



PRESENTATION

Safe Food Handling



# Your Favorite Things to Eat

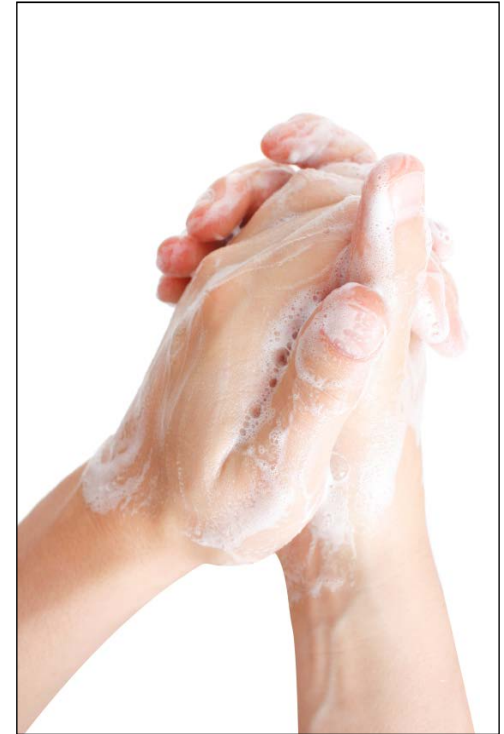


# OVERVIEW

- 1 The importance of cleanliness and hygiene
- 2 Buying and storing food items
- 3 Preparing food on a cutting board or work surface
- 4 Using a kitchen knife – remember safety first!

# HYGIENE and CLEANLINESS

When should we wash our hands?



# HYGIENE and CLEANLINESS

Always wash your hands:

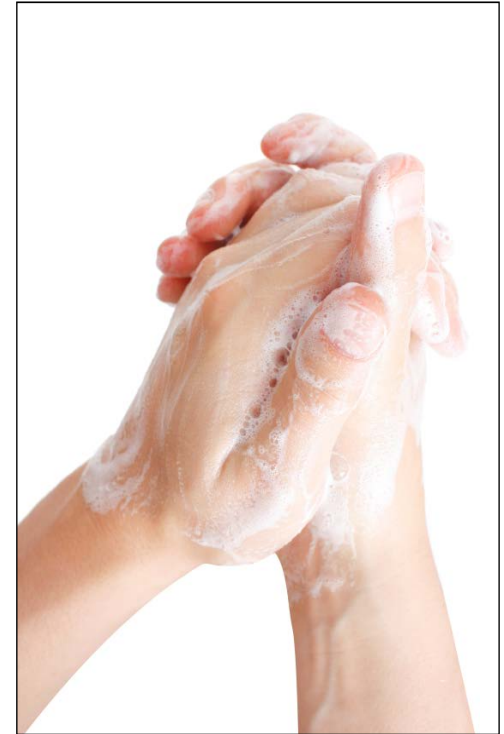
- ▶ Before, during, and after preparing food
- ▶ Before eating food
- ▶ After visiting the restroom
- ▶ Between handling raw and cooked food
- ▶ Before and after treating a cut or wound
- ▶ After blowing your nose, coughing or sneezing
- ▶ After touching an animal
- ▶ After touching waste or garbage



# HYGIENE and CLEANLINESS

Remember:

- ▶ Use soap and running water
- ▶ Scrub for at least 20 seconds
- ▶ Always keep fingernails clean
- ▶ Rinse thoroughly under running water
- ▶ Dry hands thoroughly



# FOOD HYGIENE – Buying food safely

It's important to always:

- 1 Remember to check the expiration date!
- 2 Separate raw meat, fish or poultry from vegetables, fruit and other food you'll eat raw
- 3 Don't buy fruit with broken skin, cracked eggs, fish or meat with a strange odor

# FOOD HYGIENE – Storing food safely

It's important to always store:

- 1 Dairy products and juices on the top shelf of the refrigerator
- 2 Cooked products on the middle shelves
- 3 Raw meat and eggs on the bottom shelf



# PREPARING FOOD – Using a cutting board or work surface

- 1 Never use the same surface for ready-to-eat and raw food
- 2 To avoid the cross-contamination of germs, these products should be prepared separately
- 3 Thoroughly wash the cutting board or work surface and knife after using

# USING A KITCHEN KNIFE – Safety First

- 1 Hold the knife handle firmly, with fingers kept away from the knife's sharp edge
- 2 Slice the food item downwards, holding the food item with your other hand
- 3 Keep finger tips on your other hand tucked under your knuckles

...Remember to use great caution



# THANK YOU!

