

Low Merit

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

Safe food practices

Make sure the working area is sanitised to remove any dirt or leftover food. This will prevent bacteria that were previously on the bench cross contaminating the food you are preparing

1

Store chicken in the fridge on the bottom shelf covered at 2-4°C. Do not get out until you use it. This will slow any bacterial growth and prevent any cross contamination from the chicken juice dripping onto other foods.

1

Keep cooked rice in a sealed container in the fridge. Keep mayonnaise in its jar until use.

Make sure all equipment is clean. If not wash in hot soapy water so any food or bacteria present are removed.

2

Wash all the vegetables in cold water to remove dirt or chemicals.

2

Prepare the chicken and the cabbage on separate chopping boards using different utensils.

Once you have touched the chicken, wash your hands in hot soapy water to prevent cross contamination when you touch other food.

Cook the chicken until it is white all the way through and the juice is clear. This will ensure that the chicken is safe to eat as the bacteria will have been killed (over 75°C).

1

Reheat the rice in a microwave – once reheated do not reheat again – throw any leftovers away. Check the temperature is over 75°C to kill any bacteria present.

1

Serve the food piping hot on clean warmed plates. Serve immediately to prevent any flies or bacteria landing on it.

2

Taking action

Issue - Didn't cook the chicken long enough.

Possible strategies

1. Go back to the dairy and complain.
2. Take the chicken back to the dairy and get a refund.
3. Ring the Health Department.

Barriers - Strategy 2

- Concerned that the dairy owner will get angry and you will feel embarrassed and not sure what to say.
- You are home and do not want to spend money on petrol to drive back to the dairy.

Enablers - Strategy 2

- You feel that if you don't let the cook from the dairy know, then other customers could get sick.
- Your friends suggest they go with you to the dairy and support you if you have difficulty explaining the problem.

Chosen action - Strategy 2

Reasons: The dairy owner can check the rest of the chicken in the pie warmer and remove any that are not cooked properly. You would get a refund or another piece of chicken that was cooked.

Other customers are not going to buy undercooked chicken as the owner checks it while you are there.

The dairy owner will hopefully check each batch of chicken more carefully to ensure they are cooked. They do not want to lose customers from selling food that makes them sick.