# *Food safety matters*
# Information for presenters

## Introduction

- This slide contains important information on this presentation.
- The presentation is based on the blackline masters for the overhead transparencies printed in the *Food safety matters* Teachers manual, pages 57-76.
- The blackline masters are in portrait format for photocopying onto overhead transparency plastic, while this presentation is set up for an on-screen PowerPoint presentation (Ie. landscape format).
- If you wish to print and photocopy onto transparency film, better results will be obtained from the blackline masters in the teacher's manual. The blackline masters also contain additional illustrations.
- Some points included on the blackline masters are not included on the PowerPoint slides, however, these are included as additional talking points in the 'Notes View' for the slides.
- This presentation and the blackline masters may be downloaded from www.foodsafetymatters.gov.au.

## Use with a web browser

- If this presentation has been opened with a web browser, you will only be able to view each slide. However, if opened in PowerPoint, you will be able to view additional information in the 'Notes Page' view and be able to customise the presentation to suit your own needs. You will also have more options for printing the presentation, eg. print several slides on one page.
- To open the presentation in PowerPoint (if using Internet Explorer):
  - left mouse click on 'File'
  - left mouse click on 'Save as'
  - choose a location to save it and click on 'Save'
  - when the download is complete, close Internet Explorer (or left mouse click on 'Back'), open PowerPoint and then open the saved presentation.

## Use with PowerPoint

- To start the presentation without this slide:
  - advance to the second slide then left mouse click on 'View' on the Toolbar, then left mouse click on 'Slide Show'.
- To print the presentation without this information:
  - In the print window (Ie. select 'File' then select 'Print'), left mouse click on the check box 'Print hidden slides' until a tick does not appear in it.
- The presentation includes notes for presenters. These may be viewed in the 'Notes Page' view. To access the notes:
  - left mouse click on 'View' on the Toolbar, then left mouse click on 'Notes Page'.

We hope you find the presentation useful.
Queensland Health 2004

Food safety matters

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# *Food safety matters*

# Presentation outline

- Food poisoning
  - what is it?
- Types of food contamination
- Factors contributing to food poisoning outbreaks
- Strategies to prevent food poisoning

# Food poisoning

- Illness from consuming food that contains a harmful substance, harmful micro-organisms or their toxins.
- Approximately 5.4 million cases per year in Australia*.
- Common symptoms:
  - stomach aches
  - vomiting
  - diarrhoea
  - fever.
- Can result in long-term diseases and death.
- Often caused by food that looks, smells and tastes normal.

*Based on research by OzFoodNet, released by the Australian Government Department of Health and Ageing in 2003.



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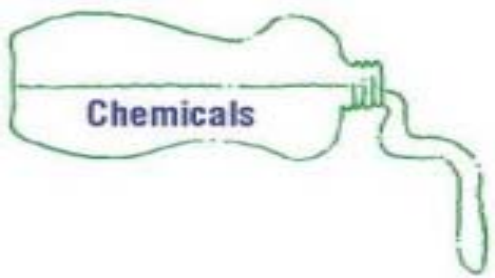
# Types of food contamination

- Food can be contaminated by:
  - chemicals
  - natural toxins
  - foreign matter
  - organisms.

# Chemicals

- Chemicals in the home include those used:
  - to clean kitchen surfaces and equipment
  - as pesticides.

- Chemicals can be very harmful if they are:
  - spilt on or near food
  - mistaken for food or drink.



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# Natural toxins

- Toxins are poisonous substances produced by some micro-organisms, plants and animals.

- Most toxins that cause food poisoning are tasteless and remain dangerous when cooked.




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# Foreign matter

- Foreign matter can:
  - physically injure people
  - introduce harmful bacteria into food.

- Examples of foreign matter include:
  - dead insects
  - hair
  - jewellery
  - glass
  - pieces of metal.




