

Seasonal Foods



What is seasonal food?

Food grows at different times of year in England. The time that food is ripe for eating is known as its season. Food grows in different countries at different times, so if food is not in season in England, it can be transported from another country.

Why is eating seasonal food whenever you can a good idea?

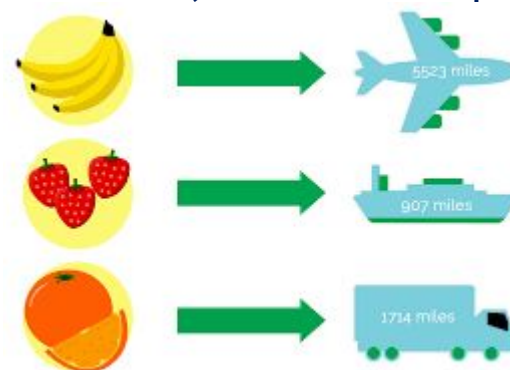
- Seasonal foods are fresher.
- Seasonal foods taste better, as they are full of flavour.
- Seasonal foods have less environmental impact because carbon footprints are reduced.
- Local foods supports the local community.

What are Food Miles?

The distance food has travelled.
Less food miles are better for the environment.

How to reduce them:

Eat seasonal, local food where possible



What is a Carbon Footprint?

The amount of energy you use during your lifetime.

How to reduce it:

- Don't fill the kettle (only boil what you need)
- Reduce food waste
- Eat seasonal, local food where possible
- Reuse/Recycle food packaging



LOWER CARBON FOOTPRINT

Food Waste

What is food waste?

Food waste is food that is discarded, lost or uneaten.

What is the difference between best before, use by and sell by date?

- Best Before date: It means the product will taste best up until that date. It is still edible and okay to eat a little past the listed date, though you may notice a slight change in texture, flavour, or colour.
- Use by date: The date that food should be used by. After this it may be unsafe.
- Sell by date: a date marked on a perishable product indicating the recommended time by which it should be sold.

Tips for reducing food waste

- Reduce
- Reuse
- Redistribute/recycle
- First in first out
- Store food correctly - use your freezer
- Don't cook too much
- Know the difference between best before and use by dates



What is the Eatwell Guide?

The Eatwell Guide is a guide that shows you the different types of food and nutrients we need in our diets to stay healthy.

Why is the Eatwell Guide important?

The Eatwell Guide shows you how much (proportions) of food you need for a healthy balanced diet.

What are the consequences of a poor diet?

A poor diet can lead to diseases and can't stop us from fighting off infections.

What are the sections on the Eatwell Guide?

1. Fruit and vegetables
2. Potatoes, bread, rice, pasta and other starchy food
3. Dairy and alternatives
4. Beans, pulses, fish, egg, meat and other proteins
5. Oils and spreads

The Eatwell guide



5 healthy eating guidelines

Guideline	Reason
Eat less fat	Too much leads to obesity, heart disease, type 2 diabetes
Eat less salt	Too much leads to strokes and high blood pressure
Eat less sugar	Too much leads to obesity, bad teeth, type 2 diabetes
Eat more fibre	Helps you poo
Eat more fruit and vegetables	Good immune system

Nutrients needed for a balanced diet

Fat



Function:
Energy
Warmth
action of organs



Sources:

Saturated Fat (Bad Fats)
Meat
Processed Foods
Lard

Unsaturated Fat (Good Fats)
Avocado
Nuts
Olive oil

Too much

- Obesity
- Type 2 diabetes
- Heart Disease

Carbohydrates



Function:
Energy
Fills you up
Source of fibre

Sources:

Bread
Pasta
Rice
Wheat
Potatoes
Cereals

- We should consume no more than 30g of sugar per day
- Eat wholegrain where possible

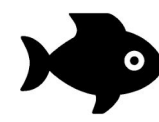
Too Much

Weight Gain

Too little

- Lack of energy
- More likely to snack

Protein



Function:
Growth and Repair
Energy

Sources:

Plant
Nuts
Quorn
Beans
Lentils

Animal
Eggs
Fish
Meat

Too much

Turns to fat if not turned into energy

Vitamins:



Function:
Keep us healthy
Boost immune system



Source:

Vitamin C - Oranges, tomatoes, vegetables

Water

Keeps us hydrated.

