

Session 7

- Revision from previous lesson.

Pest Control

An animal which lives off human food is called a **food pest** and is harmful. The most common food pests are rats, mice, insects, birds and pets. Pathogens are carried on their bodies and their droppings. This causes disease and food poisoning. The pests cause food wastage and damage to buildings, which can be a fire risk.

Signs of food pests are:

- Droppings
- Dead bodies of insects, rats, mice, birds
- Chewed wires and pipes

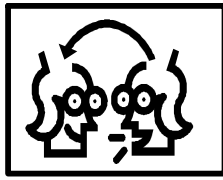
Ways to prevent food pests

- Keep food covered at all times
- Store food off the floor in pest-proof containers
- Keep food areas clean and tidy
- Use poisons, nets, traps and electric fly killers

1. What are the most common food pests?

2. Why are food pests a problem?

3. How can you control pests?



- In pairs, skim the writing and match the correct picture.
- Write 1 with 1, 2 with 2, 3, 4, 5, 6, 7, 8, 9, 10.

KITCHEN DESIGN

The design of a kitchen is very important. There should be separate preparation areas for raw food and cooked food. The design should help to prevent contamination in all stages of food production.



1

Ideally, a kitchen should have a separate sink for waste water and water used for cleaning.

3



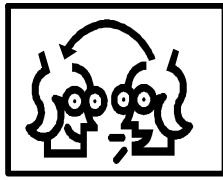
2

Wash-hand basins should be provided with liquid soap and a nail-brush.



3

A separate sink should be available for washing food. Hot water should be about 60°C. Cold water less than 10°C.



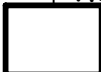
4

Floor surfaces should be non-absorbent, easy to clean and in good repair.



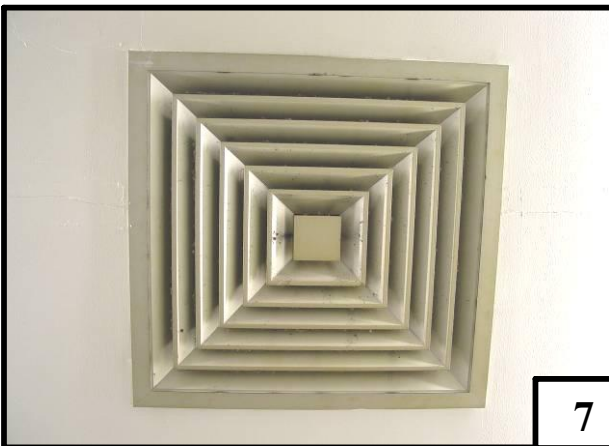
5

The space between walls and the floor should be covered. This will prevent dirt, spilled food and liquids from harbouring in cracks.



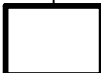
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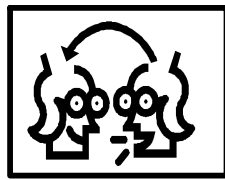
Ventilation is important to remove steam, smells and reduce the kitchen temperature.



7

Ceilings should be smooth and easy to clean. The kitchen should be well-lit and fluorescent tubes should have diffusers.

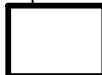




8

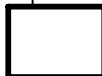
Preparation areas should be non-absorbent and easy to clean. Stainless steel or plastic laminates are good. Use colour-coding for knives and chopping boards. Example-

- Red for raw meat.
- Blue for fish.
- White for cooked food.
- Orange for raw vegetables.



9

Bins should always have lids. Bins should not overflow. Waste food should be removed regularly and placed in external bins.

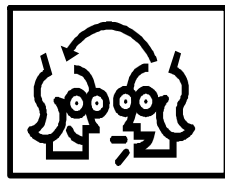


10

Delivery of food. Separate areas are needed for unpacking frozen, chilled and cooked food. This is called the deboxing area.



- In pairs, answer the questions on the next page by scanning for the information and reading more closely.



1 What two things should a wash-basin have?

2 At what temperature should hot and cold water be?

3 For what do you need a separate sink?

4 Why should the space between walls and the floor be covered?

5 What three things should a floor surface be?

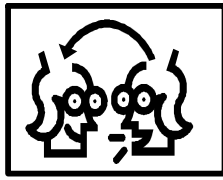
6 What do fluorescent tubes in a kitchen need?

