

# Resource Disclaimer

This resource was developed to support learning for remote mode students normally enrolled in distance education.

Resources are updated by the teacher to ensure currency and are not designed to be stand alone, but integrated into a blended learning environment where students' learning is supported with a range of peer to peer and teacher to student interactions. These can include interactive and collaborative technologies as well as a range of traditional communication methods such as email, phone and learning management processes.

This resource may contain distance education specific content / instructions and should be adapted and differentiated by the class teacher before distributing to meet the needs of their students and recognise their students' context.

These documents have been harvested from distance education resources on March 12, 2020 to support all teachers in providing a continuity of learning for their students in the event of student absence during this difficult time.

**Updated – 12 March 2020**

# Hospitality Preliminary

## Certificate II in Kitchen Operations SIT20416

### Use hygienic practices for food safety: SITXFSA001 Set 3



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# Resources

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1. A reference book titled “SITXFSA001 Use hygienic practices for food safety” has been provided with this Unit and is to be used to source answers to the activities Sets 1-3 “SITXFSA001 Use hygienic practices for food safety”.
2. Unit 1 -Use hygienic practices for food safety: SITXFSA001, Cambridge Hospitality 4<sup>th</sup> Edition.
3. Additional resources are also available Week 5 on the e-learning course and the text can also be used.

# Elements and Performance Criteria

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**Elements describe the essential outcomes of a unit of competency.**

**Performance criteria describe the performance needed to demonstrate achievement of the element.**

## **1. Follow hygiene procedures and identify food hazards.**

- 1.1 Follow organisational hygiene procedures.
- 1.2 Promptly report unsafe practices that breach hygiene procedures promptly.
- 1.3 Identify food hazards that may affect the health and safety of customers, colleagues and self.
- 1.4 Remove or minimise the hygiene hazard and report to appropriate person for follow up.

## **2. Report any personal health issues.**

- 2.1 Report any personal health issues likely to cause a hygiene risk.
- 2.2 Report incidents of food contamination resulting from personal health issues.
- 2.3 Cease participation in food handling activities where a health issue may cause food contamination.

## **3. Prevent food contamination.**

- 3.1 Maintain clean clothes, wear required personal protective clothing and only use organisation-approved bandages and dressings.
- 3.2 Prevent food contamination from clothing and other items worn.
- 3.3 Prevent unnecessary direct contact with ready to eat food.
- 3.4 Ensure hygienic personal contact with food and food contact surfaces
- 3.5 Use hygienic cleaning practices that prevent food-borne illnesses.

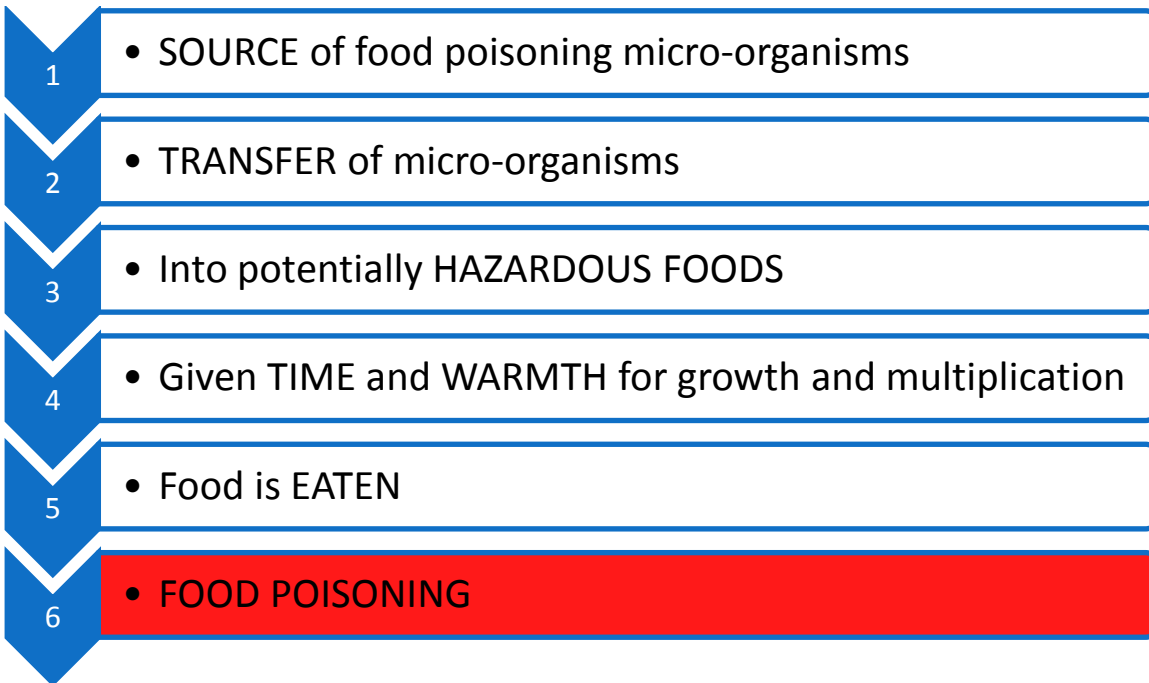
## **4. Prevent cross contamination by washing hands.**

- 4.1 Wash hands at appropriate times and follow hand washing procedures consistently.
- 4.2 Wash hands using appropriate facilities.

