

### Food Safety and Hygiene

#### Some important facts about food hygiene and safe food practice

It is extremely important that we understand how to practice food handling, preparation and storage in a safe and responsible way and that we adhere to legislation that underpins safe food practice. Food poisoning can be life threatening especially for vulnerable groups such as pregnant women, babies and children, ill people and the elderly.

#### The law and food safety - being compliant

There are laws that protect people and safeguard them from the risks and consequences of poor food handling. People with responsibilities to provide food to others in a commercial context have to adhere to these laws and demonstrate their compliance towards them.

The overarching principles of food safety legislation is that we anticipate food safety problems before they actually occur and take appropriate steps to prevent them from happening.

*The Food Safety Act 1990* provides the framework for all food legislation in the UK. The main principles are;

- It is against the law to serve or sell food that could harm health
- Food establishments have a legal duty to produce food that is safe to eat
- People who work with food must protect food from contamination

The Early Years Foundation Stage (EYFS) states that:

*'There must be suitable facilities for the hygienic preparation of food for children, if necessary including suitable sterilisation equipment for babies' food. Providers must be confident that those responsible for preparing and handling food are competent to do so. In group provision, all staff involved in preparing and handling food must receive training in food hygiene.'*

*'Registered providers must notify Ofsted or the childminder agency with which they are registered of any food poisoning affecting two or more children cared for on the premises.'*

The Getting it right for every child (GIRFEC) approach, implemented in Scotland, recognises the expectations for all children to be safe and healthy as part of its overall eight well-being factors also referred to as SHANARRI.

The law requires food handlers to;

- Keep themselves clean
- Wear suitable, protective clothing
- Report foodborne illnesses or skin conditions to a supervisor
- Food handlers must be supervised and instructed and or trained in food hygiene matters concerning their work activity for example, they must be competent to produce safe food

## Food contamination

When food becomes contaminated and is consumed by unsuspecting adults or children it is highly hazardous and can cause serious illness and can lead to death.

Risks from contamination include;

- Physical hazards such as foreign objects found in food
- Chemical hazards such as cleaning materials and bodily fluids (hormones)
- Foodborne diseases such as bacteria and viruses

## Common symptoms of food poisoning

- Abdominal pain
- Nausea (feeling sick)
- Vomiting
- Diarrhoea

Other signs may include a fever and a headache

## Premises that provide food must

- Be effectively designed to enable raw and cooked food, and clean and dirty tasks to be kept separate.
- Provide clean water
- Provide facilities for personal hygiene
- Provide suitable food storage and separate storage for other materials
- Enable staff to clean thoroughly
- Provide for the safe disposal of waste
- Prevent pest infestation

## Hand washing

Every food business has a legal requirement to provide hand washing facilities. Hand washing should be carried out throughout the day to prevent cross contamination by adults and children. Good practice in early years supports children's understanding for the need of effective personal hygiene. This includes practices and routine such as handwashing before meals and snacks and after toileting in order to keep themselves safe.

Check out your knowledge of food hygiene by taking the quiz found in our [Safeguarding Hub](#).

Food hygiene training is available from us on our website [www.earlyyearshub.co.uk](http://www.earlyyearshub.co.uk)