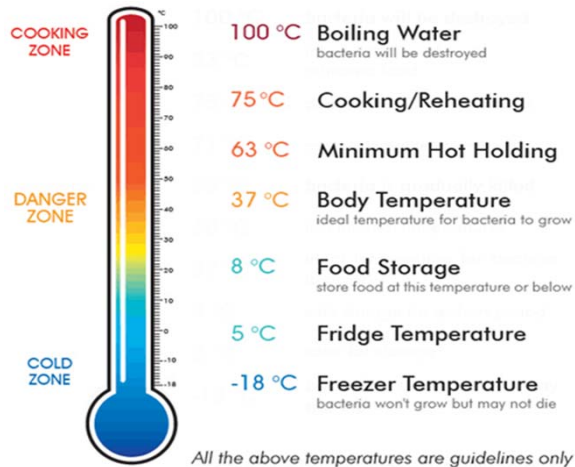


The 4 Cs



Clean **Cross Contamination** **Cook** **Chill**

Safety temperatures



CLEANING

- Keep yourself and your hands clean
- Wash your hands before handling food, every 30 minutes and always after going to the toilet
- Keep worksurfaces, equipment & utensils clean and disinfected
- Don't forget to clean dishcloths & cleaning equipment

CHILLING

- Keep food in a refrigerator below 5°C
- Cool food quickly after cooking (Cool to room or refrigerator temperatures within 2 hours)

COOKING

- Cook thoroughly
- Cook raw foods to 75°C at the core, check it with a probe thermometer
- Reheat foods to 75°C
- Never reheat food more than once

CROSS-CONTAMINATION

- Prevent cross-contamination
- Always separate raw-food from ready-to-eat food
- Use separate equipment, chopping boards and utensils
- Wash hands thoroughly after handling raw food before ready-to-eat food

Eight tips for healthy eating

1. Base your meals on starchy carbohydrates
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish
4. Cut down on saturated fat and sugar
5. Eat less salt
6. Get active and be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast



What is food poisoning?

1. Food poisoning is caused by eating food contaminated with harmful bacteria
2. Food is contaminated if there is something in it which shouldn't be there.
3. This causes symptoms such as nausea, vomiting, diarrhoea and stomach pain.
4. Food poisoning usually lasts a short time and the symptoms are mild.
5. For some people, the symptoms are very serious and can even cause death.





Stages of Life Nutritional Requirements

Pregnant and lactating women

- The body becomes more efficient at absorption during pregnancy.
- Normal nutritional requirements apply until the last third of pregnancy, when some extra energy and calcium is required.
- Pregnant and lactating ladies should eat a varied diet rich in fresh fruit and vegetables and wholegrains (in line with the Eatwell Guide).

There are some foods to avoid:

- Unpasteurised milk products and undercooked meats/cured meat products – they may contain listeria which is harmful to unborn babies
- Pate, liver and liver products – due to high vitamin A content (Vitamin A is harmful to unborn babies if eaten in large quantities)
- Swordfish, marlin and shark as they are high in mercury which can be harmful to unborn baby,

Babies and Toddlers

- Milk only for first 4-6 months
- Weaning occurs from 6 months – introduce a wide variety of textures and colours
- Avoid nuts (choking hazard), salt and sugar

Pre-school

- Balanced diet needed – in line with Eatwell Guide from 12 months
- High needs for energy and protein due to rapid growth and constant movement
- Full fat dairy products should be consumed
- Salt and sugar should be avoided

Children

- Balanced diet needed – in line with Eatwell Guide from 12 months
- High needs for energy and protein due to rapid growth and constant movement
- 5-a-day is recommended

Teenagers

- Increased needs for iron in teenage girls due to menstruation
- Calcium intake & vitamin D are really important to ensure Peak Bone Mass is reached – setting up bone health for life
- *Many UK teenagers are lacking in calcium, iron and vitamin A.*

Adults

- No more growth means less energy is needed for adults than teenagers
- Well balanced diet modelled on the Eatwell Guide essential.
- *Many UK adults eat too much fat, too much salt and not enough fruit and vegetables.*
- *What are the health implications of this?*

Elderly

- Sedentary older people will have reduced energy requirements.
- Calcium and vitamin D are still very important to prevent osteoporosis.
- Some elderly people do not get outside much and can be at risk of Vitamin D deficiency
- Sometimes elderly people may have issues getting access to food due to mobility issues.
- They may also be at risk of lack of variety of nutrients due to poor absorption.

