

Low Achieved

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

Safe food practices

Hands are washed in hot soapy water and dried thoroughly. 1

Ensure all equipment is clean and dry.

Store the chicken in the fridge below 4°C in a container at the bottom so it cannot contaminate other food. 1

Eggs, yoghurt and mayonnaise should be stored in their containers. 2

When preparing chicken use a separate board and knife to cut and keep away from everything else. 2

Wash all vegetables to wash off bugs, pesticides or other unpleasant substances that may be on them 1

Onion and green pepper – use another board.

When cooking the chicken, cook to at least 75°C to kill bacteria. The chicken should be white and the juice clear. Cook everything until it is piping hot before eating. 1

Use clean and dry plates to serve it on.

Leftover rice is a major high risk food because when it’s left overnight in the fridge; bacteria grow slowly; if not reheated correctly there is a high chance of food poisoning. 1

When reheating, place leftovers in the microwave for an average of 4 mins on high. Test to see if it is safe to eat. 2

Taking action

Issue - Uncooked chicken left in a pie warmer to grow bacteria.

Possible strategies

1. Tell the shop owner to make sure the cooking oil is at the correct temperature as it sounds as though it is too high and the chicken has only cooked on the outside.
2. When getting the chicken ask what temperature the middle was or check if the juice is running clear.
3. Get a Health Inspector from the District Council to inspect the shop. 3
4. Go to the shop and tell them about the chicken.

Barriers - Strategy 4

- May not want to have an awkward face to face conversation.
- Might be your friend who is employed and you do not want to get them into trouble.

3

Enablers – Strategy 4

- Call over the phone and explain that the chicken is not cooked and could they cook you some more.
- Just tell your friend via text what the problem is before you go and get more chicken – that way there will be no big problem.

3

Chosen action – Calling a Health Inspector

Reasons - The inspector would come, give some tips, maybe a warning or a fine. They would then cook to a correct temperature helping the wider community.

4

Always knowing chicken would be cooked correctly afterwards...

People wouldn't accidentally eat raw chicken and would know that it was up to scratch with a health rating...

Because the shop would be informed of how to cook everything correctly and safely. The shop owner would pass on his knowledge to other shops in the area so safe food all around.

4