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# Food Safety, Hygiene and Sanitation

## UNIT 1





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## Food Safety, Hygiene and Sanitation

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## 1.1. Hygiene in the Kitchen

One of the basic essentials of a healthy life is the safe food consumption. There are some elements that need to be considered in all stages of "production, purchase and consumption" in order to ensure the food safety.

## 1.2. Basic Concepts of Food Safety and Hygiene

Safe food is the food that is free from all factors that cause spoilage and contamination while its nutritional value is preserved.

**Hygiene:** Applications implemented, and cleaning measures taken to protect health from harmful factors are called hygiene.

**Sanitation:** It is the biological purification of food from all microorganisms.

**Food Hygiene:** It is the body of the rules necessary to control the dangers that will occur in order to protect human health during the "production, purchase, storage, distribution and sale" stages of foods and to eliminate the risks.

**Kitchen Hygiene:** It is the concept that expresses the food preparation in suitable conditions for health.

## 1.3. The Importance of Personal Hygiene in the Kitchen

### Mouth/Nose/Hair/Clothes

- Mouth, nose and hair must not be touched while preparing or cooking food.
- Paper tissue or a mask must be used while coughing or sneezing.
- When the taste of the food is to be checked, a separate spoon must be used and placed on a separate plate, tasting must not be done with the spoon that the food is stirred.
- A hair restraint or some other protective material must be used as a precaution to prevent hair from falling into the food



## Hands and Hygiene

Hands must definitely be washed well with soap:

- At the beginning of every operation;
- After touching raw foods;
- Every time after the toilet;
- Before serving the food;
- After touching money;
- After touching dirty tools;
- After coughing and sneezing;
- After touching garbage.

### How to Wash Our Hands Correctly?

- Soap up hands from wrist to fingertips preferably with warm water,
- Scrub between hands and fingers for at least 20 seconds,
- Rinse thoroughly under running water,
- Dry with a clean towel or paper towel.

### How to Apply Hand Disinfectants?

The most effective and fastest way to remove the bacteria from our hands is called "hand disinfection". It is necessary to use the disinfectants with antiseptic properties. Take 3-5 ml of an effective alcohol-based disinfectant and apply on both hands and rub your hands for about a minute. Hand disinfectants can be applied to wet or dry hands, especially after toilet and after contacting with raw meat.

## 1.4. The Hazards Impairing Food Safety and How to Avoid Them

- Establishments that produce and sell food and related substances and materials in contact with food, and establishments that offer them for mass consumption are obliged to implement and maintain procedures based on the principles of "Hygiene Practices" and "HACCP", which are among the most effective methods enabling food safety;
- Purchasing or presenting the products of food businesses with a registration/approval number;
- Food items whose quality have deteriorated and whose expiry





date/recommended consumption date is not indicated clearly should not be for sale or consumption;

- Food preservation in accordance with storage conditions;
- Prevention of cross contamination;
- Compliance with hygiene rules;
- Pest control;
- Compliance with personal hygiene rules;
- Using appropriate technical equipment, tools and materials;
- Implementation of effective waste management;
- The areas where foodstuffs are prepared, used or processed must be designed and established to provide hygienic conditions that are suitable for food production;
- There must be sufficient working space to allow the hygienic procedures to be carried out flawlessly;
- Doors should be easy to clean and disinfect;
- The windows must be made of durable material to prevent the accumulation of dirt;
- Mosquito nets should be used on the windows opening to the outside;
- Windowsills should not be used as shelves;
- The surfaces should be designed in such a way that it does not cause accumulation of dirt, contamination of foreign materials with foodstuffs, formation of condensed liquid or mold;
- Surfaces should be cleanable, disinfectable and resistant to corrosion;
- Floor and wall surfaces must be solid, easily cleanable and they must be disinfected when necessary;
- The water of the toilets in the workplaces must be continuous, there must be a sewer connection, and in no way should they be opened directly to the areas where the food is prepared;
- There should be liquid soap, hygienic hand dryer and disinfectant dispensers in the toilet areas;
- Hygiene mats should be available at the toilet outlets;
- The social areas of the personnel should be separate from the food production and sales areas;
- Staff changing areas should be provided for the personnel to change their clothes;
- There should be lockers where work and street clothes can be stored separately;
- Necessary number of clean, sound and working hand washing sinks should be available at suitable points of the workplace;





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- Tools and equipment used in food processing should not be washed in hand washing sinks;
- According to the nature of the work done, cold and hot water connections should be available;
- Ventilation systems must be capable of removing smoke, odor, soot and evaporation, preserving heat, and preventing the entry of dust, dirt and pests;
- The workplace should be illuminated naturally or artificially, equivalent to daylight;
- Lighting equipment should be protected against possible hazards and breakage;
- Hot and cold water used in food businesses must have drinking water quality at all times;
- Ice should be produced from “drinkable water”;
- Water tanks must be made of materials suitable for food and human health;
- Ice machines and water tanks should be cleaned and disinfected on a regular basis;
- Wastewater and sewage system must be designed and produced to prevent contamination of foodstuffs and people;
- Cleaning supplies, cleaning agents and disinfectants should be stored in appropriate closed and locked areas, not in the areas where foodstuffs are present;
- Containers and bottles of cleaning and disinfectant substances should be clearly marked.