Source

Drinks, fruit and vegetables, soup.

Function

- Controls body temperature.
- Gets rid of waste in the body.

Too little

- Dehydration leads to headaches, irritability and loss of concentration.

Fibre

Function:

It helps us poo
It helps to get rid of waste

Source:

Wholegrain, whole wheat, wholemeal cereals,
Peas and beans

Too Little

- Constipation
- Bowel Cancer

Minerals:



Function:

Help us to have strong bones and teeth.

Source:

Calcium – milk, cheese, other dairy



Hospitality and Catering Environmental Health Officer

What is an Environmental Health Officer?

EHOs are personnel qualified in Environmental Health laws, enforcement and inspection methods. They have a 3 year degree in Environmental Health

Many organisations employ EHOs including

- Local councils
- Private companies
- NHS
- Military
- Food Standards agency



Legislation enforced by EHOs

The Food Safety Act.

Food safety from the manufacturer or producer to the point of sale. Might involve different companies or premises e.g. suppliers, manufacturers or kitchens, shops or restaurants.

The Food Safety Act (General Food Hygiene) Regulations.

Ensures food producers **HANDLE** all food hygienically.

EHO roles in the Hospitality and Catering industry



What do EHOs do?

- EHOs deal with a variety of different legislation and enforcement not just related to food.
- EHOs tend to specialise in an particular area of work once qualified- ask Mrs Walker about her MSc



- food safety
- infectious diseases
- environmental protection
- noise, radiation & pollution control
- water standards
- health and safety at work
- animal welfare
- waste management
- housing standards

Legislation enforced by EHOs

The Food Safety Act (Temperature Control) Regulations.

- Temperatures at which to store or hold food.
- Freezers from -18°C to -24°C
 - Chillers from 3°C to 8°C
 - Fridges from 1°C to 5°C
 - Cooked core temperature at 75°C or above
 - Hot holding above 63°C

The Food Composition Regulations.

Specifies what ingredients **CAN** or **CANNOT** be used in the manufacture of foods e.g. bread, breakfast cereals and use of additives

