

FOOD HYGIENE

COLD & HOT STORAGE TEMPERATURES

- Refrigerated Storage: $\leq 4^{\circ}\text{C}$
- Freezer: -18°C or below
- Cooking Zone: 5°C to 60°C
(Bacteria grow fast here)
- Cooking Temperature: 75°C
- Reheating Temperature: $\geq 60^{\circ}\text{C}$

STOCK ROTATION SYSTEMS

- FIFO - First in, first out
- FEFO - First expired, first out
(Use older stock first)

FOOD SAFETY BASICS

- Boiling Point of Water: 100°C
- Prevent cross-contamination
- Keep surfaces and utensils

RECEIVING TEMPERATURE CHECKLIST

- Chilled Food: $\leq 4^{\circ}\text{C}$
- Frozen Food: -18°C or below

SAFE FOOD HANDLING

STOCK ROTATION

- FIFO - First in, first out
- Chemical - Cleaning agents, sprays
- Physical - Hair, glass; metal pieces
- Allergens - Nuts, dairy, eggs

COOLING AND DEFROSTING FOOD

COOLING HOT FOOD SAFELY

- Cool from 60°C to 20°C in 2 hours
- Then from 20°C to $\leq 4^{\circ}\text{C}$ in 4 hours

DEFROSTING METHOD

- Thaw in refrigerator
- Under cold running water ($\leq 21^{\circ}\text{C}$)
- Microwave, cook immediately

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