

Topic 1: Getting Ready to Cook

Personal Hygiene – before starting to cook, you need to get yourself ready:

1. Taking off outdoor clothing (coats, blazers, jumpers and ties) and putting on a clean apron
2. Tying up long hair
3. Cleaning hands with hot soapy water

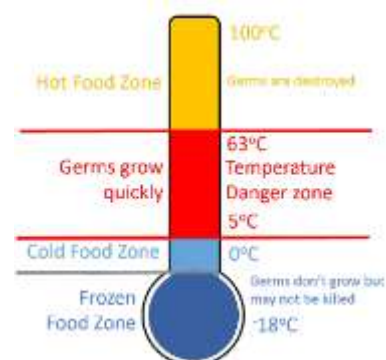


Good personal hygiene will stop you cross-contaminating food with the harmful bacteria that causes food poisoning. When preparing food you should not be eating your ingredients or licking your fingers.

Food Safety – some foods are ‘high risk’ because, if they are not stored, prepared and cooked properly, there is a high risk of them causing food poisoning. Food poisoning is caused by harmful bacteria (pathogens) which produce toxins when they reproduce. Common pathogens include salmonella (found in raw eggs), campylobacter (found in raw chicken) and E. Coli (found in uncooked meat).

Food Poisoning – when you eat food contaminated by bacteria the consequences can be serious. Symptoms include upset stomachs, headaches and dizziness. Bacteria needs food, moisture, warmth and time to reproduce. To prevent bacterial growth you need to use temperature control - keeping foods out of the ‘danger zone’ (5-63C) and following the 4Cs:

1. **Chilling** – when food is kept cold in the fridge (0-5C) bacterial growth slows down. Freezing food (-18C) stops growth but the bacteria will start to grow again when food is defrosted
2. **Cleaning** – removes bacteria from hands and work surfaces in the kitchen
3. **Cooking** – heating food to 75C+ kills bacteria. Once cooked, food should be kept warm above 63C
4. **Cross-contamination** – stops bacteria from spreading from high risk foods to other foods



Using the correct chopping board is one important way of avoiding cross-contamination. You should also clean your hands after touching raw meat and fish.

Topic 2: Traditional British Cuisine

Cuisine is a style of food specific to a country or region. Cuisines develop over time using distinctive ingredients, specific preparation and cooking methods or special equipment. There might also be traditional ways of serving and presenting food.



The staple foods of Britain are based on ingredients grown, reared and caught:

Foods grown in Britain – vegetables such as potatoes, onions and leeks grow well on UK farms. Fruits such as apples, plums and rhubarb also thrive. Herbs commonly used to flavour British food include mint, chives and sage.

Food reared in Britain – beef, lamb, poultry and game, pork, bacon and ham are popular. Dairy products, like cheese, butter, cream and yoghurt, are also made using the milk from dairy farms.

Food caught in Britain – as an Island nation, Britain has access to a wide range of seafood from white and oily fish to seafood such as crabs and lobsters.

From these ingredients, British people have developed a number of sweet and savoury dishes. Many of the savoury dishes incorporate a combination of meat and vegetables. Many of the desserts include milk, butter, eggs and sugar in combination with fresh fruit.

A national survey of British people identified the most popular British dishes. They included roast dinners, fish and chips, full English breakfasts, fruit crumbles, trifles and custard.

Cooking methods frequently used in Britain include roasting, casseroles, baking and steaming.



Most British people adopt the eating pattern of three meals a day – breakfast, lunch and dinner. Afternoon tea has also become popular again as an occasional treat. It consists of a mid-afternoon snack consisting of small sandwiches, a slice of cake and cup of tea.

As more people from other countries come to live in Britain, and there is greater opportunities to travel, our eating habits have changed. Many traditional dishes are being replaced by ones originating in other countries.