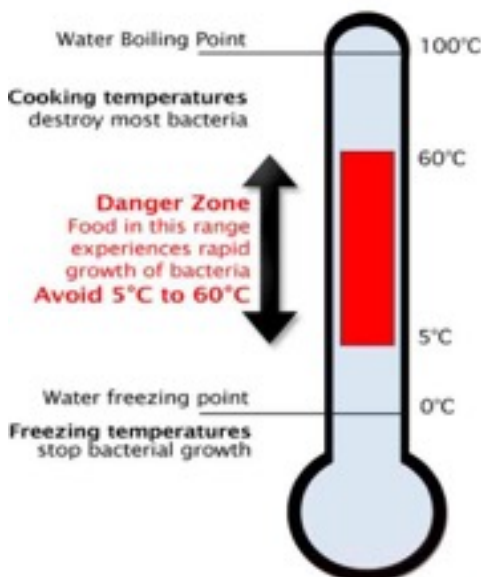


Safe Food Handling:

- Temperatures
- Storage
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Food Poisoning:

- Food poisoning is the name for the range of illnesses caused by eating or drinking contaminated food or drink.
- It is also sometimes called food-borne illness.
- It is quite common, affecting an estimated 5.9 million Australians each year.
- The symptoms can be unpleasant, and for some groups they can be quite serious
- Symptoms often include one or more of:
 - Nausea
 - Stomach cramps
 - Diarrhoea
 - Vomiting
 - Fever
 - Headaches



Food Poisoning - Bacteria

Bacteria/ Pathogen/Illness	Symptoms	Incubation Period	Duration of Illness	Source of contamination	Foods Involved
Salmonella	<ul style="list-style-type: none">• Vomiting, Diarrhoea, Abdominal Pains, Fever	<ul style="list-style-type: none">• 12-36 hours	<ul style="list-style-type: none">• 1-8 days	<ul style="list-style-type: none">• In gut of mammals and poultry. Insects, pets and birds Spread by poor food handling.	<ul style="list-style-type: none">• All raw foods of animal origin, poultry in particular, eggs, egg powder.

Bacteria/ Pathogen/Illness	Symptoms	Incubation Period	Duration of Illness	Source of contamination	Foods Involved
Staphylococcus Aureus	<ul style="list-style-type: none"> • Vomiting, Abdominal Pains 	<ul style="list-style-type: none"> • 1-7 hours 	<ul style="list-style-type: none"> • 24-48 hours 	<ul style="list-style-type: none"> • Human Nose, throat, skin, hair, boils, pimples, infected skin open wounds, poor food handling. 	<ul style="list-style-type: none"> • Cooked as opposed to raw foods. Foods eaten cold or after only mild re-heating. Cream dishes, custards and milk products, convenience foods, hams and small goods, Hollandaise sauce.
Clostridium Perfringens	<ul style="list-style-type: none"> • Diarrhoea, Abdominal Pains 	<ul style="list-style-type: none"> • 6-24 hours 	<ul style="list-style-type: none"> • 12-24 hours 	<ul style="list-style-type: none"> • Raw meat, Humans, Spores in soil and therefore on vegetables, sacks or packing cases, Dirty hands. 	<ul style="list-style-type: none"> • Grows best in the centre of large roast, stews and curries.
Botulism	<ul style="list-style-type: none"> • Double Vision, Headache, Nausea, Vomiting, Central nervous system is affected and paralysis of the respiratory tract is the usual cause of death. 	<ul style="list-style-type: none"> • 2 hours to 8 days 	<ul style="list-style-type: none"> • Frequently Fatal 	<ul style="list-style-type: none"> • Spores in soil and therefore vegetables. Fish. 	<ul style="list-style-type: none"> • Normally associated with canned foods, home preserves.
E. Coli	<ul style="list-style-type: none"> • Severe diarrhoea that is often bloody, severe abdominal pain, and vomiting. Usually, little or no fever is present 	<ul style="list-style-type: none"> • 1-10 days 	<ul style="list-style-type: none"> • 5-10 days. Most people will be better in 6-8 days 	<ul style="list-style-type: none"> • Contaminated food, especially undercooked 	<ul style="list-style-type: none"> • Ground beef, unpasteurised (raw) milk and juice, soft cheeses made from raw milk, and raw fruits and vegetables (such as sprouts), contaminated water

