



# **Blackline Masters**

for overhead transparencies

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\* Based on preliminary research by OzFoodNet, released by the Commonwealth Department of Health and Ageing in 2002.

Refer to *Food safety matters* Student guide, p.4.

# Food poisoning

- Any illness that occurs as a result of consuming food that contains a harmful substance, harmful micro-organisms or their toxins.
- Approximately 5.4 million cases per year in Australia\*.
- Common symptoms include:
  - stomach aches
  - vomiting
  - diarrhoea
  - fever.
- Can result in long-term diseases and death.
- Often it is caused by food that looks, smells and tastes normal.
- Easy to prevent.

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

Refer to *Food safety matters* Student guide, p.4.

# Types of food contamination

## ■ Food can be contaminated by:

- chemicals



- natural toxins



- foreign matter



- organisms.

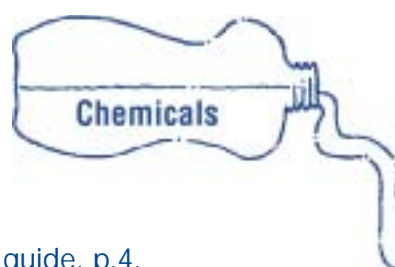


# Chemicals

- 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.

## Note:

- Read the safety directions before using a chemical to identify how to use it safely.
- Never put chemicals in food containers or drink bottles.
- Always label chemicals clearly.



Refer to *Food safety matters* Student guide, p.4.

# 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.**
- **Toxins form:**
  - **in potatoes when they are exposed to light and turn green**
  - **in fish and other seafood when they feed on algae or other fish that contain toxins.**



Refer to *Food safety matters* Student guide, p.4.

# Foreign matter

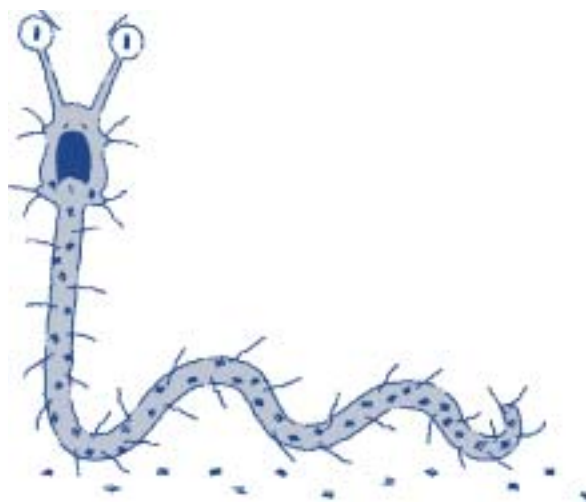
- Foreign matter can:
  - physically injure people
  - introduce harmful bacteria into food.
- Examples of foreign matter include:
  - dead insects
  - hair
  - jewellery
  - glass
  - pieces of metal.



Refer to *Food safety matters* Student guide, p.4.

