

Food Safety and Hygiene Standards

Food Safety and Hygiene Standards Glossary

A

Accreditation: Accreditation is the process of certification of a hotel or restaurant by a recognized body to ensure that it meets specific standards of quality and safety in food handling and preparation.

Allergen: An allergen is a substance that can cause an allergic reaction in some individuals. Common allergens in food include peanuts, shellfish, and dairy products.

B

Bacteria: Bacteria are microorganisms that can be found in food and can cause foodborne illnesses if consumed. Proper hygiene practices, such as handwashing and sanitizing surfaces, can help prevent bacterial contamination.

Best Before Date: The best before date is the date printed on a food product packaging indicating when the product is expected to be at its best quality. It is not a safety date but rather a quality indicator.

C

Contamination: Contamination refers to the presence of harmful substances or microorganisms in food, making it unsafe for consumption. Contamination can occur through improper handling, storage, or cooking of food.

Cross-Contamination: Cross-contamination happens when harmful microorganisms are transferred from one food to another, usually through contact with contaminated surfaces, utensils, or hands. Proper cleaning and sanitizing practices can prevent cross-contamination.

D

Foodborne Illness: Foodborne illness, also known as food poisoning, is a result of consuming contaminated food. Symptoms of foodborne illness can range from mild stomach upset to severe illness and even death.

F

Food Safety: Food safety refers to the handling, preparation, and storage of food in a way that prevents foodborne illnesses. It involves following proper hygiene practices, maintaining clean environments, and ensuring that food is cooked and stored at safe temperatures.

G

Hazard Analysis Critical Control Point (HACCP): HACCP is a systematic approach to identifying, evaluating, and controlling food safety hazards. It is a preventive system designed to ensure the safety of food products by analyzing critical control points in the production process.

Hygiene: Hygiene refers to practices that promote cleanliness and health, especially in relation to food handling. Good hygiene practices include handwashing, sanitizing surfaces, and wearing protective clothing in food preparation areas.

I

Inspection: Inspection is the process of examining food establishments to ensure compliance with food safety and hygiene standards. Inspections are typically carried out by regulatory agencies or third-party auditors.

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Microorganism: Microorganisms are tiny living organisms that can be found in food and can cause food spoilage or foodborne illnesses. Common microorganisms include bacteria, viruses, and fungi.

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P

Pathogen: A pathogen is a microorganism that can cause disease in humans when consumed through contaminated food. Common foodborne pathogens include Salmonella, E. coli, and Listeria.

Personal Protective Equipment (PPE): Personal protective equipment refers to clothing or gear worn to protect individuals from hazards in the workplace. In food handling, PPE may include gloves, aprons, hairnets, and face masks.

Q

R

S

Sanitization: Sanitization is the process of reducing the number of microorganisms on surfaces to safe levels. It is an essential step in preventing cross-contamination and maintaining food safety in food establishments.

Temperature Danger Zone: The temperature danger zone is the range of temperatures between 41°F (5°C) and 135°F (57°C) at which bacteria can grow rapidly in food. It is crucial to keep food out of this danger zone to prevent foodborne illnesses.

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