

How much do you know about Food Handling and Safety?

1. Do we have Food Safety Standards in Australia? (Yes, Australia New Zealand Food Standards Code)

Bonus Question: How long have we had the standards? (Since 2000, second edition 2001)

2. How can we ensure that leaders and QM's know about the contents of the standards code? (attend an information session or complete on line)
3. If we want to refrigerate food for use later what is the maximum time it can be out of the fridge? (2 hours)
4. How do we ensure that our refrigerators, dishwashers and other kitchen equipment is running at the correct temperature? (regular servicing and maintenance)
5. What should you not do with the tea towel? (use for hand wiping, wiping up spills, using as a pot holder, wiping counter surfaces, in fact anything other than wiping dishes.)
6. What shelf should you keep food in the fridge? (store ready-to-eat foods such as cheese, yoghurt, cooked meats and leftovers on the middle and top shelves. Put raw meat, fish and poultry in sealed containers on the bottom shelf so they don't touch each other or drip onto other foods.)

Bonus Question: If we have put leftovers back in the fridge to eat later how many days do you have to eat them before we must throw it out? (3 days)

7. Can you explain the difference between the 'use by' date and 'best before' dates on food? (food should not be served after the 'use by' date. Food may be eaten after the best before date but the quality may no longer be of a satisfactory standard)
8. What is the colour code for chopping boards?

Red = Raw Red Meats,

Blue = Seafood,

Yellow = Raw Chicken,

White = Dairy & Bakery,

Brown = Cooked Meats,

Green = Fruit & Vegetables

Bonus Question: How do you sanitise your chopping board after they have been washed? (Use vinegar and leave to air dry)

9. What temperature should meat in the fridge be kept at? (5 degrees)

While working in the kitchen what do you need to remember if you have a cut or wound? (keep covered with waterproof **blue** dressing)

10. What are some safety tips to remember when working in the kitchen? (Always wear closed shoes, handle sharp knives carefully, keep matches away if young children are helping, wear hair net if appropriate, take care when refilling the urn at the tea/coffee station, ensure that the urn is stable and cannot tip over, remember to keep up fluids for workers.)