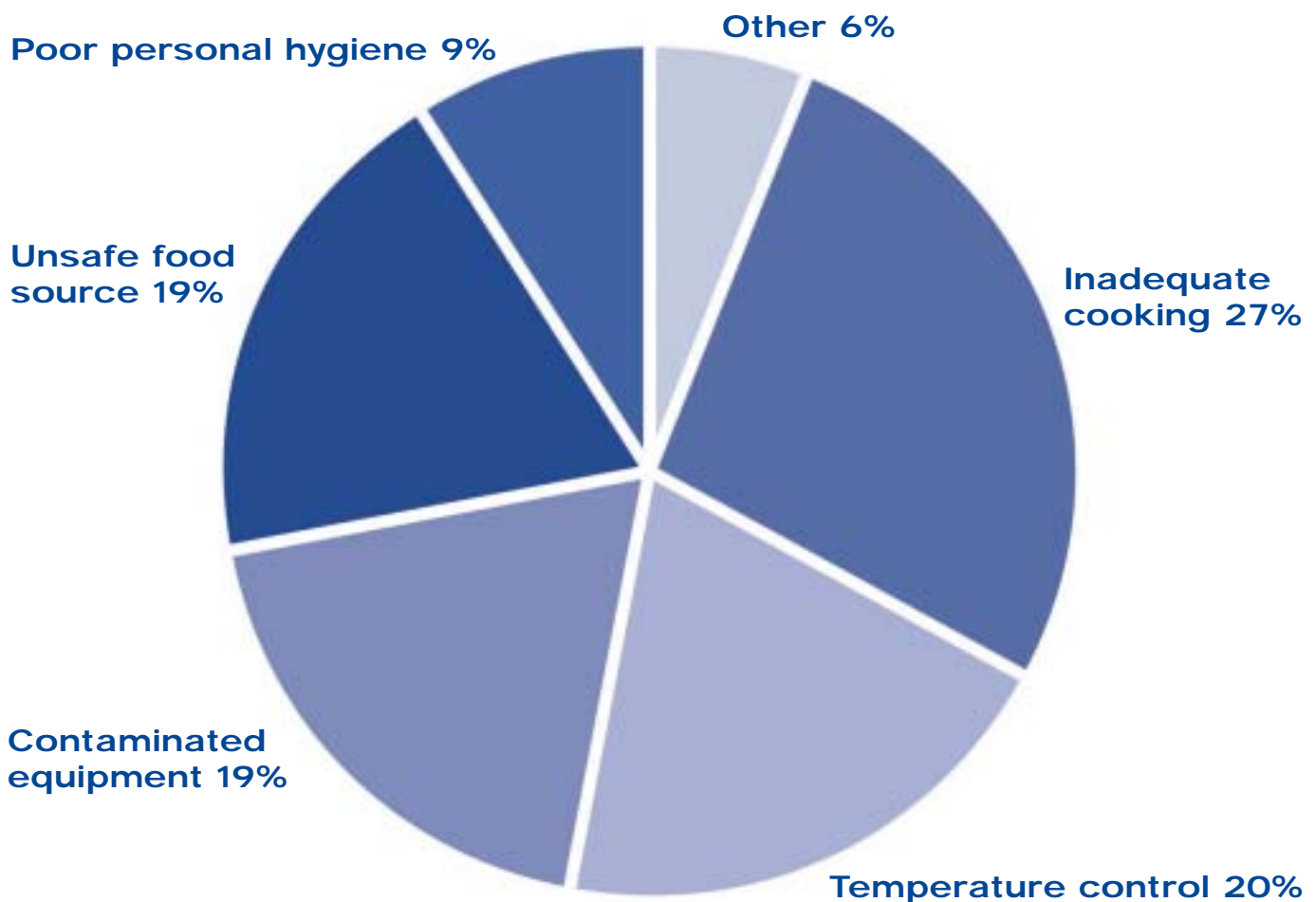
# Organisms

- 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.
- Some micro-organisms are used to make foods such as yoghurt and bread. These micro-organisms are not harmful.



Refer to *Food safety matters* Student guide, p.5.

# Factors contributing to food poisoning outbreaks



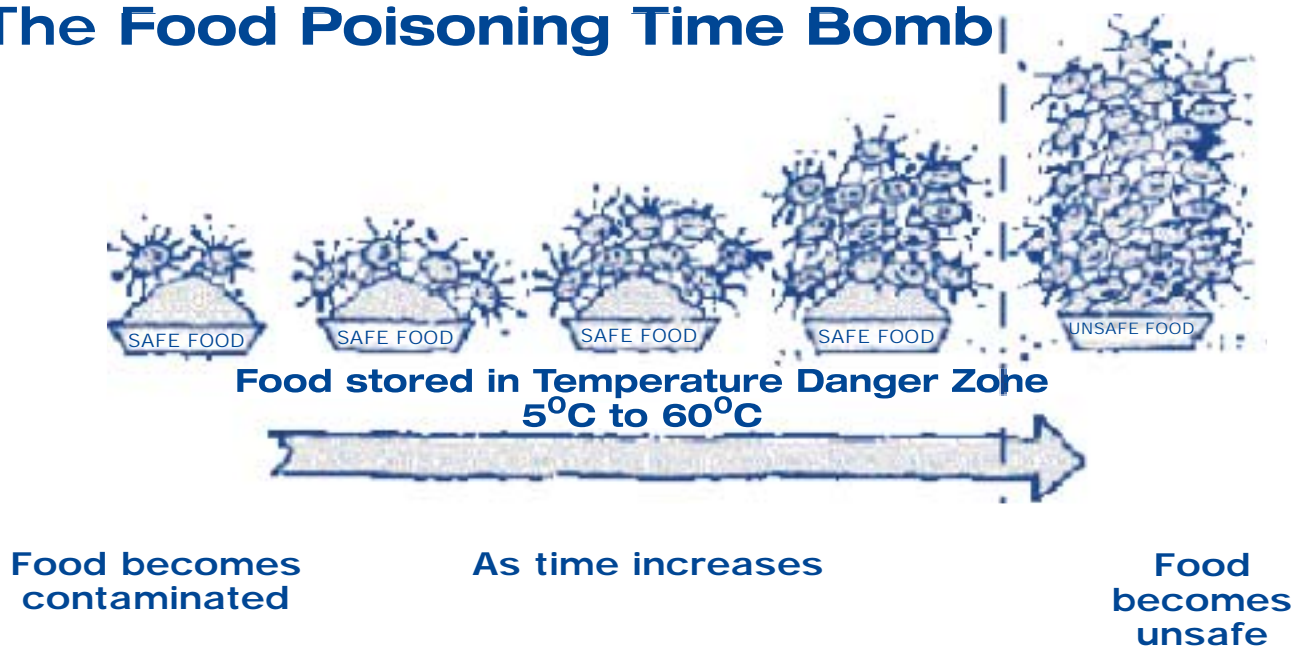
## Factors contributing to food-borne illness outbreaks from 1980-1995