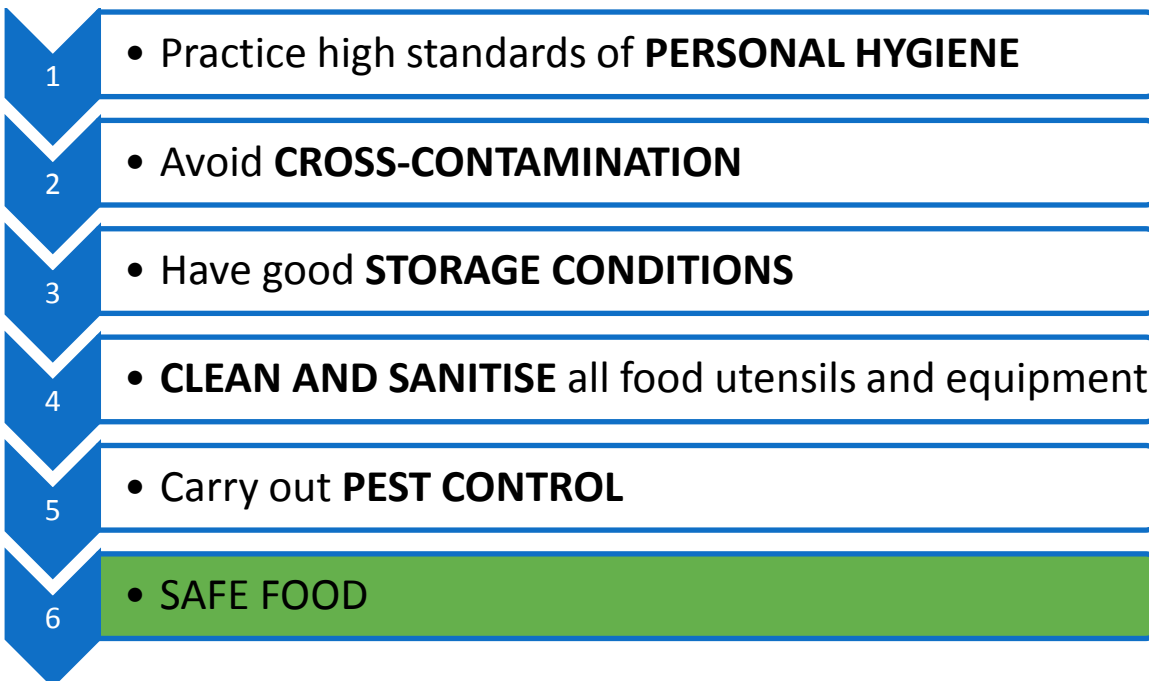
# UNIT REVIEW

## Summary

### Food Poisoning Chain



### Breaking the Food Poisoning Chain



## Activity 1- Introductory Food Handler Training

As part of your VET Hospitality course you will be preparing food to serve to customers. You need to adhere to a high standard of personal and kitchen hygiene.



View the PowerPoint Introductory Food Handler Training on eLearning in week 3 of ***Use hygienic practices for food safety: SITXFSA001.***

1. The THREE following legislations relate to food hygiene

Food Act 2003  
Food Regulation 2010  
Food Standards Code

(a) Identify which offences the ***Food Act 2003*** relate to?

\_\_\_\_\_

(b) The ***Food Act 2003*** give Environmental Health Officers which powers?

i. \_\_\_\_\_

ii. \_\_\_\_\_

(c) The Food Regulation 2010 is an adaption of which code?

\_\_\_\_\_

2. Identify who is required to have a Food Safety Supervisor?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Define “Physical Contaminants” and list 5 examples.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Define “Chemical Contaminants” *and* list 5 examples.

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5. List the 7 ways that are identified to protect food from contamination.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vi. \_\_\_\_\_
- vii. \_\_\_\_\_

6. Cleaning and Sanitising are 2 different procedures. Explain the difference.

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7. *Temperature Control*

All **hot** food is to be stored at  °C or hotter

- Bain Marie
- Pie Warmer
- BBQ Hot Plate

All **cold** food is to be stored at  °C or colder

- Cold display fridges
- Fridges

8. Write three recommendations for cooling and heating food

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_



9. Write three recommendations for defrosting food

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

10. Write three recommendations for accepting food deliveries

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

11. Explain the term ‘*cross contamination*’ and discuss how it can be prevented. Give examples.

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## Activity 2- Topic Review: E-learning

Complete e-learning tasks **3.1** and **3.2** and record your result here.

Keep re-doing the task until you score above 70%.

Task **3.1**: Food Poisoning True/False \_\_\_\_\_/10

Task **3.2**: Preventing Food Poisoning \_\_\_\_\_/10