7 Why is ventilation important?

8 There should be three separate deboxing areas for:

9 Why should preparation areas be non-absorbent?

10 How often should waste food be removed?



- A memo is a note written at work from one person to another. It is usually short and written by hand.
- Read the memo. Answer the questions.

To:	Janice	Time:	12:30
From:	The Boss	Date:	21 March
Subject	Cleaning duties		

Hi Janice. Remember I'm going on holiday. There is a lot to clean! Use detergent to remove any food waste, grease and oil especially on the walls and floors. Remember **detergents** do not kill bacteria or spores.

Use **disinfectant** (chemicals, steam or hot water over 82°C) to clean food preparation areas. Disinfectants will reduce the bacteria to a safe level. Remember, some chemical disinfectants are not suitable for food preparation areas.

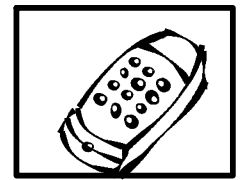
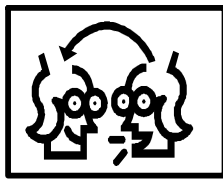
Use a **sanitiser** when washing the pans and dishes. Sanitisers combine detergent and disinfectant to kill bacteria. You also need to refill the hand-pump in the toilets with sanitiser.

Put all cleaning chemicals back in the chemicals storage cupboard.

- 1 What should you clean the floor with?

- 2 What 3 methods of disinfection will reduce bacteria?

- 3 What does sanitiser have in it to kill bacteria?



- Watch Video 7.
- Watch up to 00:58 first. Then fill in the missing headings.

00:00 – 00:58

In the kitchen, your normal clothes must first be removed or covered with protective clothing. Protective clothing should not be worn outside the kitchen. Protective clothing includes:

- (hat, hairnet) protects food from your hair and parasites

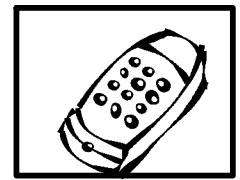
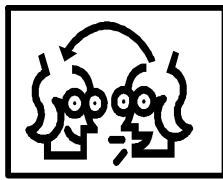
- protects food from bacteria on your hands
- protects food from hazards on your clothes
- protects your overalls from dirt and food waste
- wear different shoes to your normal outside shoes

footwear aprons overalls gloves head coverings

spot the difference







- Watch Video 7.
- Watch up to 2:15 first. Then read 1, 2 and 3.

01:00 – 02:15



1 Never pour cleaning chemicals into different containers

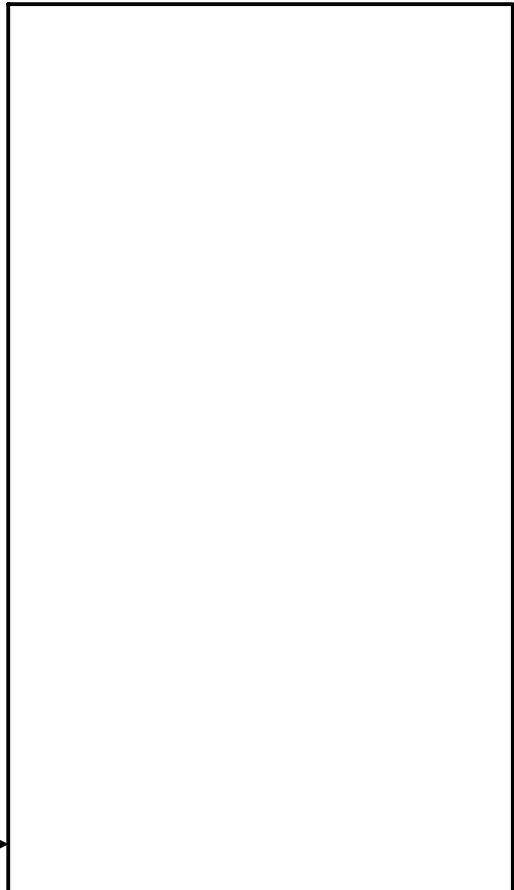
because someone else might think the chemical is a drink.