Source: Crerar, S.K. et al 1996

# Strategies to prevent food poisoning

1. Ensure food does not become contaminated.
2. Kill or slow down the growth of micro-organisms.

## The Food Poisoning Time Bomb

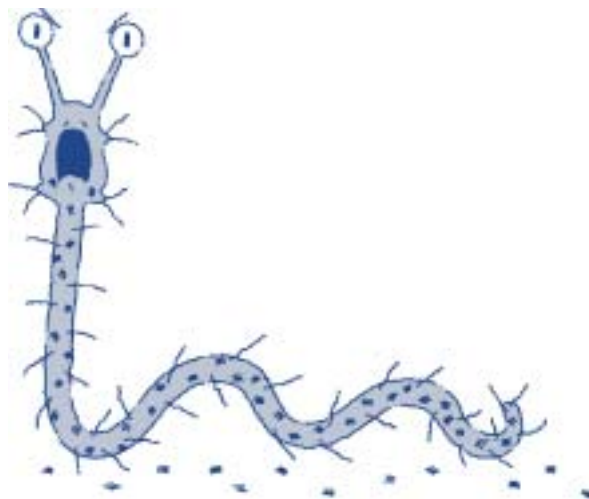


Refer to *Food safety matters* Student guide, p.6-8.

# 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.



Refer to *Food safety matters* Student guide, p.8-9.

# 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.



Refer to *Food safety matters* Student guide, p.10.

