

High Achieved

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

### Safe food practices

Personal hygiene – you need to wash your hands with soap, scrub under your nails as these are places bacteria can hide. 2

You need to tie up long hair as it can pass bacteria into food if it falls into it. 2

Chopping boards should be scrubbed thoroughly as there are many cuts in the surface where bacteria can hide. 2

Equipment should be dried thoroughly to prevent any bacteria growing in the moisture. 2

Rinse the green pepper under the tap to get rid of any dirt from the garden or your hands. 2

Keep chicken in the fridge at 4°C until you have to take it out so it doesn’t sit at room temperature and allow flies, insects or bacteria to settle on it. The chicken should be in a covered container and placed in the bottom of the fridge. 2

Use a different knife to cut everything so you don’t pass bacteria from one type of food to another. 2

The chicken should be cooked to at least 75°C in the centre. It should be white all through without pink showing and there should be clear juices running from it. If the chicken is not cooked properly, it could cause sickness. 1

Cook the rice until it is white and soft. The vegetables do not need to be cooked properly as they could also be eaten raw.

Everything on the plate should be served hot. Serve immediately to ensure everything is hot. 1

Don’t leave a plate of food sitting on the bench otherwise bacteria and flies can land on it. 2

Any leftovers such as the pineapple should be put into containers so the rust from the tin doesn’t contaminate the pineapple. 2

You should date everything to ensure that no food will rot and go off. Also so you know how fresh food is. 1

Cooked rice should be kept in a container in the fridge until needed.

For reheating rice and chicken stir fry, they should be hot all the way through – to at least 75°C in the middle. Serve it immediately. 1

### Taking action

*Issue* - Chicken was not hot all through. Chicken has only been cooked on the outside (middle is still pink). It was just being left warm, (not hot) in a pie warmer.

*Possible strategies*

1. Throw the chicken away and talk to the dairy owners about it.
2. Take the chicken back to the dairy and get a refund.
3. Ring the District Council.

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*Barriers - Strategy 2*

- Not having the receipt to show you had bought the chicken there. Dairy owners don't believe that you bought it from them.
- You don't want to have a row with the dairy owners - don't feel confident about asking for your money back.

3

*Enablers - Strategy 2*

- You have the time and energy to go back to the dairy and get a refund.
- You live close to the dairy and often buy food from there.

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*Chosen action - Strategy 2*

*Reasons* - I would get the money back for the chicken and would not get sick from eating undercooked chicken.

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It may make the dairy owners more careful about how they cook their food and make it safer for all customers.

Dairy owners would become aware of how to cook their food so their customers will not get sick. If news is spread around the community of how the chicken was uncooked and the Health Inspector was called, people wouldn't want to buy cooked chicken from the dairy.