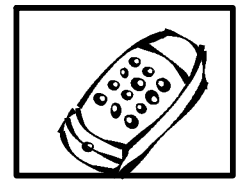
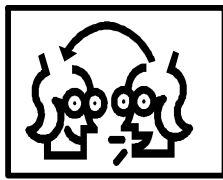
2 Always place chemicals in a storage area. Never leave cleaning chemicals around food or preparation areas

because chemicals may splash onto food.



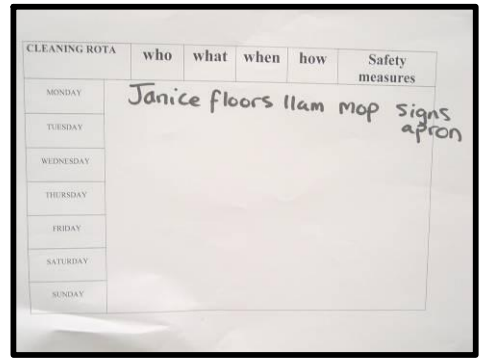
3 In pairs, discuss the different cleaning chemicals you use for cleaning work surfaces, floors, windows, utensils, crockery, hands, etc.





- Watch Video 7.
- Watch up to 3:35 first. Read and answer the questions.

02:15 – 03:35



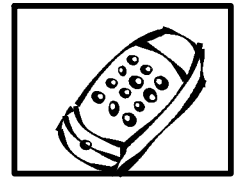
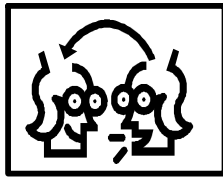
Cleaning rota

It is important to have a cleaning rota. A rota states who will clean what and when. A rota makes sure things will not be missed or forgotten. All cleaning should be completed twice a day, at the end of the AM work shift and at the end of the PM work shift.

Some heavy machines have to be 'cleaned in place '(CIP). This can create problems because you cannot move the machine to a cleaning area, such as a sink. You have to clean the machine where it is. Extra care is needed to make sure all parts are fully cleaned so bacteria cannot develop.

Cleaning Rota	who	what	when	how	safety
Monday am	Janice	floors	11am	mop	signs apron
Monday am	Ali	work surfaces	11am	cloths disinfectant	gloves apron
Monday pm	Simon	work surfaces	6pm	cloths disinfectant	gloves apron
Monday pm	Nabila	floors	6pm	mop	signs apron

- 1 Who cleans the floor at 6pm? _____
- 2 Who cleans surfaces at 11am? _____
- 3 How often should you clean? _____
- 4 What does CIP mean? _____
- 5 Why is it important to have a cleaning rota?



• In pairs, discuss the cleaning problems. Finish the sentences using the conjunction 'because'.

02:15 – 03:35

1 Always clean top to bottom



because

2 Always sweep the floor from corner to centre

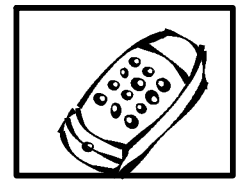
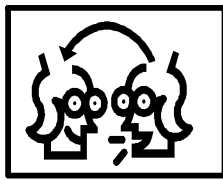


because

3 Always use and follow safety signs



because



4 Never throw cleaning water down a sink used for preparing food

because

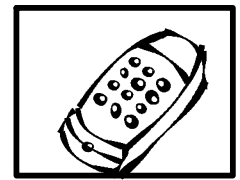
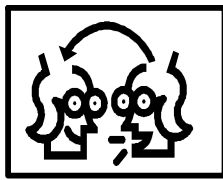


Waste Disposal

Cleaning water might contain dirt, grease and bacteria. Avoid contact with food preparation areas by _____ waste water down a drain or separate sink. If too much food has been prepared it must be _____ away at the end of the day.

All food waste should be _____ in bins with lids. At the end of each day, waste food should be _____ from the kitchen and placed in an external bin. This will prevent bacteria growing over night at room temperature. It will also help to stop _____ infestation.

thrown throwing stored removed pest



- Watch Video 7. 6 stage double-sink washing. Watch to the end of the video. Fill in the gaps.

03:35 – 04:46



1



2



3



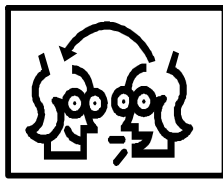
4



5



6



Practice exam. Read the instructions carefully. Ask your tutor to photocopy the marking sheet on the next page.

TEST 7

The time allowed to complete this paper is 45 minutes.

