

High Merit

Please note – These are extracts from one student’s response

Safe food practices

Clean and sanitise all work surfaces to remove bacteria and prevent cross contamination of bacteria from the work surfaces left behind from previous classes or coughing or sneezing etc.

2

Check to see if equipment is clean; if not wash in hot soapy water and dry thoroughly.

Store the chicken in the bottom of the fridge at 2-4°C in a covered container so the juices cannot drip onto other foods. The low temperature will slow the growth of bacteria so the chicken will last for up to 2 days or when it is labelled best before. Chicken and its juice are foods that bacteria grow well in so if the juice drips onto other food, especially raw vegetables, it will spread the bacteria.

1

Make sure the chicken is not left out on the bench in the danger zone while preparing other ingredients like the coleslaw as the bacteria will start to grow more rapidly.

2

Wash all the vegetables – the pepper, onion, cabbage, carrot and spring onion under cold running water to remove any dirt or pests from the garden.

2

When chopping the chicken, use a different board and knife to that you use to prepare the coleslaw. This is to ensure the chicken juice does not contaminate the raw salad vegetables which are not cooked so they would have bacteria in them.

1

Make sure the chicken is cooked thoroughly. The juice from the thickest piece of chicken must be clear. This means that heat has killed the bacteria making the chicken stir-fry is safe to eat and will not give you salmonella poisoning.

1

Make sure all food is served on a hot plate and is eaten as soon as possible so the food doesn't cool down.

2

Serve on clean plates that are free of cracks as these provide a good place for bacteria to grow.

2

Store leftover stir fry and rice in sealed containers in the fridge above any raw meat. This is to ensure bacteria cannot cross contaminate in the fridge.

2

Reheat all the leftovers to over 80°C to kill any bacteria that may have grown during storage.

2

Taking action

Issue - The chicken wasn't cooked long enough.

Possible strategies

1. Take the undercooked chicken back to the dairy and show the owner.
2. Ring the local council health person and explain the issue.

Barriers - Strategy 1

- You could be in a hurry – only have a short lunch time and don't have the time to go back.
- You don't have any receipt or proof that you bought the chicken there. There are other places selling cooked chicken close by so the owner could blame one of the other stores.

Enablers - Strategy 1 and 2

- You have confidence and feel you have the knowledge from your Home Economics classes to explain what is wrong with the chicken and how to fix it.
- You don't want other people to get undercooked chicken and risk getting sick.

Chosen action - Strategy 1

Reasons - It will have an immediate effect, face to face. I can show the chicken to the dairy owner and explain politely how I know the chicken should be cooked. I can ask if they could check the rest of the chicken and if it is not cooked it could be removed from sale.

I can also suggest that the local council health person can provide information about how to check whether the food is cooked and where the staff could get further training.