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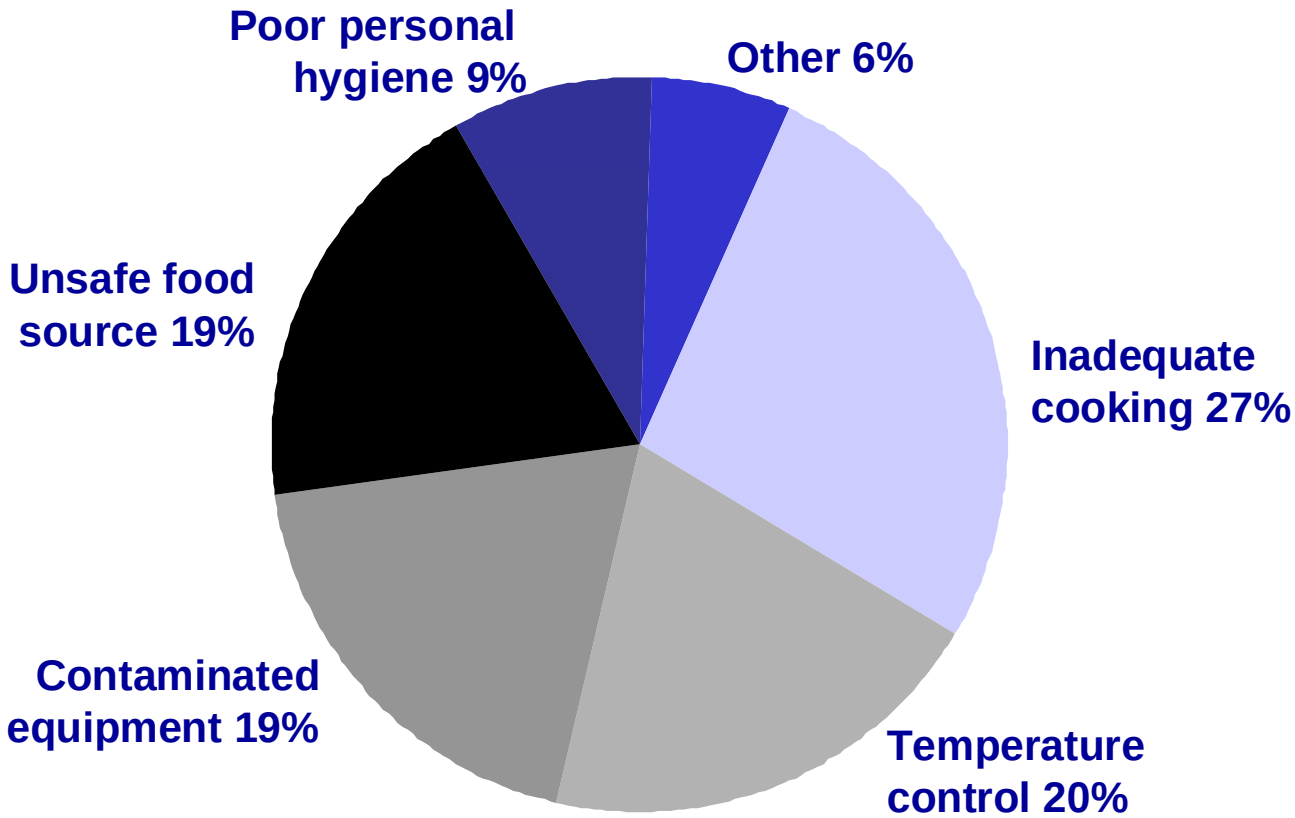
# Organisms

- The organisms that can make us sick include:
  - viruses
  - bacteria
  - parasites
  - mould.

