

Key Points—Bacteria

Bacteria are found everywhere and need the right temperature, time, nutrients, pH level and oxygen to multiply.

Microorganisms (bacteria) are used to make a range of food products such as cheese, yoghurt and bread.

Bacterial contamination is the process of harmful bacterial in our food, which can lead to food poisoning and illness.

As a food handler you must do everything possible to prevent contamination and to control conditions that allow bacteria to multiply: cleaning, cooking, chilling, cross contamination.

The main symptoms of food poisoning are nausea, diarrhoea, vomiting, loss of appetite, mild fever.

Bacterial responsible for cause food poisoning are salmonella, e.coli, listeria and others.

Key Points—Nutrition

Protein is needed for growth, maintenance and repair.

Proteins are built up of units of amino acids.

Fats can be classified as either saturated or unsaturated.

Saturated fats are considered to be more harmful to health because they raise levels of cholesterol.

Carbohydrates provide the body with energy.

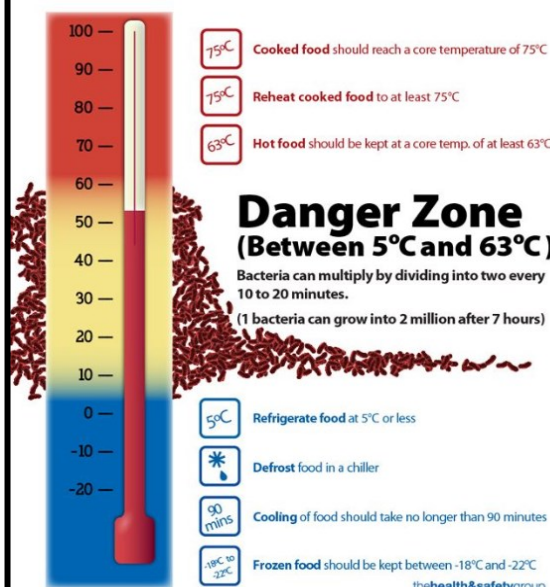
Most of our energy should come from complex starchy foods.

Vitamins are micronutrients, required in small amounts to do essential jobs in the body.

Water makes up 2/3 of the body so it is vital to drink regularly.

Nutritional needs change throughout life, but everyone needs to consider.

Keep food out of the Danger Zone



Environmental Health Officer (EHO)

The EHO is responsible for carrying out measure to protect public health and to provide support to minimise health and safety hazards.

EHO Responsibilities

Check food producers handle food hygienically.

They check food is being stored at the correct temperature.

They review processes in the workplace e.g. use of correct equipment such as coloured chopping boards.

They inspect food stores such as te fridge and freezers.

They identify hazards.

They ask questions to check compliance

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Microorganisms need five conditions to grow and multiply:



Time



pH



Moisture



Temperature



Food

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Biological contamination - bacteria which might lead to food poisoning. Symptoms of food poisoning can include diarrhoea, vomiting, headaches and fever.

Physical contamination - foreign materials can cause injury. These could come from metal or plastic from factory machinery, or natural hazards like bones in fish.

Chemical contamination - pesticides or cleaning fluids contaminate food. These could cause severe illness.

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Nutrient	Function and food source
Vitamin A	Keeps the eyes and skin healthy. Found in milk, liver, carrots, red peppers
Vitamin B Group	Releases energy from food. Bread, fish, broccoli, milk, peas, rice
Vitamin C	Keeps connective tissue healthy. Helps the body absorb iron. Oranges, blackcurrants, red and green peppers
Vitamin D	Helps the body absorb calcium for strong bones and teeth. Butter, eggs, milk, oily fish
Calcium	Builds strong bones and teeth. Yoghurt, cheese, milk, tofu
Iron	Keeps red blood cells healthy. Dark green vegetables, beans, fish, egg yolk, red meat
Sodium (Salt)	Keeps the correct water balance in the body. Cheese, ready meals, salted nuts, bacon

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