Unit 203   Food safety in catering
Worksheet 5:

1. Which checks must be conducted when receiving ambient, chilled or frozen foods?

General checks –

Ambient temperature goods –

Chilled foods –

Frozen foods –

2. List 3 types of stock rotation systems and explain the principle of use for each
    system:

3. What is the difference between a 'best before' and 'use by date'?

4. What are the correct storage conditions for the following types of food:

1. **Dry goods** –
2. **Dairy products** –
3. **Fresh and frozen meat, seafood and poultry** –
4. **Fruit and vegetables** –
5. **Beverages** –

5. What are the reasons for refrigerating some types of foods? Which types of food does this include and how are these stored safely?

6. How should food be stored to prevent pest infestation?

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1. Which checks must be conducted when receiving ambient, chilled or frozen foods?

> **General checks –** When receiving goods ensure that the delivered goods align with the quality and quantities on the order form. Check for any damage, use-by-date, pest infestation and internal temperature if required.
> **Ambient temperature goods** – check the overall condition e.g. Dents, bloated cans, broken product such as pasta or packaging
> **Chilled foods** – check condition and internal temperature, packaging and data log if supplied
> **Frozen foods** – ensure that temperature is below -18°C and does not show signs of defrosting or freezer burn

2. List 3 types of stock rotation systems and explain the principle of use for each system:

> 1. **F**irst **I**n **F**irst **O**ut (**FIFO**) is the basic principle under which all stock is managed. Simply put, it means that the first order of a product received is the first of that product to be used.
> 2. When putting foods away in the dry store, for example, you place the new product underneath, or behind the old product. This way, everyone knows that the most easily obtainable product of that type is the first to be used. Alternatively, you label the product with a date stamp or tag.
> 3. The same applies to prepared food items. You should label the item to indicate what it is and when it was produced. Colour-coded tags assist with this as you can see immediately which items should be used first.

3. What is the difference between a 'best before' and 'use by date'?

> 1. Best before means the product has some storage life left but may be inferior in taste or texture.
> 2. Use by date means the product has to be used by that date

4. What are the correct storage conditions for the following types of food:

> 1. **Dry goods** – at ambient temperature
> 2. **Dairy products** – at chilled temperature
> 3. **Fresh and frozen meat, seafood and poultry** – at chilled and frozen temperature
> 4. **Fruit and vegetables** – at ambient, chilled and frozen temperature
> 5. **Beverages** – at ambient and chilled temperature

5. What are the reasons for refrigerating some types of foods? Which types of food does this include and how are these stored safely?

Between 5°C and 60°C is referred to as the **danger zone**. This is a temperature range where disease-causing bacterial growth thrives, being at its most active at 37°C. This is the temperature of our blood and in many instances close to the room temperature in a lot of kitchens. To avoid spoilage and possible food poisoning, exposure of perishable items to this temperature range should be kept to a minimum.
High risk foods such as meat, poultry, game, seafood, cooked rice, milk and custards should be stored under the following conditions:
- Refrigerated between 1°C and 4°C
- On clean trays, covered and labelled showing the product contents, date and name of the person who stored or produced the product. Depending on the items being stored, trays should be regularly changed to avoid the items sitting in pooled blood or their own juices, as this accelerates spoilage and leads to "off" odours
- Store each type of protein separately and keep them away from cooked food items, to avoid cross-contamination
- Store only for short timeframes

6. How should food be stored to prevent pest infestation?

To prevent pest from getting into food ensure that food is stored in airtight containers and off the floor. Using preventative measures such as closure of gaps, zappers and pest control schedules to limit opportunities for pests