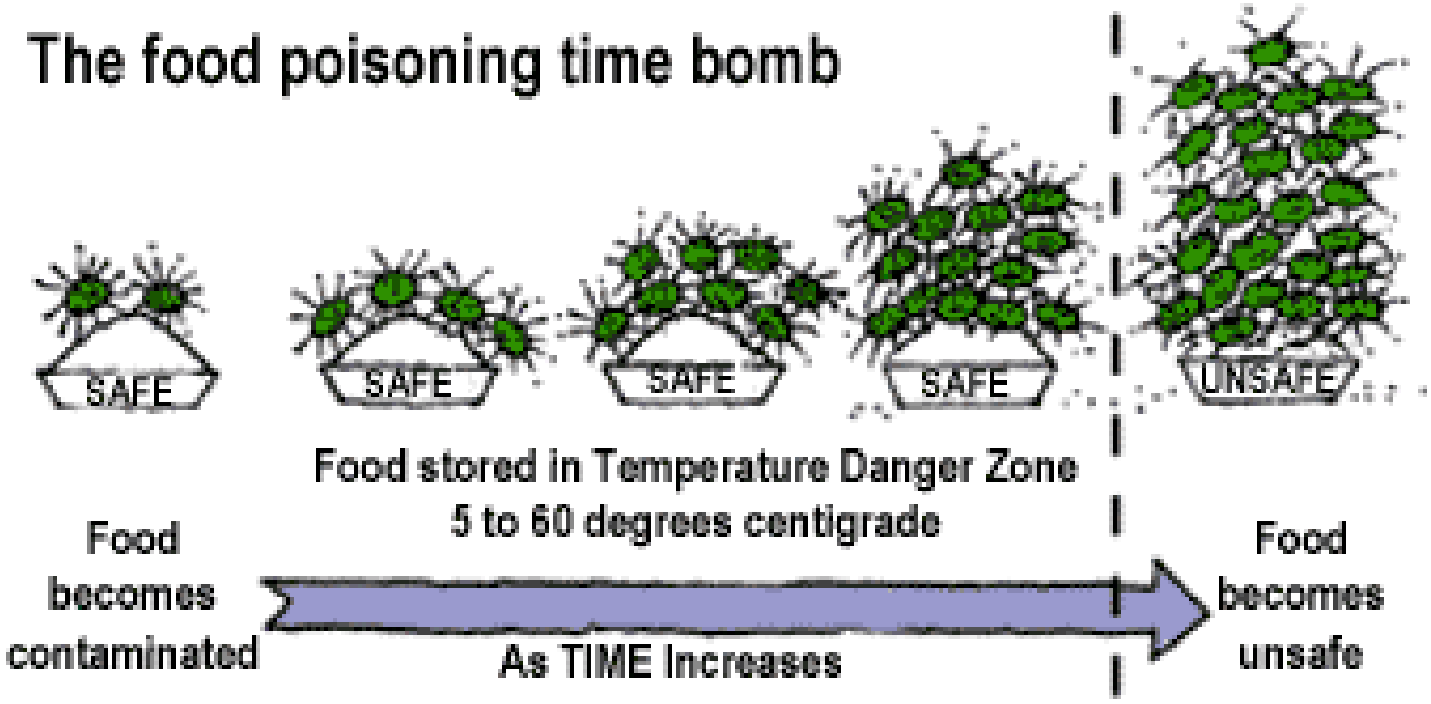
- Micro-organisms such as viruses and bacteria are the most common causes of food poisoning.

# Factors contributing to food poisoning outbreaks 1980 - 1995




Source: Crerar, S.K. et al 1996

# The food poisoning time bomb




# Strategies to prevent food poisoning

**To ensure food does not become contaminated:**

1. Keep hands and nails clean
2. Keep the kitchen clean
3. Handle food safely.

**To kill or slow down the growth of micro organisms:**

4. Cook high-risk foods thoroughly
5. Keep hot food hot and cold food cold.



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# Keeping hands and nails clean

**We need to:**

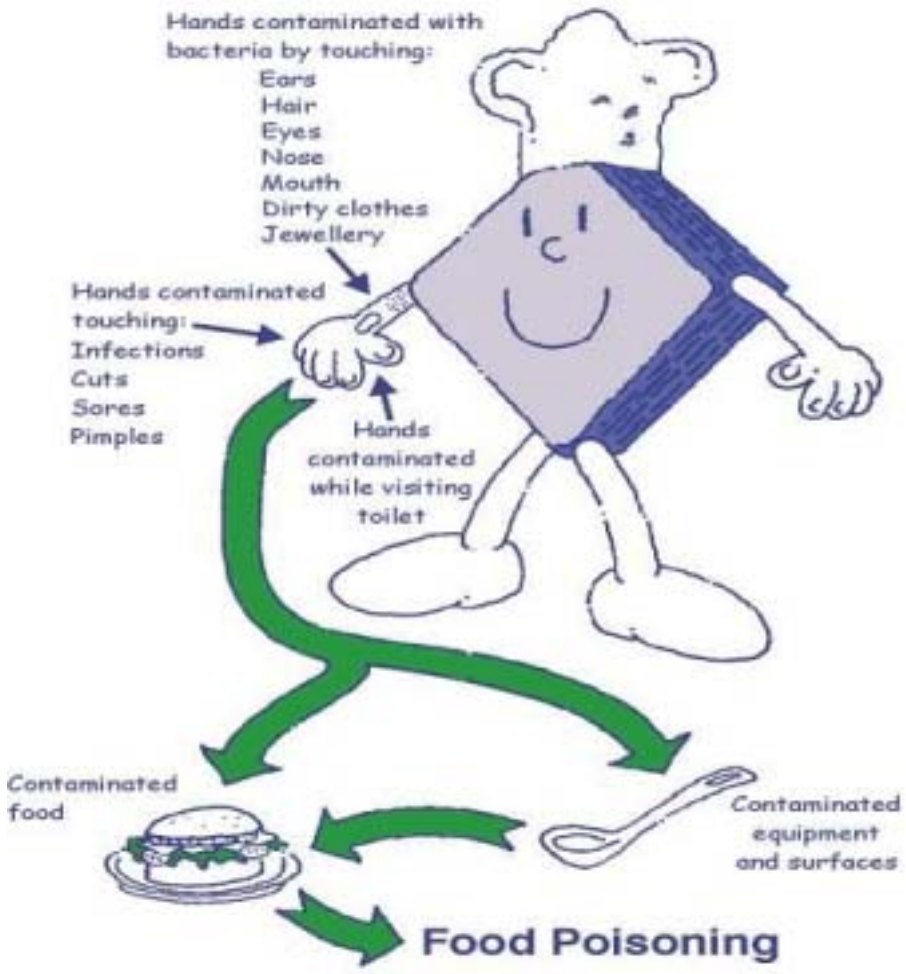
- wash hands and nails thoroughly with warm, running water and soap
- dry hands thoroughly
- cover cuts and infections on hands.

