

Unit 1: Health and safety relating to food, nutrition and the cooking environment
Session 1: Safe and hygienic working practices

Learning checklist

Here is a checklist of all of the topics we have covered in this Session. These topics will form part of your assessment for this qualification. You can use this checklist to make sure you are confident with your learning in each of these areas or to identify areas of learning you would like to revisit and improve upon; this will help you to be as prepared as possible for your assessment.

1. Safe and hygienic working practices relating to the individual and the cooking environment

You will understand safe and hygienic working practices when food is prepared and cooked:

- Safe and hygienic working practices for the individual:
 - Hand washing
 - Correct clothing and footwear
 - Hair tied back or covered
 - No jewellery or make-up
 - Blue plasters to cover any cuts and grazes

- Safe and hygienic working practices for the cooking environment:
 - Sanitising work surfaces
 - Checking floors for spillages
 - Checking equipment prior to use

2. Potential hazards and risks in the cooking environment

You will understand a range of hazards (which include contamination) in the cooking environment when food is being prepared and cooked. You will also understand the potential risks in the cooking environment and how these may be minimised:

- Hazards – the potential to cause harm:
 - Physical contamination:
 - Plasters
 - Hairs
 - Nails
 - Debris from the building
 - Debris from equipment
 - Debris from packaging
 - Chemical contamination:
 - Kitchen cleaning agents
 - Unwashed fruit and vegetables
 - Pest control products

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2. Potential hazards and risks in the cooking environment (continued)

- Biological contamination:
 - Bacteria:
 - E-coli
 - Salmonella
 - Staphylococcus
 - Bacillus cereus
 - Campylobacter
 - High risk foods:
 - High moisture and high protein foods
 - Meat
 - Fish
 - Rice
 - Dairy and eggs
 - Ideal conditions for bacterial growth:
 - Warmth
 - Moisture
 - Temperature zone: danger zone between 5 to 63°C when food-borne bacteria can grow
 - Causes of food spoilage:
 - Yeast
 - Mould
 - Bacteria
 - Cross-contamination:
 - Unwashed clothing
 - Using the same utensils and equipment for raw and cooked foods
 - Personal hygiene
 - Waste control
- Risks – the degree or likelihood that the hazard will cause harm