

SAFETY AND HYGIENE IN THE KITCHEN

I. Safety in the kitchen

It is a commonly known fact that kitchen is a dangerous place. Accidents of all kinds can happen if we are not careful, mostly cuts and burns.

A safe kitchen should conform to the following rules:

RULE	CONSEQUENCES IF RULE DISOBEYED
Do not touch electrical appliances with wet hands.	You may be electrocuted.
Do not work in a kitchen with a wet floor.	You may slip and hurt yourself.
Do not leave saucepan handles sticking out on the cooker.	You may knock them off and burn yourself.
Always use oven gloves.	You could burn yourself.
Do not leave wires trailing across a surface (the floor).	You could catch yourself in one and pull the appliance onto yourself.
Take care when using sharp knives.	You could cut yourself and also contaminate food with blood.
Do not overload sockets with electric appliances.	It could cause a fire.

II. Hygiene in the kitchen

All kitchen staff must regularly wash their hands. Their hands must be washed in the hand basin and not in the sinks used for food preparation. All work surfaces in the kitchen must be cleaned regularly, the utensils must be washed and dried after use. The rubbish bins must be emptied and cleaned regularly. Of course waste must be sorted (food in one bin, general rubbish in another, packaging into the third one).

A hygienic kitchen should conform to the following rules:

RULE	CONSEQUENCES IF RULE DISOBEYED
Always wash your hands before handling food.	Cross contamination and food poisoning can occur.
Use separate chopping boards when preparing foods that could get cross contaminated.	Cross contamination and food poisoning can occur.
Store food at the correct temperature.	Food could be spoilt and not suitable for human consumption.
Check the sell by date on every food you use.	Food could be spoilt and this could cause food poisoning.
Store raw meat away from cooked meat on the bottom shelf of the fridge.	Juices may drip and cause cross contamination.

Throw out old and out of date equipment.	It may contain hidden bacteria to contaminate food and cause food poisoning.
Wash tea towels and dish cloths regularly.	They could transfer bacteria onto clean appliances.
Wash your hands after touching high risk foods such as eggs and meat.	Cross contamination and food poisoning can occur.

III. Food spoilage

Yeast	Bacteria	Moulds
Yeast are microscopic fungi which reproduce by budding.	Bacteria are single celled organisms which are widely found in soil and air.	Moulds are a form of fungi.
Yeast grow on sugar and produce carbon dioxide.	Some bacteria are useful, but others cause food spoilage and are poisonous.	Moulds are carried on wind and settle on food.
Yeast can attack sugary foods such as fruit and jam and cause spoilage.		They grow on the surfaces of food such as bread, meat and cheese.
Yeast is used usefully to make alcohol.	Useful bacteria are used to make yoghurt and cheese.	

EXERCISES

1. How can you contaminate food?

- a) by _____
- b) by _____
- c) by _____
- d) by _____
- e) by _____
- f) by _____
- g) by _____
- h) by _____

2. Which organisms cause food spoilage?

_____, _____, _____

3. Where are they useful?

_____ in _____

_____ in _____

_____ in _____

4. What can happen if you

- a) touch electrical appliances with wet hands?
- b) work in a kitchen with wet floor?
- c) don't use oven gloves?
- d) are not careful with sharp knives?
- e) don't wash your hands before handling food?
- f) don't store food at the correct temperature?

QUESTIONS

1. What kind of accidents often happen in the kitchen?
2. What can happen if: a) you touch electrical appliances with wet hands?
b) you don't use oven gloves?
3. What are the usual causes of fire in the kitchen?
4. What parts of the kitchen must be cleaned regularly?
5. Why is it so important to wash your hands before handling food?
6. How should food be stored and why?
7. What are the causes of food poisoning?
8. What organisms cause food spoilage?
9. In which cases are these organisms useful?