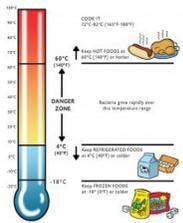


## Health & Safety in food

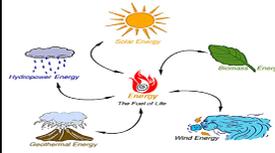
### Temperature Danger Zone



It is important to be aware of **hazards** when working with food to ensure the safety of those who eat the food. Hazards are anything that cause harm to the person. It is important to store some foods in a fridge, this mainly applies to foods that are **perishable**. **Perishable foods** have a limited shelf life; if not refrigerated, bacteria can grow causing food poisoning to the consumer. The **temperature** range in which pathogenic bacteria can grow rapidly is known as the **danger zone**. This rapid growth can result in high levels of bacteria in the food causing the food to spoil. This can cause harm to the consumer (food poisoning). To keep foods safe to eat they need to be stored correctly, this means putting **high risk (perishable)** foods in the fridge or freezer to prevent the bacteria from multiplying to dangerous level.



### Renewable Energy



**Renewable Energy**—a natural resource or source of energy that is not depleted by use, such as water, wind, or solar power. If we only use non-renewable energy future generations will not have any power sources available to them.

### Non-Renewable Energy



### 6R's of sustainability

Rethink Recycle  
Reuse Refuse

### 8 tips for eating well

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables
3. Eat more fish—at least 2 portions a week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – not more than 6g a day.
6. Get active and try to be a healthy weight.
7. Drink plenty of water.
8. Don't skip breakfast.

## Sustainability in food.

Sustainability is preserving the worlds resources for future generations. If we do not protect the food and energy source we have we stand a good chance of running out.



**Food Miles**—is a mile over which a food item is transported during the journey from producer to consumer, as a unit of measurement of the fuel used to transport it.

Symbols are often used to help understand how sustainable a food is e.g.

**Fairtrade** is trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.



**Assured Food Standards** is a British organisation that promotes and regulates **food** quality. It licenses the Red Tractor quality mark, a product certification programme that comprises a number of farm assurance schemes for **food** products, animal feed and fertiliser.



### Factors affecting food choice

There are many different factors that will influence what we choose to eat. Initially we learn our food choices from our parents, but as we grow older the influence of friends and other factors in society become significant. How active we are may influence our choice of food. **Our energy** and nutrient requirements vary according to our age, sex, body size and levels of activity. Food can play a vital role on any **celebration** or **special occasion** e.g. birthdays, weddings, Christmas, Eid. Another factor that can influence a choice is the **cost** of the food, the cost can vary from shop to shop and in different areas of the country. **Eating healthily** is an important consideration when choosing food. Greater public awareness of the potential risks to health of a high-fat diet and of eating a diet high in salt and sugar has contributed to the increase in availability of healthy eating options. The consumer awareness has also driven manufacturers to reduce the amount of additives used in foods and move to more natural alternatives. An additive is something that can be added to food to improve the shelf-life, colour and/or flavour of a food product.

**Methods of Heat Transfer.** Heat is a form of energy. When heat is applied to food, it changes both the chemical properties and the physical appearance of food. During the cooking process changes are likely to take place to the colour and texture of the food. There are 3 methods of heat transfer: conduction, convection and radiation.

## Nutrition

Nutrient	Function/ Food Source
Protein	Proteins are made up of amino acids. Protein is needed for growth and repair of body cells. Good sources include meat, fish, eggs, Quorn, nuts and beans .
Carbohydrate	Carbohydrate is needed for energy, they also provide fibre especially wholegrain options. Sources: pasta, bread, potatoes, rice
Fats	Fats are a secondary source of energy .They also provide insulation for our bodies & protection to organs. Some sources are butter, cream, cheese, oil, nuts, avocado.
Calcium	Calcium is needed for healthy teeth and bones. Sources: cheese, cream, milk, yoghurt are all good sources of calcium.
Iron	Iron is needed for production of red blood cells. Good sources are red meat, dried apricots, green leafy vegetables.
Vitamin C	Helps the immune system. Aids absorption of iron. Good sources are citrus fruits, peppers, tomatoes