

# BASIC FOOD AND BEVERAGE SERVICE NOTES

25 Haziran 2011, 17:03

## Food safety

**Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent food borne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards.**

Food can transmit disease from person to person as well as serve as a growth medium for bacteria that can cause food poisoning. Debates on genetic food safety include such issues as impact of genetically modified food on health of further generations and genetic pollution of environment, which can destroy natural biological diversity. In developed countries there are intricate standards for food preparation, whereas in lesser developed countries the main issue is simply the availability of adequate safe water, which is usually a critical item. In theory food poisoning is 100% preventable The five key principles of food hygiene, according to WHO, are:

1. Prevent contaminating food with pathogens spreading from people, pets, and pests.
2. Separate raw and cooked foods to prevent contaminating the cooked foods.
3. Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
4. Store food at the proper temperature.
5. Do use safe water and cooked materials

## Mise en place

**Mise en place** is a French term meaning "everything is in its place" and refers to preparation carried out before the day's cooking begins

Careful attention to mise en place is the vital step in your daily routine. If you are confident that everything required for the day, including equipment, food stuffs and serving dishes are in place and ready to use you are more likely to maintain a smooth and even workflow throughout the working day.

This means you can concentrate all your efforts on producing quality products with maximum efficiency and minimal stress. Thing left undone during this preparation time, or food poorly prepared, can easily lead to chaos in the kitchen at the critical time of service. To be competent in mise en place requires a comprehensive range of fundamental culinary skills and knowledge. The type of kitchen and the menu will determine the daily mise en place routine. These includes:

A simple task like using a knife includes the types of knives available, their special purposes, how to use them safely and skillfully and how to clean them and store them properly competent chef however needs more then practical culinary skills. Teamwork, effective organization, time management and meeting occupational health and safety standards are equally important work practices, as they contribute to a safe and productive environment Before you step into a kitchen it is also crucial that you are familiar with the act that details the requirements of occupational health and safety. You also need to be aware of provisions under the food act, which pertain to people who handle food for resale. It is essential, therefore that you familiarize yourself with these topics.

## BREAKFAST COVER

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