

SmartCook project



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Rules of hygiene in the kitchen.

Why is the hygiene in the kitchen very important?

An unhygienic cooking space may attract insects and rodents that make your cooking area a hub of diseases. Keeping your kitchen unclean can lead to unhealthy cooking and can make your family prone to several diseases like food poisoning, stomach infection, and more.

maintaining cleanliness



A clean kitchen is important in any workplace, but especially in a food service setting. An unclean kitchen can lead to health hazards for both employees and customers. A clean kitchen also helps to prevent accidents and injuries.



Disinfection is a process that through the use of biocidal / disinfectant products and application techniques. It mostly removes many bacteria, fungi, and spores



clean to help stop bacteria spreading to food. It's especially important to wash them thoroughly after using them with raw meat, because otherwise they could spread bacteria to other food

Colours of cutting board

The primary reason for chopping board colour coding is to minimise the risk of cross-contamination during food preparation. Certain colours are generally associated with specific food groups:

- **Yellow** – raw chicken
- **Red** – raw meat
- **Blue** – fish
- **Brown** – ham and meat
- **Green** – fruits and vegetables
- **White** – bread and dairy products

How to clean vegetables and fruits?



- Use Cold Water: Rinse vegetables under cold, running water.
- No Soap Needed: Avoid using soap or detergents.
- Scrubbing: Use a vegetable brush for firm produce like potatoes and carrots.
- Leafy Greens: Soak in a bowl of water, swish around, and rinse.
- Drying: Use a clean towel or salad spinner to dry vegetables.

Should I? or shouldn't I?

washing vegetables and meat



As the USDA's Food Safety and Inspection Service explains, washing produce helps remove any dirt or bacteria that is present. Bacteria like Salmonella, E. coli and Listeria can lead to illness, with symptoms including fever, headaches and more.



Do not wash or rinse raw meat or poultry before you cook it. Washing can cause bacteria found on the surface of meat or poultry to be spread to ready-to-eat foods, kitchen utensils, and counter surfaces. This is called cross-contamination. Rinse fruits and vegetables before eating.

What you should wear while you are cooking.

Make sure that you are wearing clothing that will protect you and other people. This means long pants, preferably shirts with sleeves, and closed-toe shoes. However, the preparation may start beforehand: tying your hair back or using a hair net can be a great way to not only keep everything clean but also to make sure that nothing is in your way as you embark on your cooking adventure.



What do you wear when you cook?

why is it so important?



Apron - help to ensure that any contaminants carried on normal clothing, such as dirt or hair, do not corrupt the food.



Shoes - in case anything drops on your foot, such as fried onion or meat. It will protect your foot from accidents.



HACCP

Hazard Analysis Critical Control Points

HACCP is a management system in which food safety is addressed through the analysis and control of **biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product**

GHP

Good Hygiene Practices

ensure that safe handling of food and proper sanitary measures are in place in your food supply chain



machine maintenance



waste disposal system

GMP

Good manufacturing practice

A system for ensuring that products are consistently produced and controlled according to quality standards.



training



employee's personal hygiene