Bacteria/ Pathogen/Illness	Symptoms	Incubation Period	Duration of Illness	Source of contamination	Foods Involved
Listeria	<ul style="list-style-type: none"> • Fever • Stiff neck • Confusion • Weakness • Vomiting, • Diarrhoea 	<ul style="list-style-type: none"> • 3-70 days 	<ul style="list-style-type: none"> • Days to weeks 	<ul style="list-style-type: none"> • Ready-to-eat deli meats and hot dog • Refrigerated pâtés or meat spreads • Unpasteurised (raw) milk and dairy products • Soft cheese made with unpasteurised milk. • Refrigerated smoked seafood • Raw sprouts 	<ul style="list-style-type: none"> • Raw unwashed vegetables • Soft cheese • Liver pate • Meat products • Raw sprouts

Food Safety Plans/HACCP:

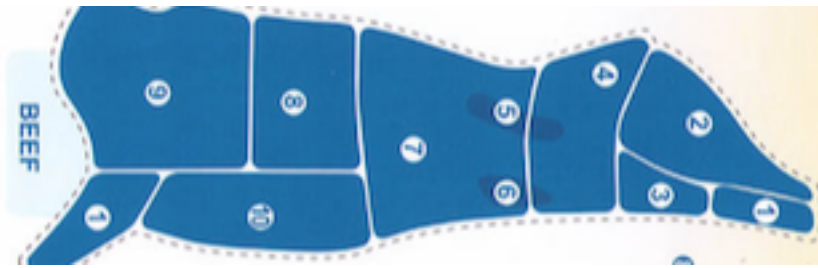
- Hazard Analysis & Critical control points
- Predicting what could possibly go wrong with the safety of the food operation from the time raw materials are received to the time the food is served or sold
- It is a proactive system that aims to prevent, control and eliminate biological, chemical or physical hazards that may pose a danger to the health and safety of the consumer.
- HACCP involves identifying the foods and the procedures most likely to cause food-borne illnesses and putting effective procedures in place to control and monitor those hazards.

Benefits of an HACCP based food safety program:

- **1)** HACCP is the most effective way to ensure food safety.
- **2)** HACCP offers a simple systematic approach to identifying and controlling hazards at all stages of the process.
- **3)** Rather than relying on ending product testing HACCP prevents a food safety problem from occurring in the first place.
- **4)** A business can have confidence in its food products and customers can feel secure about food standards.
- **5)** By identifying and controlling hazards that can affect food safety and by improving food processing systems, the overall quality of the food is enhanced.
- **6)** HACCPs helps the business comply with the Australian and International legal requirements
- **7)** The implementation of HACCP can support a “due diligence” defence for the business if food safety problems do occur.

7 Principles of HACCP

Principle 1: Identification of hazards and assessment of their seriousness and the risk posed to food safety	<ul style="list-style-type: none"> • List all potential hazards associated with each step, conduct a hazard analysis and consider any measures to control identified hazards: <ul style="list-style-type: none"> • Microbiological contamination – pathogens or spoilage micro’s • Chemical contamination – harmful chemicals, allergens, unwanted additives SO₂ in mince meat) • Physical contamination – foreign objects, parts of raw ingredients (shells of nuts)
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Food Purchasing - Beef

Cuts of Meat	Description	Different steaks produced	Methods of Cooking	Appearance
1) Shin	<ul style="list-style-type: none"> The shin is removed from the full butt by taking off the shank bone and shin beef at the stifle joint <p>Approx. weight: 1.5kg</p>	<ul style="list-style-type: none"> Boneless Shin/ Gravy Beef Shin Bone-in 	<ul style="list-style-type: none"> Minced for consomme 	

Cuts of Meat	Description	Different steaks produced	Methods of Cooking	Appearance
<p>2) Siverside/ Topside</p>	<ul style="list-style-type: none"> • Topside: Inside portion of the full butt that is in front of the femur bone. It is removed from its attachments to the silverside and from the round by a cut which follows the line of the femur bone. The aitch bone is removed. <p>Approx. weight: 5kg</p> <ul style="list-style-type: none"> • Silverside: The outside of the full butt. It is removed along the natural seam division from the topside and round. The shin end of the silverside is cut straight across at the junction of the achilles tendon and the heel muscle. <p>Approx. weight: 6kg</p>	<ul style="list-style-type: none"> • Topside Roast • Topside Steak • Silverside Steak • Eye Round/Girella 	<ul style="list-style-type: none"> • TS: Braise & Roast • SS: Simmer & Braise 	