

# 5 KEYS TO FOOD SAFETY

## 1

### KEEP IT CLEAN AND HYGIENIC

- Wash hands properly before handling food and frequently during food preparation.
- Wash and clean all surfaces and equipment ready for food preparation.
- Keep kitchen areas, workplaces and all food away from insects and pests.

## 2

### KEEP FOODS SEPERATE

- Store raw meats, poultry and eggs separately from other types of food to avoid contamination.
- Make sure all food is wrapped and stored properly to prevent cross contamination.
- Prepare meat separately to ready-to-eat foods and ensure you use separate kitchen knives and cutting boards.

## 3

### COOK FOOD SAFELY AND THOROUGHLY

- Ensure that food is cooked thoroughly, especially meat, poultry, seafood and eggs.
- If you are reheating food, reheat to 75°C or above before and discard all leftovers after consumption.
- Make sure you consume cooked food within 2 hours.

## 4

### KEEP FOOD AT THE CORRECT TEMPERATURE

- Do not keep cooked food at food temperature for more than 2 hours.
- Foods such as meat, milk and egg products should be kept refrigerated at below 4°C.
- Keep hot food in containers above 60°C prior to serving.
- Ensure frozen food is defrosted under refrigeration.

## 5

### SELECT FRESH AND WHOLESOME FOODS

- Buy all raw materials from licensed premises or reputable shops.
- Make sure your chosen foods are fresh and wholesome.
- Wash fruits and vegetables thoroughly before cooking or consumption.
- Do not use food once it has past the expiry date.

*The '5 Keys to Food Safety' is adopted from the World Health Organisation (WHO).*

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