

Part 4 – Food Safety & Hygiene



Food Poisoning

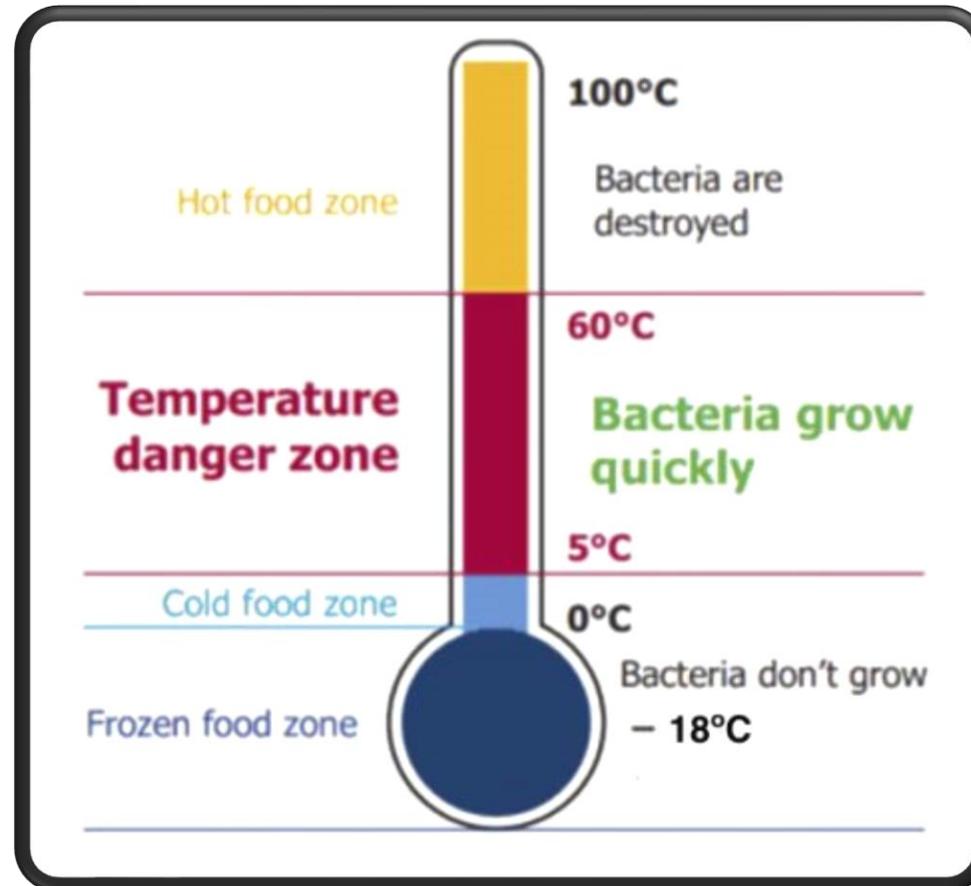


Vulnerable People



Storing & Cooking Food

Food	Expected fridge life (below 5°C)* when uncooked	Cooking temperature**	Cooking tips
 Poultry (chicken, turkey, duck)	3 days	74°C	Cook right through to the centre.
 Red meat steaks (beef, veal, lamb)	3 to 5 days	63°C rare 71°C medium 77°C well done	Steak need only be seared on the outside and can be rare inside.
 Mince, sausages and other processed meats	3 days	71°C	Cook right through to the centre.
 Fish	3 days	63°C	Cook until flesh is opaque (so you can't see through it) and separates easily with a fork.
 Seafood (shellfish)	2 days	63°C	Cook until flesh is pearly and opaque or until shells open during cooking.
 Eggs	3-6 weeks	64°C	Cook until yolk and white are firm.



Food Contamination



Microbiological

Physical



Chemical



Cross Contamination

How does cross contamination occur?	
Person to Person	If you shake hands with someone who has not washed their hands after going to the toilet, or who has sneezed into their hand.
Person to Food	If you don't wash your hands after going to the toilet and then you touch food.
Food to Food	If you allow raw meat to drip onto ready-to-eat food on a lower shelf in the fridge.
Equipment to Food	If you use tongs to take raw chicken to a pan, then use the same tongs to move cooked chicken onto a plate .
Linen to Food	If you handle raw meat, wipe your hands on a tea towel, then use the tea towel to wipe a bench where food will be prepared.
Crockery to Food	If you use crockery with chips and cracks. Germs grow in the chips and can then get into the food.



Personal Hygiene

Foodhandlers should:

- A** Wear a clean hat or other hair restraint
- B** Wear clean clothing daily – dirty clothes must be kept away from food and prep areas
- C** Remove aprons when leaving food-preparation areas
- D** Remove jewelry from hands and arms
- E** Wear appropriate, clean, and closed-toe shoes



Never wear an apron to the restroom or on break



Correct Hand Washing Procedure

Step 1

Wet hands with warm water.



Step 4

Rinse off soap with warm water.



Step 2

Use soap to work up a lather.



Step 5

Dry thoroughly with clean paper towel.



Step 3

Rub front & back of hands for 20 seconds, clean between your fingers & under your nails & rub your wrists & lower arms.



