

Food Safety in Australia.

- Australia has a reputation for having an extremely safe food supply.
- However we do have a significant number of cases of food poisoning
- Approximately cases of food poisoning occur in Australia every day
- The cost of food poisoning is approximately \$..... per year
- This includes

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High Risk groups

When preparing food, it is important to be aware of the vulnerability of the consumer to potential food poisoning.

Victoria's Food Act requires food handlers to be aware of the risk profile of the consumer and to manage their food safety practices accordingly. High-risk consumers include

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These groups have a higher than average likelihood of responding seriously to food poisoning.

Personal Hygiene

- Personal cleanliness and behaviours are a critical aspect of safe food handling.
- Bacteria are present

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List 5 **personal** hygiene rules

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List 5 occasions when you **would/ should** wash and dry your hands

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How do you wash your hands appropriately?

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If you use a hot air hand dryer for seconds it reduces bacteria on your hands by%

Food Spoilage

Food Spoilage is the deterioration in the
or properties of the food such as its texture, aroma or flavour.

This means it may be unpleasant to eat.

- Over ripe bananas
- Mouldy bread
- Soft biscuits

BUT

It will generally not cause any

Yeast

Yeast can cause food spoilage in foods like

- vinegar
- orange juice.

..... appear on the surface of liquids and give off a yeasty smell and taste.

Mould

Moulds are a

They form on foods like

- bread
- cheese
- citrus foods



Appear as dark fuzzy mass on the surface of food

Most moulds are destroyed if they are held at a temperature of°C for minutes

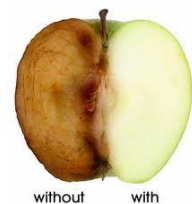
Enzymes

Some of the enzymes that are found in food are responsible for food spoilage.

These enzymes are in food and are responsible for and

Enzymes are responsible for converting in fruit into which helps the fruit soften as it ripens and to taste sweeter.

The on the surface of cut apples and avocados is the result of enzymes.



Food Poisoning

Food poisoning is an or caused by consuming food contaminated by

- Physical
- Chemicals
- Biological contamination.



Examples of food poisoning

Contaminant	Example
Physical	
Chemical	
Biological	

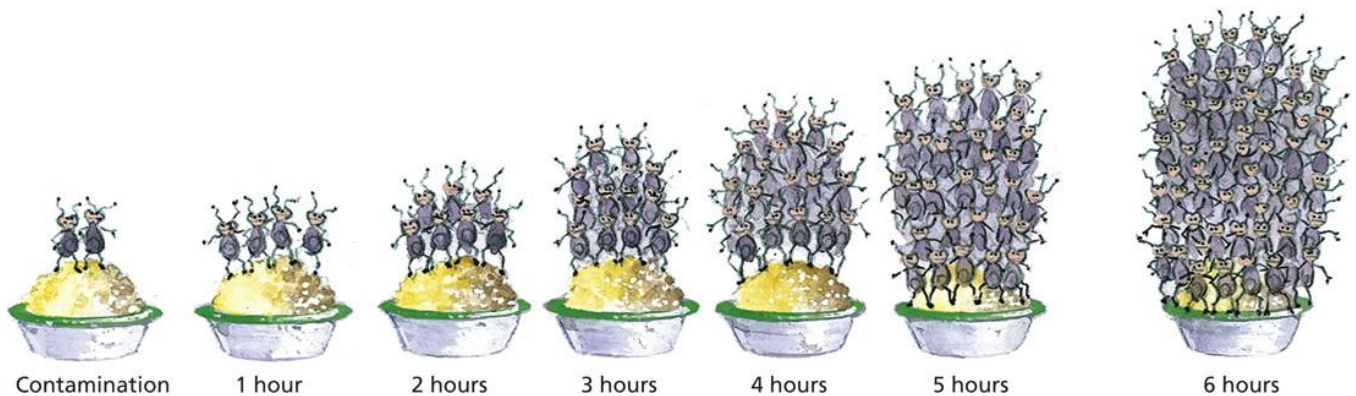
Bacteria

Most cause of food poisoning

Bacteria can cause food poisoning when they

- are consumed live in food -
- through the toxins they produce when they are ingested -

Onset of symptoms usually occur within hours after eating but can occur earlier.



Conditions that minimise growth of bacteria

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Complete – understanding the text page 6 Questions 1-6

Safe food handling practices.

List the 7 principles for safe food handling

What is cross contamination?

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Explain the five major risk factors in cross contamination.

Activity 1.3 – Food poisoning - analysis questions 1-4

Complete – understanding the text page 10 Questions 12-20

Storage of Food

Explain the difference between “use by date” and “best before date”

How do you maximise shelf life of perishable foods?

Develop 5 rules for storing food safely in the pantry

Develop 5 rules for storing food safely in the refrigerator

Develop 5 rules for storing food safely in the freezer

Explain the spider position when using a knife

Develop 5 rules for safe use of a knife.

Develop 5 rules for safe use of electrical appliances

Develop 5 rules for safe use of cook tops and ovens

What should you do if there is a fat fire in the kitchen? What should you not do?

Complete – understanding the text page 15 Questions 21 - 30

Read - Australia New Zealand Food Standards code and answer the questions

Australia New Zealand Food Standards code

Food that is manufactured in, or imported into, and consumed in Australia is generally of a world-class quality. To ensure this quality is maintained, a system of regulation is in place to manage all matters related to the production and sale of foods in Australia. This is referred to as the **Food Standards Code** (the Code).

The Australia New Zealand Food Standards Code is a cooperative arrangement between all states and territories in Australia as well as the Commonwealth Government and the New Zealand Government to ensure that a consistent set of standards applies across all jurisdictions.

The Code is a collection of individual food standards.

The **Food Standards Code**, often referred to simply as 'the Code', prescribes the nature, quality, composition and other defining factors of specific foods, as set by Food Standards Australia New Zealand (FSANZ). The Code regulates the activities of food businesses and food handlers to ensure the safety of all food sold in Australia and New Zealand.

FSANZ develops food standards, but the responsibility for enforcing and policing Australian food standards rests with the states and territories.



Food legislation undergoes constant review and is informed by the industry it serves. In Victoria the Food Act 1984 and the Food Amendment Acts of 2001 and 2009, together with a suite of regulations, prescribe the requirements that regulate most food business activities. It is an offence to supply food that does not comply with the relevant food standards. It is also an offence to sell food that is damaged, deteriorated or perished, that is adulterated or that is otherwise unfit for human consumption.

The Victorian Food Act 1984

The Victorian Food Act 1984 requires food businesses to identify possible food safety and hygiene risks and then work out ways of removing these risks. People who handle food, and those who supervise them, must have the skills and knowledge in food safety and food hygiene for the work they do. The law states that any food sold:

- must be fit for human consumption
- must not be adulterated
- must not be deteriorated or perished.

Put simply, the Food Act 1984 sets out to ensure that food is stored, prepared and cooked hygienically. To guarantee that food remains safe we must have an understanding of the principles of food hygiene and safe food-handling practices.

Test your understanding

- 1 The FSANZ is a cooperative agreement between whom?
- 2 Whose responsibility is it to enforce the FSANZ food standards?
- 3 Identify the three fundamental principles of the Victorian Food Act 1984.

Define the following - Chapter One - key words

Bacteria	
Best before date	
Cross contamination	
Danger zone	
Enzymes	
Use by date	
Yeast cells	
Mould	