or take a drug without adverse effects |
| 11 | Allergen | 12 | a substance that causes an allergic reaction. |
| 13 | Pathogenic | 14 | Something that is capable of causing illness in people |
| 15 | food spoilage | 16 | When something happens which makes food unfit and unsafe to eat |



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| **Common Types of Food Poisoning** | | | | | |
| **23** | **Listeria** | **24** | Found in ready meals, untreated dairy foods, pate, soil and sewage. Pregnant women and those with weakened immune systems are most at risk. | 25 | Feels like flu. Can cause miscarriage |
| **26** | **Staphylococcus aureus** | **27** | Found in raw milk and meat. It can live on the skin, in the nose or on the fingers of some infected people. | 28 | Causes stomach cramps and vomiting |
| **29** | **Campylobacter** | **30** | Found in raw meat, poultry and milk products. Birds can contaminate by pecking packaging and with their droppings. | 31 | Causes fever, stomach cramps and vomiting |
| **32** | **The 4 ‘C’s’** | **33** | Keep Food **Cold, Clean, Covered** and avoid **Cross Contamination** | | |

AC4.1 How food can cause ill health

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Sources of food poisoning bacteria

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| 36 | People/sewage |
| 37 | Raw food |
| 38 | Insects |
| 39 | Rodents |
| 40 | Soil/dust |
| 41 | Refuse/waste |
| 42 | Animals/birds |
| 43 | Contaminated packaging |

How do chemicals get into food?

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| 44 | Hormones |
| 45 | Pesticides |
| 46 | Fertilizer |
| 47 | Packaging |
| 48 | Additives |
| 49 | Cleaning |

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| **Food Allergies**  (Genuine food allergy is rare). | | **Intolerances** ( More common than food allergies). | |
| **77** | A food allergy is a rapid potentially serious response to a food by the immune system. | **78** | Unlike an allergy, a food intolerance is not life threatening. Symptoms appear more slowly over many hours after eating the problem food.  Typical symptoms are bloating and stomach cramps |
| **79** | **Major allergens:** Gluten/ Wheat /Peanuts/ Tree Nuts/ celery/ Eggs/Milk/ Sesame seeds/ Fish/ Crustaceans/ Soya | **80** | **Coeliac/gluten intolerance:**  Present in Wheat, rye, barley, some oats and foods containing gluten such as bread, cakes, pasta, cereals.  Replace with gluten free products |
| **81** | **Anaphylaxis:**  Symptoms feeling lightheaded or faint, fast shallow breathing, fast heartbeat, clammy skin, anxiety, losing consciousness. | **82** | **Lactose Intolerance**:  Present in milk and milk products such as yoghurt, cheese, butter.  Replace with soya milk, feta or goats cheese. Lactose free alternatives available. |





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| Legislation enforced by EHOs | | | |
| 60 | The food safety Act 1990 | 61 | Food safety from the manufacturer or producer to the point of sale. Might involve different companies or premises e.g. suppliers, manufacturers, shops or restaurants |
| 62 | Main provisions of the act | 63 | It is an offence to supply food that fails to comply with food safety requirements |
| 64 | Strengthened powers of enforcement including detention and seizure of food |
| 65 | It require training in basic food hygiene for all food handlers |
| 66 | All food premises must be registered |
| 67 | Authorises EHOs to issue improvement notices if there is a potential risk |
| 68 | EHOs can issue emergency prohibition notices to force caters to stop their business immediately |



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| **Enforcement action** | | | |
| **70** | **Formal inspection letters** | **71** | This letter tells the food business which issues must be addressed in order to comply with the law. The EHO may revisit the business to check that the issues have been resolved |
| **72** | **Hygiene improvement notices** | **73** | A notice that tells a business how to improve their food hygiene standards |
| **74** | **Hygiene emergency prohibition notice** | **75** | A noticed served if there is a serious risk of harm. It stops unsafe practices immediately. |

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| **Role of EHOs** | |
|  | They look after the safety and hygiene of food through all the stages of manufacture or production from distribution to storage and service |
|  | They help to develop, co-ordinate and enforce food safety policies |
|  | They have the right to enter and inspect food premises at all reasonable hours and can visit without advance notice |
|  | They carry out routine inspections of all food premises in their area |
|  | They can visit premises because of a complaint |
|  | They have powers of enforcement and can close businesses in extreme cases |
| **Responsibilities of EHOs** | |
| **51** | They check that food producers handle food hygienically so as not to give customers food poisoning |
| **52** | They check that food is being kept at the specific temperature at which it should be stored or held |
| **53** | They check that staff are properly dressed, with clean nails, no jewellery, hair covered or tied back, and showing good hygiene habits |
| **54** | They review processes in the workplace, such as the handling of food, use of equipment, use of colour-coded boards, washing-up and disposal of waste |
| **55** | They inspect food stores – fridges, freezers, and dry stores |
| **56** | They check stock rotation and temperature logs |
| **57** | They check that equipment is clean, well maintained and with safety notices if appropriate |
| **58** | They check the temperature of food when it is cooked with probes to ensure that it is at the correct temperature |
| **59** | They identify potential hazards |