The 3 main areas EHOs inspect are

Food premises



Food handlers



Food hygiene practices



Bacteria can multiply very rapidly in the right conditions

Knowledge organiser LO1 how can food cause ill health

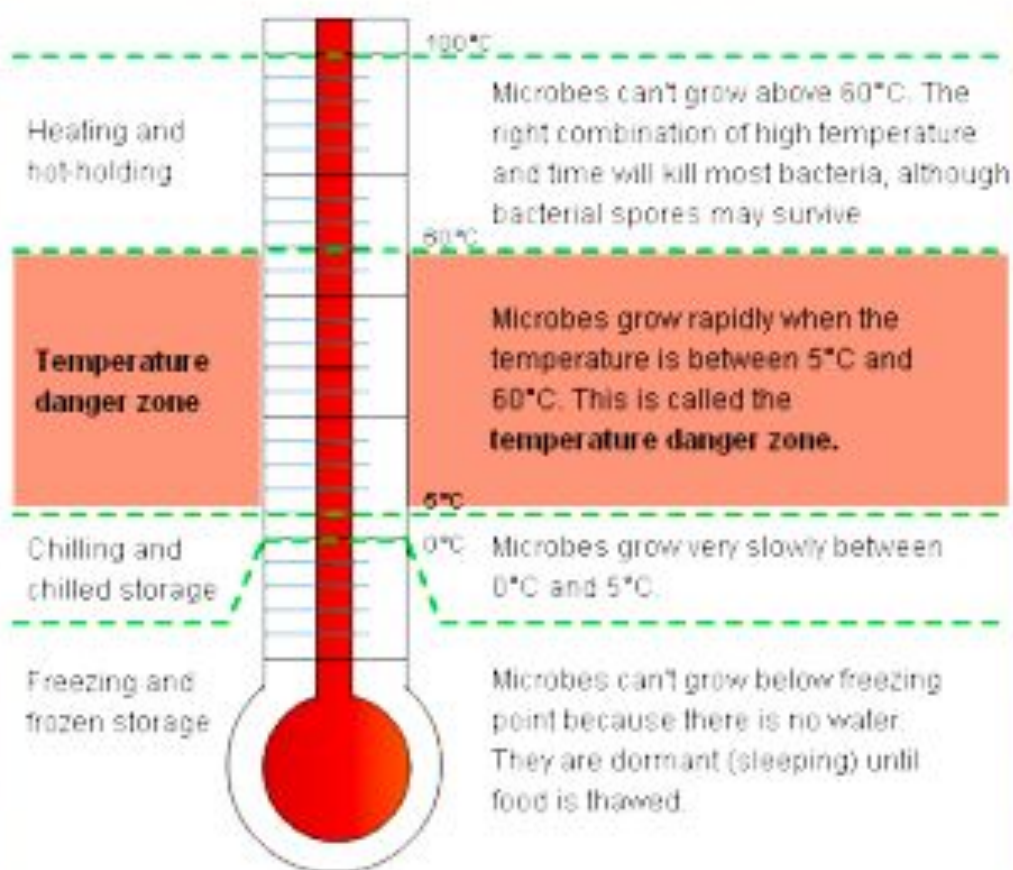
Time
Food
Temperature
Moisture

Legal requirements - food handlers

- keep yourself clean
- keep the workplace clean
- protect food from contamination or anything that could cause harm
- follow good personal hygiene practices - e.g. hand washing
- wear appropriate protective clothing
- tell your employer if you are suffering from or are a carrier of a food-borne illness.

The 4 Cs.....

- Cleaning - what are the reasons for cleaning?
- Cooking - what are safe cooking strategies?
- Cross contamination - what is the impact of cross contamination?
- Chilling - why is temperature control important?



HACCP (Hazard Analysis Critical Control Point) Hazards and how to prevent them from occurring-

Flow of work (At each stage potential hazards can occur)	Control
Purchase of food	Buy from a reputable supplier
Receipt of food	Checking deliveries - for temp
Storage of food	Correct storage - dry, chilled, frozen?
Preparation of food	To avoid contamination - how?
Cooking of food	Cooking thoroughly (Above 75 degrees)
Cooling	Cool through the danger zone as quickly as possible (5-63 degrees)
Hot-holding	Above 63 degrees
Reheating	Not for high risk groups (Above 63 degrees)
Chilled Storage	Between 1 and 5 degrees
Serving	Obey the 4 hour rule for cold food & the 2 hour rule for hot food.

Hygienic Practices

- Food deliveries should be checked
- Food Labels and stored correctly
- First in First out rule with stock
- Temperature control
- Hot Food - Hot Holding at 63C
- Core Temperature - 75C
- Chilled below 5C
- Washing up in hot soapy water
- Waste Disposal



Environmental Health Officers (EHOs)

- Staff - properly dressed, clean nails, no jewellery, hair covered or tied back, good hygiene habits.
- Processes in the work place - handling of food, use of equipment, use of colour coded boards, washing up, disposal of waste.
- Storage of food - fridges, freezers and dry stores. Are they the correct temperature, clean, tidy and orderly? Does the kitchen have good systems in place, e.g. stock rotation and temperature logs?
- Equipment - this should be clean, well maintained and with safety notices if appropriate.
- Temperature of Foods - the use of probes to check food is at the correct temperature.
- Think of an EHO as 'Mr Nosey'. He/she will look at everything to make sure food is safe and not going to give a customer food poisoning. This ensures food producers HANDLE all food hygienically.

