

Module 08 Lecture 02

**Good hygienic practices
applied to
food service establishments**

Good hygienic practices for small food operations

- **Personal hygiene**
- **Hygienic handling of food**
- **Premises and kitchen
utensils**

Personal hygiene (1)

Importance of personal hygiene lies in the fact that

- ◆ **Man is a reservoir for infectious disease agents (e.g. *V. cholerae*, *S. typhi*, *Shigella* sp.)**
- ◆ **Man is a reservoir for enterotoxin-producing *S. aureus***
- ◆ **Some pathogens (e.g. *Shigella* sp, viruses) can cause infection at low levels of contamination**
- ◆ **Food handlers' hands can be a route of cross-contamination**

Personal hygiene (2)

Personnel should be encouraged to

- ◆ **Wash hands frequently**
- ◆ **Carefully bandage any wounds on hands and arms**
- ◆ **Avoid coughing or sneezing over food**

Personal hygiene (3)

- **Refrain from smoking**
- **Wear clean clothes and overalls**
- **Always keep hair covered**
- **Avoid wearing jewellery**
- **Keep fingernails short**

Personal hygiene (4)

Food handlers should report illnesses with the following symptoms to their employer

- ◆ **Jaundice**
- ◆ **Diarrhoea**
- ◆ **Vomiting**
- ◆ **Fever**
- ◆ **Sore Throat (with fever)**
- ◆ **Visible infected skin lesions (boils, cuts etc..)**
- ◆ **Ear, eye and nose discharges**

Hygienic handling of food

Hygienic handling of food (1)

- **Perishable food should be stored under refrigeration**
- **Perishable food should not be stored too long, even at refrigeration temperature**
- **Thoroughly defrost frozen meat and poultry before cooking**
- **Discard all drips accumulated during defrosting of meat and poultry and clean all soiled surfaces**

Hygienic handling of food (2)

- **Cook food thoroughly**
- **Keep cooked food hot - at a temperature of at least 60°C**
- **Refrigerate cooked food in shallow containers**
- **Reheat cooked food to at least 70°C**
- **Keep cooked food separate from raw food**

Hygienic handling of food (3)

- **Cooked components of mixed dishes that will be eaten cold should be cooled before adding other ingredients**
- **All work with perishable food must be carried out quickly**
- **Cooked food should not be touched by hand**

Premises and kitchen utensils

Premises and kitchen utensils (1)

- **Keep kitchen area and adjoining rooms clean**
- **Have plenty of light in all work and storage rooms**
- **Keep kitchens tidy**
- **Frequent cleaning ensures hygienic kitchens**

Premises and kitchen utensils (2)

- **Cloths and drying towels that come into contact with dishes and utensils should be changed every day**
- **Protect kitchen and storage area from insects and other vermin**
- **Keep pets and other animals away from the kitchen**
- **Keep dangerous/poisonous substances, outside the kitchen area in labelled and closed containers**

Premises and kitchen utensils (3)

- **Defrost and clean refrigerators regularly**
- **Avoid overloading the cold-storage equipment**
- **Do not change dishwasher timings/techniques/temperatures**
- **Provide good cleaning equipment**
- **Dispose of waste correctly**

Application of HACCP in small food operations

WHY HACCP ?

