

HIGH SOCIETY

FOOD HAZARDS

WHAT IS A FOOD HAZARD?

A food hazard is anything that can cause harm to the person who consumes it.

WHAT ARE THE TYPES OF FOOD HAZARD?

- microbiological (bacteria, yeasts, moulds, viruses)
- physical (foreign bodies- glass, metal, plastic, flies etc.)
- chemicals (cleaning products, pesticides, weed killers)
- allergic reactions – Allergic reactions are not caused by the food being contaminated but can give rise to similar symptoms and easily be mistaken for food poisoning. Allergens are classed as a fourth food hazard.

If a food hazard is present in the food, the food is regarded as contaminated. Bacteria only need 4 things to survive and grow. FOOD, TIME, WARMTH and MOISTURE

CONTROL METHODS FOR HIGH RISK FOODS

- keep raw and high risk foods separate
- cover food during storage
- keep foods below 5°C or above 63°C
- use tongs or other utensils to ensure foods are handled as little as possible

FOOD ALLERGIES

Allergies occur when an individual's immune system reacts as if it were under attack. Typical allergens include

- nuts
- shellfish and fish
- milk and dairy
- food colourings
- mustard

Symptoms can be the same as food poisoning but also include rashes, cramps, tingling of lips, swelling of throat and mouth and in extreme cases anaphylactic shock.

If the latter were to ever happen, you must not move the patient and call an ambulance immediately.

PREVENTING ALLERGY RELATED ILLNESS

Generally people with allergies are aware of them but to reduce the risk more

- wash your hands after handling allergens
- separate allergenic ingredients from others
- make sure all allergenic products are suitably packaged
- use separate utensils, equipment and cloths
- thoroughly clean areas where allergenic ingredients have been handled