
Unit 203 Food safety in catering
Worksheet 6:

1. List the 3 categories of contamination and provide 2 examples for each category:

2. What is cross contamination? How can cross contamination be prevented?

3. What are the rules for using a food probe or food thermometer to prevent contamination and to ensure accuracy?

4. List 3 aspects which must be considered when thawing frozen foods:

5. List the 3 categories of records which must be kept for recording the keys steps in the catering cycle:

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1. List the 3 categories of contamination and provide 2 examples for each category:

1. **Biological contamination** – arises from disease-causing microorganisms such as bacteria, moulds, yeasts, viruses or fungi. Signs of biological contamination include: slime or mould on the surface, strong odours, discolouration and the development of gas (bubbles or foam)
2. **Physical contamination** – occurs when food contains foreign matter such as glass, scourer shavings, wood or porcelain pieces. Food is often physically contaminated before it arrives at the business
3. **Chemical contamination** – arises from food being in contact with pesticides, toxic material or chemicals, which may be either naturally occurring or manmade.

2. What is cross contamination? How can cross contamination be prevented?

Cross contamination is the potential transfer of bacteria, chemical or physical contaminants from one food to another.
Direct Cross contamination can occur through storing raw and cooked foods together, dripping of liquids and blood onto other foods. Indirect contamination can occur by using equipment such as a knife for different tasks and transferring bacteria.
Key steps for prevention are:

- Regular hand washing and hygiene processes
- Cleaning schedules
- Use of colour coded cutting boards
- Preparing food in smaller amounts and returning to the coolroom immediately
- Separation of preparation areas and cooking areas
- Separation of products in storage e.g. dairy, vegetables, fruit, meat, seafood

3. What are the rules for using a food probe or food thermometer to prevent contamination and to ensure accuracy?

Using food thermometers can also lead to contamination. When using thermometers, you need to ensure that the thermometer is disinfected prior to use and after use. Calibrate the thermometer regularly by using ice or boiling water (at sea level) as a gauge.

4. List 3 aspects which must be considered when thawing frozen foods:

1. Place food onto trays and cover and label it.
2. The trays should be placed on a low shelf in the coolroom or fridge so that any drips or juices do not contaminate other items.
3. Never run hot/warm water over food to thaw it!

5. List the 3 categories of records which must be kept for recording the keys steps in the catering cycle:

1. **Delivery records** – monitors product condition and temperature at point of delivery
2. **Coolroom and Freezer records** – monitors daily temperature variations
3. **Cooking and Cooling records** – monitors internal temperature of foods produced