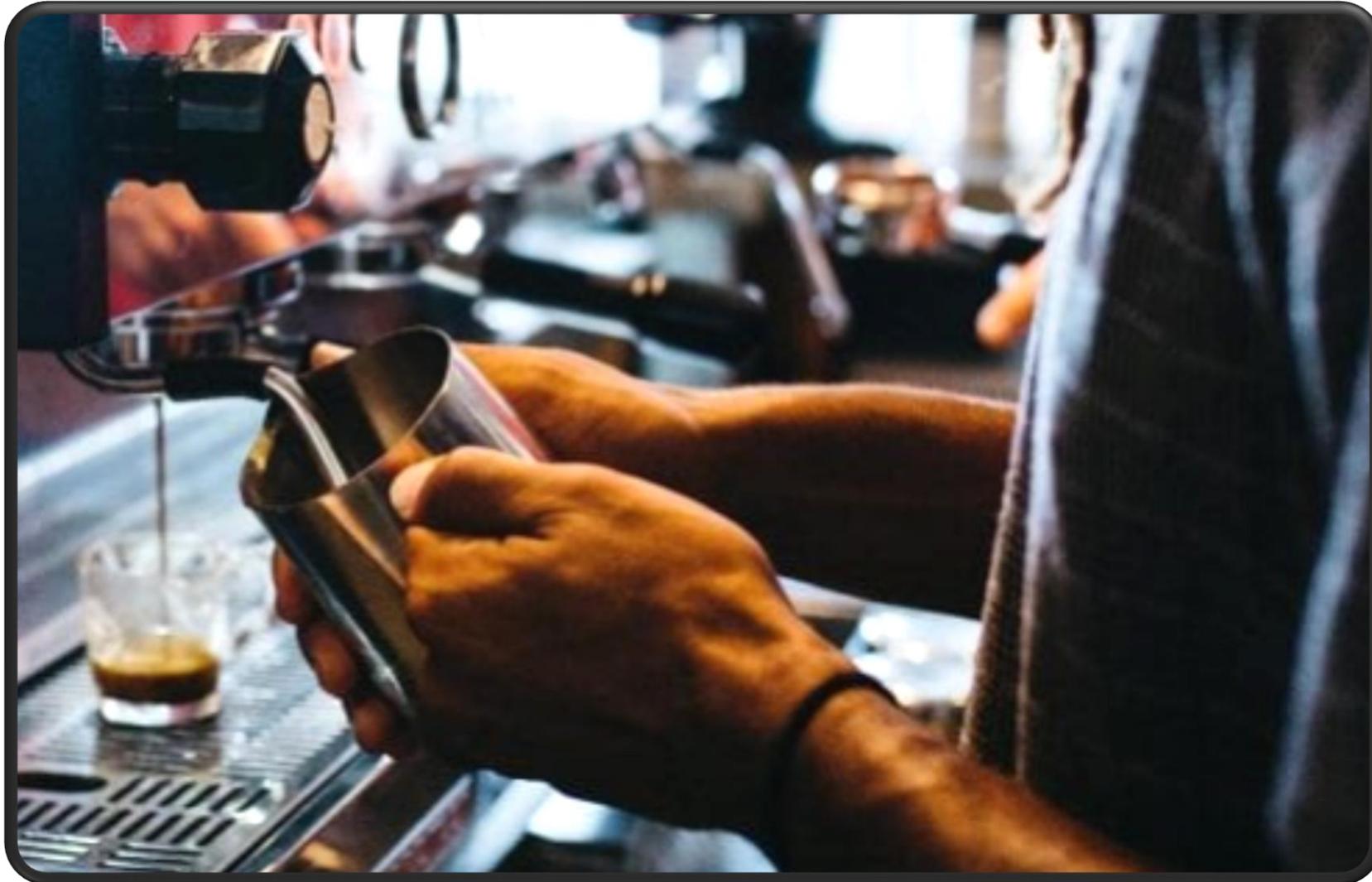
Cuts

In the event that you cut yourself you should:

1. Firstly apply pressure to the cut using a cloth or clean paper towel.
2. Depending of the size of the cut cover the cut with a band aid or bandage.
3. If you are able to return to your duties wear a rubber glove over the band aid.
4. Seek medical treatment if the cut is large and continues to bleed.



Part 5 – Barista Basics Espresso Making



Espresso Styles Refresher

Activity:

See what you can remember from our last session.

Match the picture of the coffee with the name of the coffee, discuss with the person you match with and then give a brief description and outline of the method if you can remember it.