# Washing hands and nails thoroughly with warm, running water and soap

**We should wash our hands:**

- before eating, preparing or handling food
- between handling raw meat, poultry and seafood, and handling cooked food or food that will be eaten raw
- after coughing and sneezing, using a handkerchief etc
- after going to the toilet
- after handling rubbish
- after touching animals
- after handling chemicals (e.g. cleaning products).

# Transfer of micro-organisms by hands



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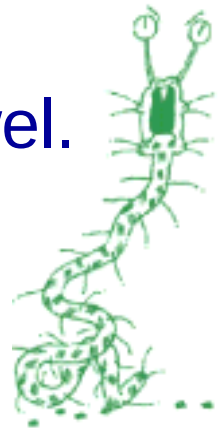
# Keeping the kitchen clean

**When cleaning plates and equipment, we need to:**

- scrape and rinse off surface food
- wash in clean, soapy water
- rinse in clean water
- air dry where possible
- if drying immediately, use only a clean, dry towel.



# Keeping the kitchen clean: Pest control and animals

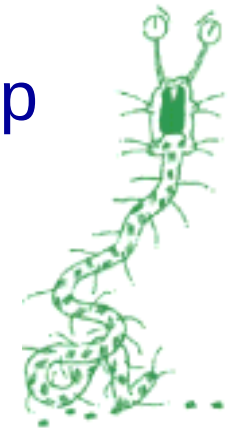
**We need to:**

- stop pests such as cockroaches and mice coming into the area where food is kept
- discourage pests by not leaving food or dirty dishes out on the benches
- keep animals out of the kitchen.

# Handling food safely

**We need to:**

- avoid preparing food when sick or feeling unwell
- keep raw meats, poultry and seafood separated from cooked food and food to be eaten raw
- protect food in the refrigerator by placing in covered containers or covering with plastic wrap
- use clean equipment, plates or containers to prevent contamination of cooked food (or food that will be eaten raw) with traces of raw food





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# Handling food safely (continued)

**We need to:**

- use clean equipment, rather than hands, to pick up food
- wear clean clothes or a clean apron
- wash fruit and vegetables to be eaten raw under running water.



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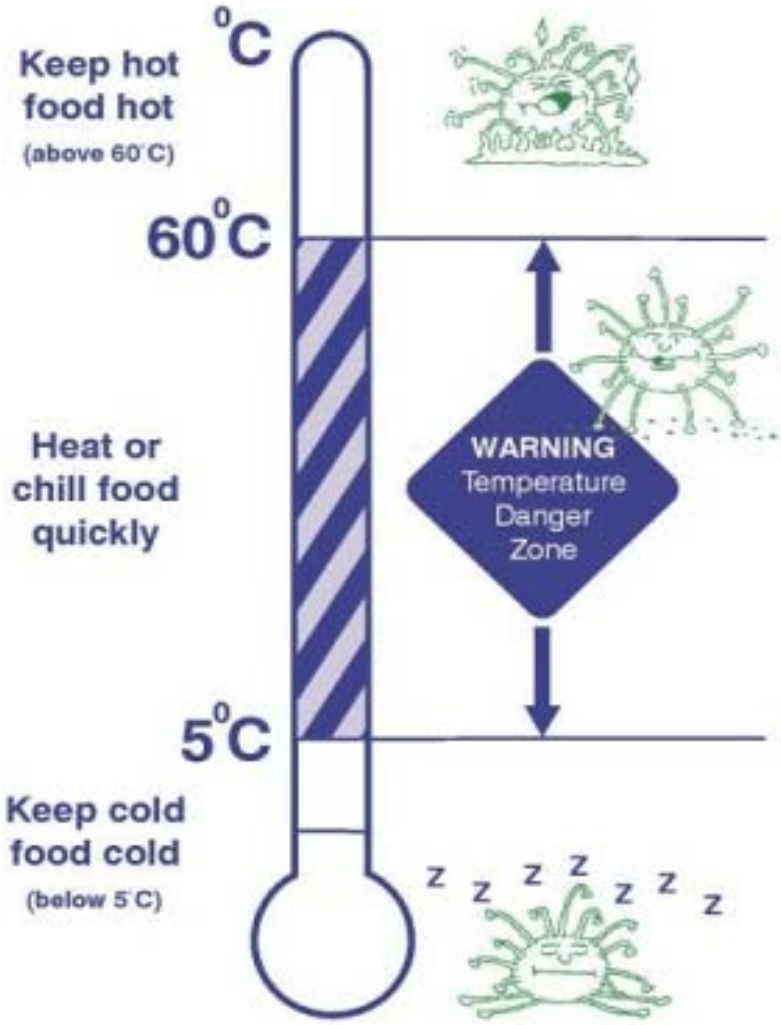
# Cooking high-risk foods thoroughly