READ EACH QUESTION CAREFULLY

Answer all the questions.

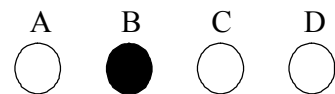
Each question is worth ONE mark.

All thirty questions have four options A, B, C and D. Each question has only ONE correct answer.

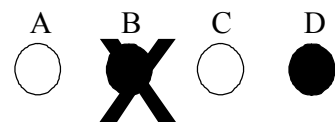
Mark all your answers on **the answer sheet** in circles beside each question number as follows.

MARKING INSTRUCTIONS

- ◆ To select your answer, mark **INSIDE THE CIRCLES**, using black or blue ink like this:

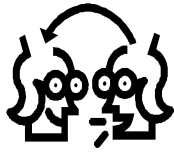


- ◆ If you want to change your answer, **you must** cross out your original answer and mark your new choice, like this:



- ◆ If you wish to return to an answer previously crossed out, **ring** the answer you now wish to select, like this:





Write your name: _____

Show your answer by marking inside the circle:

1 A B C D
 ○ ○ ○ ○

2 A B C D
 ○ ○ ○ ○

3 A B C D
 ○ ○ ○ ○

4 A B C D
 ○ ○ ○ ○

5 A B C D
 ○ ○ ○ ○

6 A B C D
 ○ ○ ○ ○

7 A B C D
 ○ ○ ○ ○

8 A B C D
 ○ ○ ○ ○

9 A B C D
 ○ ○ ○ ○

10 A B C D
 ○ ○ ○ ○

11 A B C D
 ○ ○ ○ ○

12 A B C D
 ○ ○ ○ ○

13 A B C D
 ○ ○ ○ ○

14 A B C D
 ○ ○ ○ ○

15 A B C D
 ○ ○ ○ ○

16 A B C D
 ○ ○ ○ ○

17 A B C D
 ○ ○ ○ ○

18 A B C D
 ○ ○ ○ ○

19 A B C D
 ○ ○ ○ ○

20 A B C D
 ○ ○ ○ ○

21 A B C D
 ○ ○ ○ ○

22 A B C D
 ○ ○ ○ ○

23 A B C D
 ○ ○ ○ ○

24 A B C D
 ○ ○ ○ ○

25 A B C D
 ○ ○ ○ ○

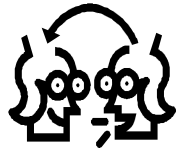
26 A B C D
 ○ ○ ○ ○

27 A B C D
 ○ ○ ○ ○

28 A B C D
 ○ ○ ○ ○

29 A B C D
 ○ ○ ○ ○

30 A B C D
 ○ ○ ○ ○



1

What is the lowest temperature that *hot* food can safely be stored at?

- a) 37°C
- b) 56°C
- c) 64°C
- d) 83°C

2

When food is put into a fridge *most* food poisoning bacteria:

- a) stop growing
- b) grow very quickly
- c) grow fairly quickly
- d) are killed

3

What is the longest time you should leave a large piece of meat to cool before putting it in the fridge?

- a) 10 minutes
- b) 30 minutes
- c) 1½ hours
- d) 2½ hours

4

The main reason for covering cuts with blue or green *waterproof* plasters is

- a) they need changing less often
- b) they are easy to see if they fall off into food
- c) food is prevented from being contaminated by blood
- d) no air can get into the cut

5

The *main* reason for not wearing jewellery in the kitchen is:

- a) it gets in the way
- b) it might get stolen
- c) it might get broken
- d) it can carry dirt and bacteria

6

After doing which of the following is it *most* important to wash your hands?

- a) buttering bread
- b) handling raw meat
- c) slicing cooked meat
- d) slicing cake

7

Which of the following methods best describes how you would clean a knife which has been used to cut raw meat:

- a) wash and disinfect
- b) wipe with a paper towel
- c) rinse thoroughly under the tap
- d) wipe with a cloth

8

Some bacteria produce spores to:

- a) multiply
- b) survive high temperatures
- c) produce pus in spots
- d) contaminate work surfaces

9

Hands should be washed before working in the kitchen:

- a) to improve your appearance
- b) to prevent skin infections
- c) to prevent bacteria and dirt being carried into a food preparation area
- d) to reduce the risk of chapping

10

How can you easily tell that food is contaminated with food poisoning bacteria?