The Beans



Coffee Cherry



Raw Coffee Bean



Roasted Coffee Bean



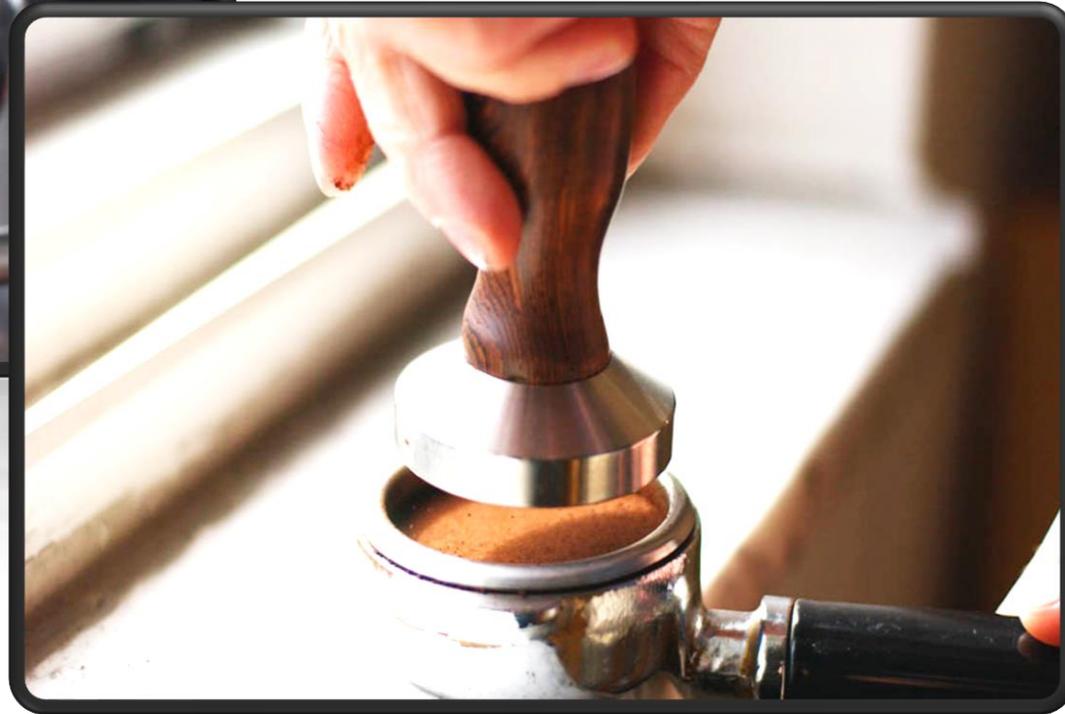
Ground Coffee Bean



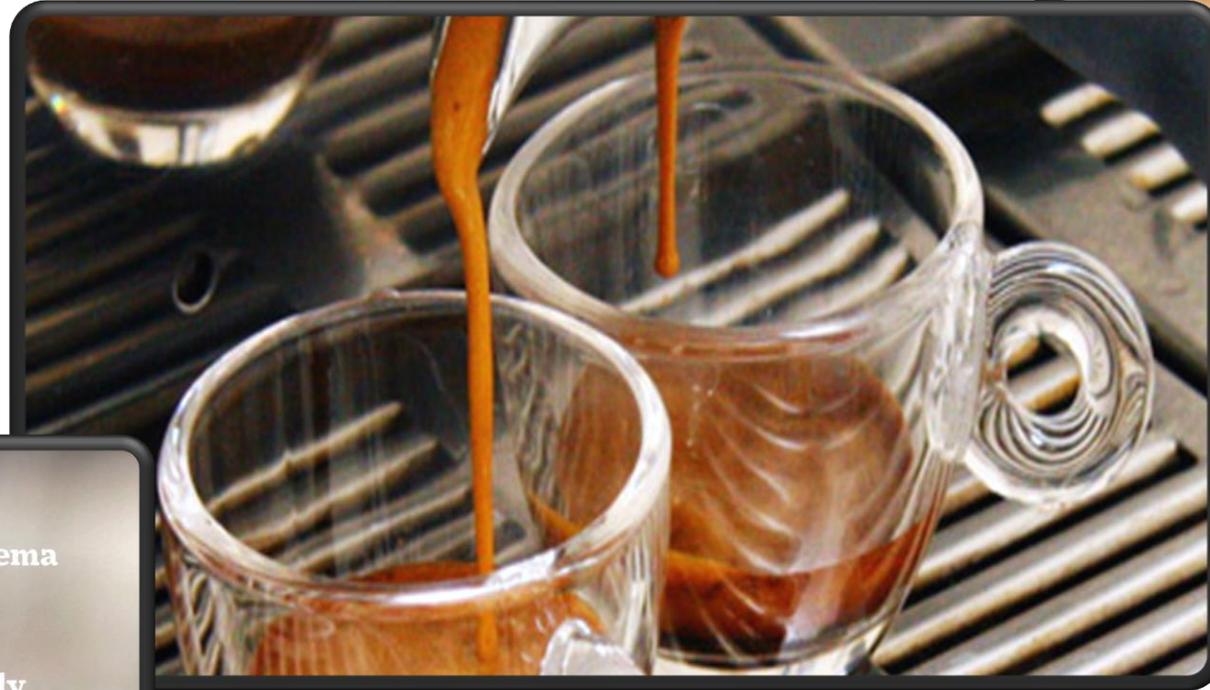
The Grind



Dosing & Tamping



Extraction



crema

body

heart



Steaming, Stretching or Texturing the Milk



<https://youtu.be/eiBw6wFrCOw>

Pouring the Milk



<https://youtu.be/e4QT8eRA0Bw>



Ok Now Let's Do It....