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

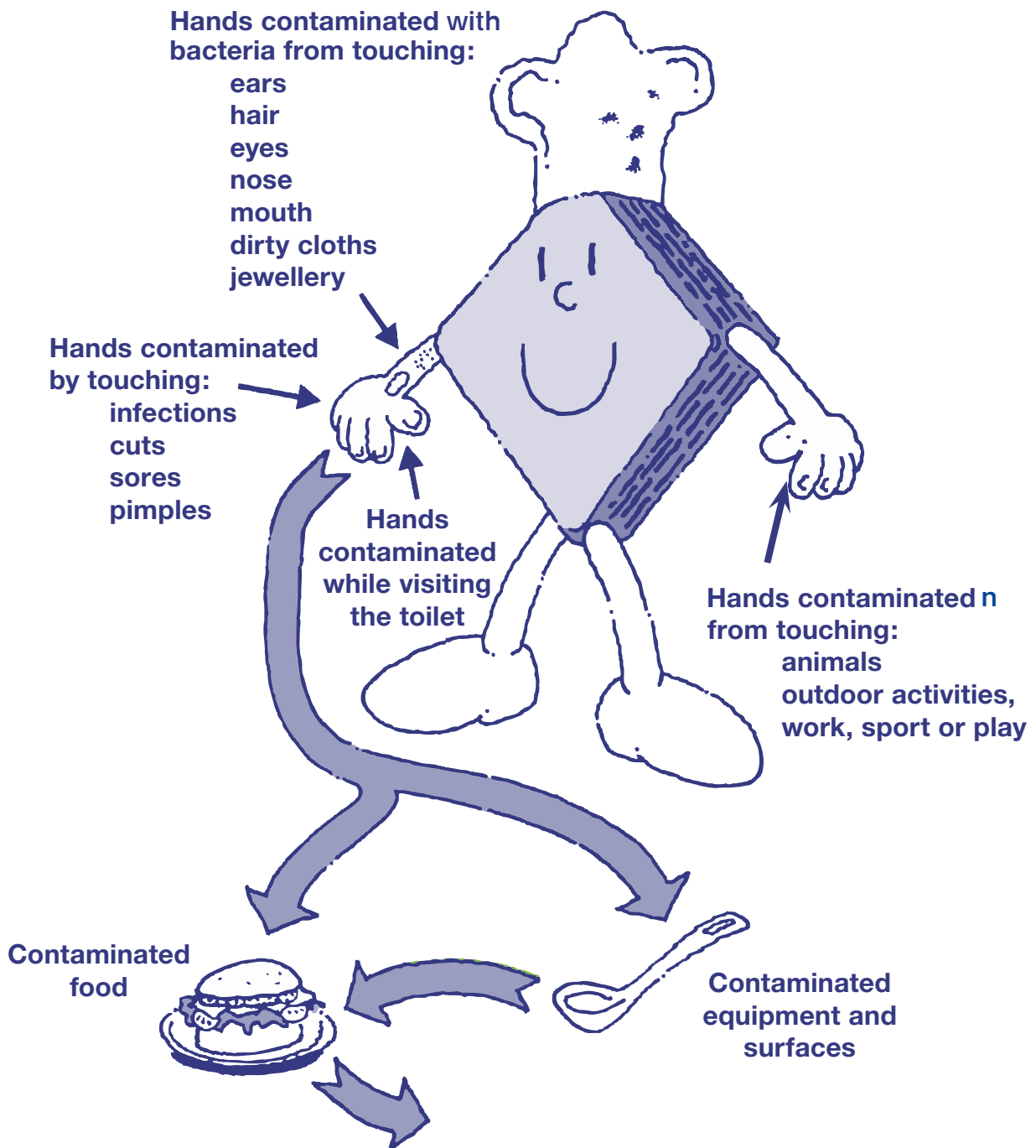
We should wash our hands:

- before eating
- before 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, or using a handkerchief or tissue
- after going to the toilet
- after handling rubbish
- after touching animals
- after handling chemicals (e.g. cleaning products).



Refer to *Food safety matters* Student guide, p.10.

# Transfer of micro-organisms by hands



## Food Poisoning

Refer to *Food safety matters* Student guide, p.11.

# Keeping the kitchen clean

When cleaning plates and equipment, we need to:

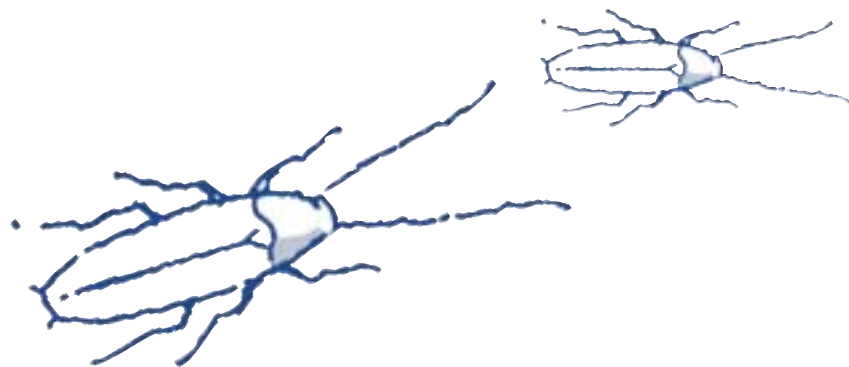
- scrape and rinse off surface food
- wash in clean, hot, soapy water
- rinse in clean water
- air dry where possible
- if drying immediately, use only a clean, dry towel.

Refer to *Food safety matters* Student guide, p.12.

# 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.



Refer to *Food safety matters* Student guide, p.12.

# 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**
- **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.**

Refer to *Food safety matters* Student guide, p.14.