- a) it smells bad
- b) it tastes sour
- c) it is mouldy
- d) you can't

11

The temperature inside a fridge should be at or below:

- a) 15°C
- b) 10°C
- c) 4°C
- d) -12°C

12

Clean overalls must be worn in the kitchen so that:

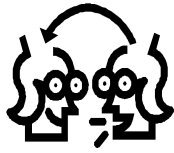
- a) food is protected from you
- b) you are protected from injury
- c) your clothes do not get dirty
- d) everyone looks neat and tidy



13

Food poisoning bacteria are carried into the kitchen by:

- a) people
- b) insects
- c) raw food
- d) all of these



14

Physical contamination of food can be caused by:

- a) string
- b) hair
- c) insects
- d) all of these

15

Which one of the following items of food is most likely to support the growth of bacteria?

- a) gravy
- b) honey
- c) cabbage
- d) powered milk

16

Pasteurisation is:

- a) a heat process to kill spores in milk and cream
- b) a heat process to cook milk
- c) a process for cleaning
- d) a process for preventing cross-contamination

17

At body heat (37°C) food poisoning bacteria:

- a) all die
- b) do not grow
- c) grow slowly
- d) grow quickly

18

Equipment used in the handling of food should be:

- a) cleaned with a detergent and then sanitised
- b) washed with soap and water
- c) rinsed in warm water
- d) wiped clean



19

Which one of the following materials is not suitable for worktops in kitchens?

- a) wood
- b) marble
- c) formica
- d) stainless steel

20

Which one of the following must be provided in food premises by law?

- a) shower
- b) cooker
- c) fridge
- d) wash hand basin

21

Which of the following represent the Danger Zone?

- a) 37°C - 83°C
- b) 8°C - 45°C
- c) 5°C - 63°C
- d) 5°C - 73°C

22

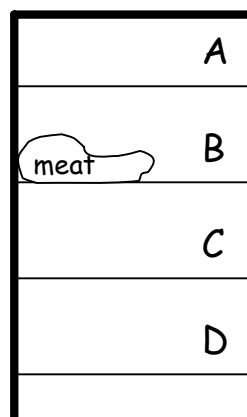
Pest infestation can be reduced by:

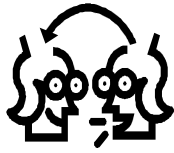
- a) cleaning any spillages
- b) turning off the lights at night
- c) leaving the lights on at night
- d) keeping a cat in the kitchen

23

A piece of raw meat is in the fridge. Where would you place yoghurt?

- a) A
- b) B
- c) C
- d) D





24

Critical Control Points can be identified by:

- a) analysing the food product
- b) analysing the food making process
- c) analysing the kitchen
- d) following Food Safety guides

25

You are suffering from stomach ache and sickness. What should you do?

- a) stay at home till you feel better
- b) go to the chemist
- c) wear protective clothing in the kitchen
- d) tell your supervisor as soon as possible

26

Best Before dates are on food to tell customers:

- a) when they should eat the food by
- b) when to throw away the food
- c) when the food must be sold by
- d) when the food was made

27

Which would you use to disinfect a food work surface?

- a) steam
- b) bleach
- c) sanitiser
- d) water at 50°C

28

Which would you use to remove grease and food waste?

- a) detergent
- b) sanitiser
- c) disinfectant
- d) bleach

29

Which would you disinfect each time you use it?

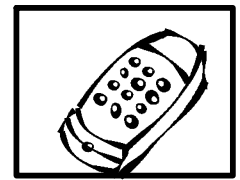
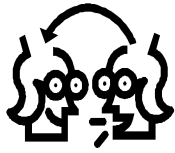
- a) oven
- b) floor
- c) chopping boards
- d) walls

30

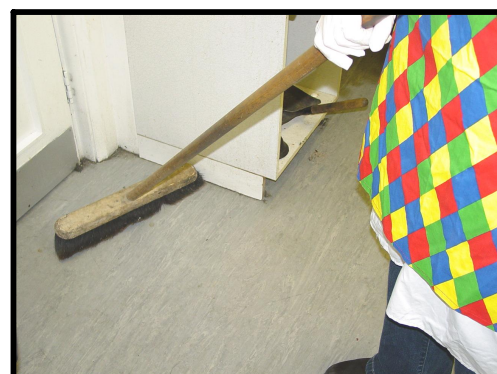
Sterilisation is:

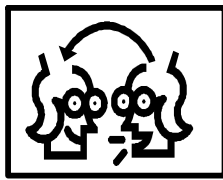
- a) a heat treatment which kills all bacteria and spores
- b) a heat treatment which kills some bacteria
- c) a method of cleaning floors and walls
- d) the removal of moisture from food

Give your answer sheet to your tutor to check. Answers are in the tutor pack, page 155, Appendix 2.