COMMON TYPES OF FOOD POISONING

Remember! **CC-BLESS**

C	C	B	L	E	S	S
CLUSTIDIUM PERFRINGENS	LAMPYBACON	BACILLUS CEREUS	LESTERIA	E-COLI	STAPHYLOCOCCUS AUREUS	SALMONELLA
SOIL	SOIL	SOIL	SOIL	RAW		
SYMPTOMS						
AB PAIN NAUSEA DIARRHOEA	AB PAIN HEADACHE DIARRHOEA FEVER	AB PAIN VOMIT DIARRHOEA	FLU-LIKE SYMPTOMS MENINGITIS	DIARRHOEA KIDNEY DISEASE FATAL	AB PAIN VOMIT DIARRHOEA LOW TEMP	AB PAIN VOMIT DIARRHOEA FEVER

CAUSES OF ILL HEALTH

Remember!

PICBAMM

P	I	C	B	A	M	M
POISONOUS PLANTS	INTOLERANCES	CHEMICALS	BACTERIA PATHOGENS	ALLERGIES	METALS	MICROBES VIRUSES MOULDS

Reducing health risks



- READY TO EAT FOOD: Buy in pre-packed, sealed containers.
- READY TO EAT FOOD: Buy in pre-packed, sealed containers, unless it's a sandwich.
- RAW MEAT, POULTRY & FISH: Always cover & keep in sealed containers.
- SALAD, FRUIT & VEGETABLES: Buy ready to eat unless you're making your own. Always wash & peel before use.



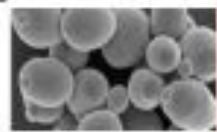
Coeliac/gluten intolerance

- Intolerant to the protein gluten
- Causes diarrhoea, anaemia, weight loss
- Gluten is found in many cereals plants primarily wheat, rye, barley and some oats
- Avoid pasta, bread, cereals flour based foods
- Gluten free products are available



Yeast intolerance

- Yeast is present in a variety of foods, commonly bread, baked products and alcoholic beverages.
- Yeast intolerance has a wide range of symptoms including flatulence, bad breath, fatigue, irritability, cravings for sugary foods, stomach cramps, bad skin and indigestion.
- Fermented foods contain yeasts eg vinegar, wine, salad dressing
- Very ripe fruits contain natural yeasts



Lactose intolerance

- Avoid milk and milk products
- Experience nausea, bloating, pain in the abdomen and diarrhoea
- Eat lactose-reduced products
- Eat goats cheese, soya milk, feta cheese, rice milk
- In the UK, Ireland, 5% of the population is affected,




The difference between intolerances and allergies

- Food intolerances are more common than food allergies. The symptoms of food intolerance tend to come on more slowly, often many hours after eating the problem food. Typical symptoms include bloating and stomach cramps.
- A food allergy is a rapid and potentially serious response to a food by your immune system. It can trigger classic allergy symptoms such as a rash, wheezing and itching.
- Genuine food allergy is rare. About 2% of the population and 8% of children under the age of three are affected. (www.nhs.uk)



Food allergies

- A food allergy is one particular type of food intolerance that involves the body's immune system. Only true allergies involve the immune system.
- In the UK, the most common food allergies are to eggs, milk, fish, peanuts and tree nuts (such as walnuts, Brazil nuts and almonds). * In the UK, kiwi fruit allergy among children is becoming more common.*
- There are up to 10 recognised deaths from food allergies in the UK every year. *



Major allergens

Hospitality and Catering Allergies and Intolerance

Symptoms of food allergies

A food allergy usually occurs between a few minutes and a few hours after eating a particular food.

The symptoms of food allergies vary

- coughing;
- dry, itchy throat and tongue;
- nausea and feeling bloated;
- wheezing and shortness of breath;
- swelling of the lips and throat;
- runny or blocked nose;
- sore, red and itchy eyes.



Preventing allergic reactions

People who have an allergic reaction to foods or ingredients must be particularly careful about what they eat and reading labels and menus carefully is especially important.

New rules that came into effect from December 2014 include the way allergen information appears on labels and on food that is pre-packed, sold loose or served in a restaurant, café or take-away.

Main Dish

Carrot Salad

Halal Lemon Chicken

Vegetable Kabob

Brccoli

Chocolate Chip Cookies