# Cooking high-risk foods thoroughly

We need to cook thoroughly food such as:

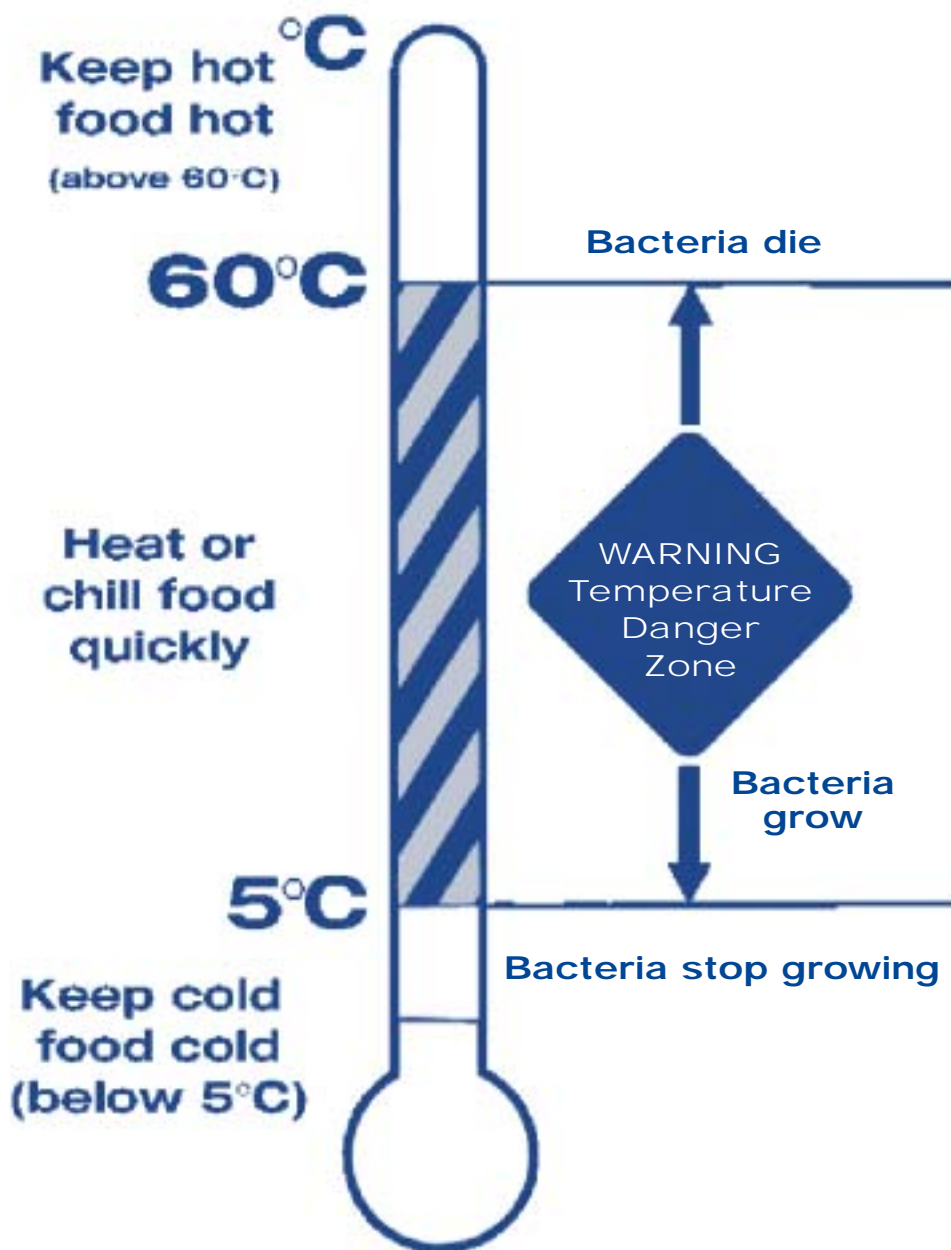
- mince
- burger patties
- sausages
- rolled roasts
- stuffed meats
- rabbit
- seafood
- poultry.



Refer to *Food safety matters* Student guide, p.16.

# Keeping hot food hot and cold food cold

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



Refer to *Food safety matters* Student guide, pp. 6-7 and 16-17.

# 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:**
  - **Place hot food in the refrigerator once it has stopped steaming.**
  - **Divide large quantities of food into small, shallow containers for faster cooling.**
  - **When reheating for use, heat as quickly as possible until steaming hot.**
- **cook or reheat packaged food strictly in accordance with any directions on the label.**

Refer to *Food safety matters* Student guide, p.16.

# 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 as 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.

Refer to *Food safety matters* Student guide, p.17.