**We need to cook thoroughly food such as:**

- mince
- burger patties
- sausages
- rolled roasts
- stuffed meats
- rabbit
- seafood
- poultry.

# Keeping hot food hot and cold food cold

*Avoid keeping food in the temperature danger zone of 5°C - 60°C*




Bacteria die

Bacteria grow

Bacteria stop growing



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# Keeping hot food hot

*Avoid keeping food in the temperature danger zone of 5°C - 60°C.*

**We need to:**

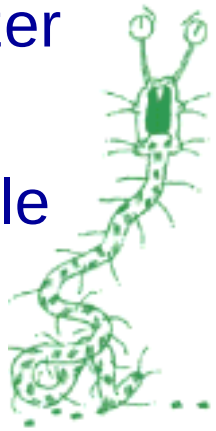
- keep cooked food at 60°C or above until served
- refrigerate or freeze food that is to be prepared well in advance and reheat until steaming hot before serving
- cook or reheat packaged food strictly in accordance with any directions on the label.

# Keeping cold food cold

*Avoid keeping food in the temperature danger zone of 5°C - 60°C.*

**We need to:**

- take cold groceries home to the refrigerator quickly as possible
- keep chilled and frozen food cold if it will be a long time before it can be placed in a refrigerator or freezer
- store cold food at 5°C or less
- keep cold food in the refrigerator as much as possible
- thaw frozen food in the refrigerator or microwave
- store and handle cold food according to any directions on the label
- check the temperature of the refrigerator regularly.





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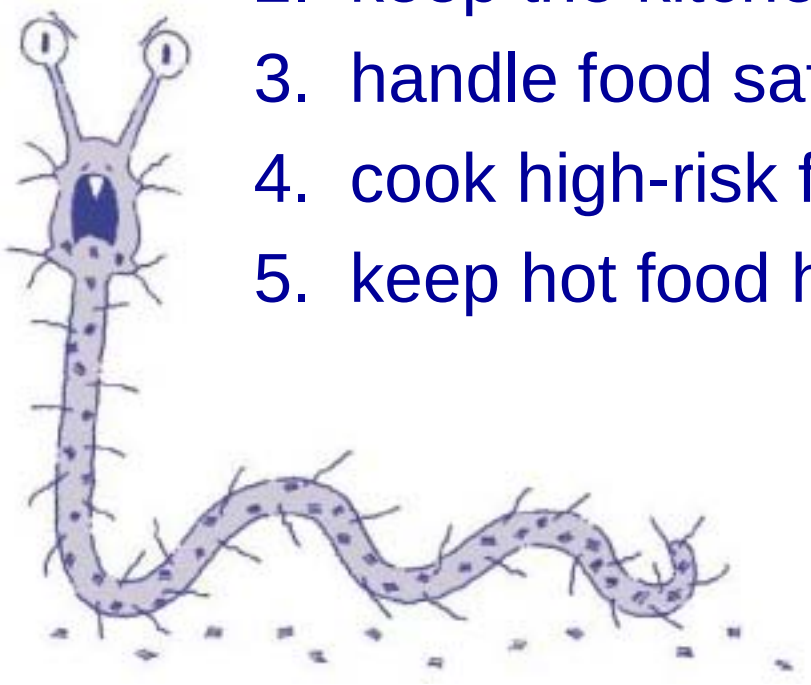
# Summary:
# Preventing food poisoning in the home

**We need to:**

1. keep hands and nails clean
2. keep the kitchen clean
3. handle food safely
4. cook high-risk foods thoroughly
5. keep hot food hot and cold food cold.





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