

Food and Kitchen Safety

Preventing incidents associated with food and kitchen hazards



Photo Source: Good Food for New Arrivals project
report

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Today:

- Incidents of food and kitchen-safety problems
- Introduce kitchen safety resources
- Background to food poisoning
- Food safety messages and how to prevent food poisoning
- Introduce food storage, cleanliness resources
- Group activities
- Quick review quiz

The kitchen



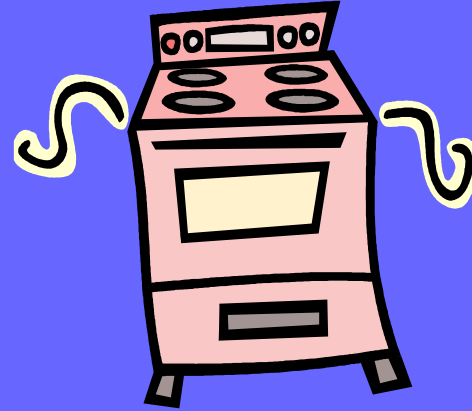
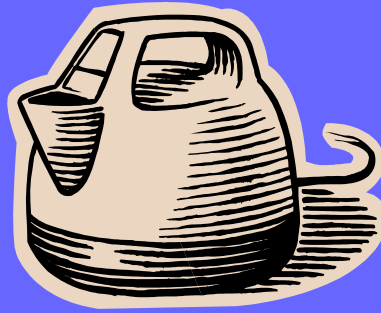
Source: New Beginnings

From this....



To this...

Electricity, heat, sharp objects



Food poisoning

Symptoms:

- Nausea, vomiting or diarrhoea, headaches, stomach pains, fever.
- Can take up to 48 hours to appear (Salmonella) or even 90 days (Listeria)

Causes:

- Bacteria, viruses, parasites, chemicals (eg. cleaning products) – most common is bacteria

At risk groups:

- young children, elderly, pregnant women, malnourished or weak immune systems
- (Source: FDC Training Manual)

Bacteria

Multiply very quickly, given the right conditions:

- Food
- Moisture
- Temperature
- Time

(Source: FDC Training Manual)

Foods and Bacteria

Some foods are more conducive to bacteria growth than others:

- raw meat
- poultry
- fish
- eggs
- dairy
- cut vegetables and fruit

High protein, high moisture, low acidity