- Watch Video 7 on your own if you want to check any of your work today.





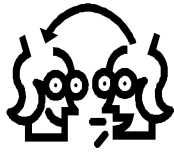
DIARY – Session 7

- Think about the sequence of what you learned today.
- Write a few sentences. Join your sentences using sequence words such as first, then, next, after that, finally.

NEW WORDS

- What words have you learned or need to learn from today?

NEW WORDS	MEANING (use a dictionary)



Circle the correct answers. Then check your answers with *Session_6_Test_6*

Revision Test 6

1

Which of the following are common pests in and around the kitchen?

- a) birds, bees and cockroaches
- b) bees, birds and rats
- c) cockroaches, rats and bees
- d) birds, rats and cockroaches

2

Which one of the following is *not* a sign of mice?

- a) spilled food
- b) droppings
- c) egg cases
- d) holes in boxes

3

What should you do if you see a cockroach in the kitchen?

- a) report it to the person in charge
- b) frighten it away
- c) spray the kitchen with insecticide
- d) tread on it

4

Which one of the following could *you* be prosecuted for under the Food Laws?

- a) eating in the rest room
- b) suffering from food poisoning
- c) working more than eight hours on a Sunday
- d) handling food with dirty hands

5

The temperature inside a fridge should be at or below:

- a) 10°C
- b) 4°C
- c) -18°C
- d) -40°C

6

Clean overalls must be worn in the kitchen so that:

- a) you are protected from injury
- b) everybody looks neat and tidy
- c) food is protected from you
- d) your own clothes do not get dirty

7

One of the four things bacteria need in order to grow is:

- a) ventilation
- b) light
- c) food
- d) dry atmosphere

8

Which of the following can be caused by food poisoning?

- a) loss of taste and kidney pain
- b) kidney pain and death
- c) loss of taste and diarrhoea
- d) diarrhoea and death

9

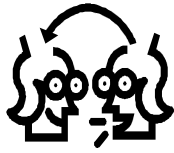
What is the best temperature for food poisoning bacteria to grow at?

- a) 37°C
- b) 10°C
- c) 27°C
- d) 63°C

10

The most *common* cause of food poisoning is:

- a) water
- b) chemicals
- c) bacteria
- d) poisonous plants



11
After heat processing, high risk foods should be cooked quickly to:

- a) Prevent too much steam
- b) Make packing easier
- c) Improve flavour
- d) Reduce bacterial growth

12
People who handle food should keep their fingernails:

- a) smooth
- b) varnished
- c) short
- d) rounded

13
The *main* reason hair must be covered is that:

- a) hair and dandruff can fall into food
- b) long hair gets in your eyes
- c) hats look smarter
- d) hats keep your hair clean

14
Overalls worn by food handlers *must* be:

- a) white
- b) ironed
- c) linen
- d) clean

15
Physical contamination of food can be caused by:

- a) string
- b) all of these
- c) hair
- d) insects

16
The most important reason that you should use blue *waterproof* plasters to cover cuts is:

- a) they need changing less often
- b) blood is prevented from contaminating food
- c) they are easy to see
- d) they look clean and hygienic

17
What temperature should frozen food be stored at?

- a) 4°C
- b) -4°C
- c) -18°C
- d) -10°C

18
The most important reason food production areas must be kept clean is that it:

- a) improves efficiency
- b) keeps the manager quiet
- c) makes them pleasant places to work
- d) helps make them safe and hygienic

19
The main reason you should wash your hands at work is to:

- a) reduce bacteria
- b) remove dirt
- c) prevent skin infections
- d) prevent chapping

20
Sanitisers should be:

- a) kept regularly topped up
- b) washed with soap and water
- c) rinsed in warm water
- d) wiped clean