*Greater degree of food safety assurance
can be achieved through combining*

- ◆ **Good Hygienic Practices (GHP)**
- ◆ **Application of HACCP**

Application of HACCP in small food operations

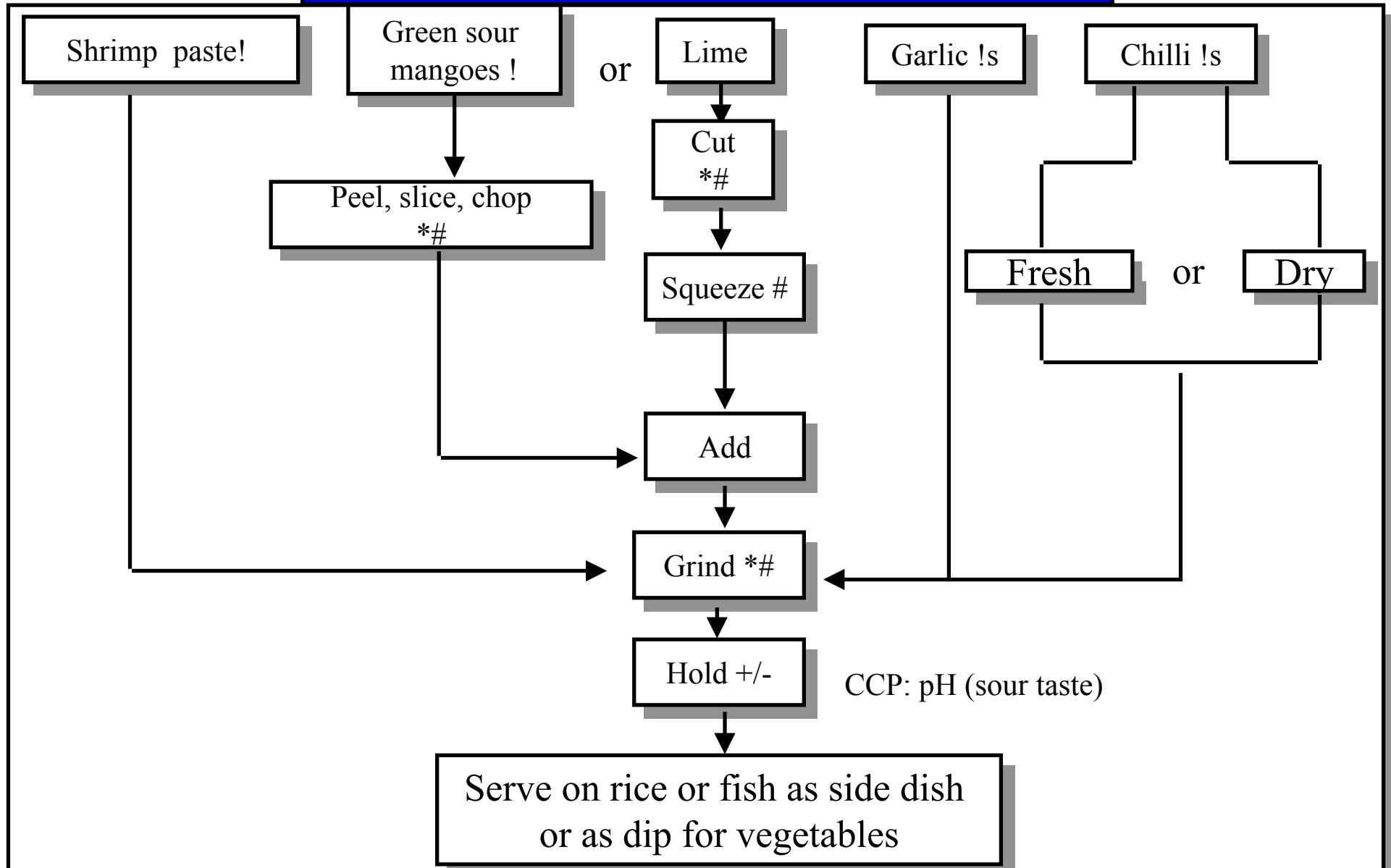
HACCP can be used in small food operations

- ◆ **As a tool for ensuring food safety (7 principles)**
- ◆ **As a tool for education of foodhandlers (5 or 6 principles)**

The HACCP- based approach

- **The use of HACCP as a basis for training food handlers involves the following steps**
- **HACCP study**
- **If necessary modifying the food preparation practices**
- **Educating food handlers about Critical Control Points and Critical Limits**
- **Teaching food handlers how to implement corrective measures in case of problems**

HACCP study of Nam Prik (acidified shrimp paste)



HACCP study of Nam Prik (acidified shrimp paste)

Symbols used in the flow diagram

- !** Possibility that food/water initially contaminated with foodborne pathogens
- *** Possibility of contamination with foodborne pathogens from surfaces or equipment
- #** Possibility of contamination with foodborne pathogens from person who handled food
- +** Possibility of multiplication of bacteria
- Bacterial growth unlikely
- s** Spores

Good hygienic practices for small food operations

Key messages

- **GHP is essential for food safety**
- **Managers have a responsibility to ensure that GHP is implemented in their operations**
- **Food handlers have a responsibility to maintain high standards of personal hygiene**

Good hygienic practices for small food operations

Key messages

- Food needs to be handled hygienically, which includes proper heat treatment, storage and the prevention of contamination**
- Cleanliness of food premises and kitchen equipment reduces the risk of contamination**
- GHP combined with HACCP provides an enhanced degree of food safety assurance**