FOOD HYGIENE REQUIREMENTS IN RESTAURANTS

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The importance of good food hygiene in restaurants should never be overlooked. All food handlers must be aware of food hygiene regulations, their individual responsibilities, and the best practices they can apply to meet safe food standards.

Each year worldwide, unsafe food causes 600 million cases of foodborne diseases and 420 000 deaths. 30% of foodborne deaths occur among children under 5 years of age. It was estimated that 33 million years of healthy lives are lost due to eating unsafe food globally each year, and this number is likely an underestimation. There are 2.4 million cases of food poisoning in the UK every year.

What is food hygiene? It is a term used to describe the important processes of storing, handling, and preparing food and drink in a way that minimises the risk of people contracting illnesses from infection and food-borne viruses.

The primary purpose of food hygiene policies in restaurants is to create a framework that reduces the risk of food becoming contaminated and leading to illness amongst customers.

Some critical elements of food hygiene include cleaning procedures (all kitchen and restaurant equipment must be cleaned thoroughly); cross-contamination prevention (this can be implemented by using colour-coded chopping); personal hygiene (this can be implemented by wearing appropriate protective clothing, regular washing hands, etc); cooking temperatures (it's crucial that all food served to customers is stored at the correct temperatures and cooked appropriately); safe storage of food (it be labeled and dated appropriately and stored in temperature-controlled environments).

In the hospitality industry, the four C's are an important aspect of food hygiene safety. Chilling, cooking, cleaning, and cross-contamination are all parts of the food handling process and have to be implemented professionally. Efficient cleaning eliminates bacteria on surfaces, equipment, and hands.

Thorough cooking eliminates harmful bacteria present in food. For this reason, it's essential to ensure that food is cooked correctly. When reheating or cooking food, restaurant staff must make sure that the food must always be served at a minimum temperature of 63°C.

Correctly chilling food helps to prevent the growth of harmful bacteria. Many foods require a chilled storage environment to stay safe and to slow down their process of decomposition.

In the hospitality industry, reputation is everything. An inadequate food hygiene rating or negative online reviews can completely destroy a business.

If a customer falls ill after dining in your restaurant, the chances of them ever returning are significantly reduced, not to mention the negative reviews and comments that they could make to friends or family. The fact is that 54% of customers share negative experiences with five or more people, whereas only 33% of people share positive experiences.

Food preparation areas must be designed to allow good food hygiene practices and processes. Floors must be constructed with a material that is safe to walk on, easy to clean. Walls should be constructed with materials that are washable and non-toxic. Windows must be designed to prevent dirt accumulation and be fitted with insect screens. Surfaces should be made of smooth, non-toxic, washable, corrosion-resistant material, and kept in good condition. Washing facilities for equipment and food must be appropriate for washing food and utensils and provide hot and cold water.

All members of staff that handle food must be trained in food safety and hygiene so that they understand the importance of these practices in their work.

To sum up, you will help to prevent contamination and food poisoning amongst your staff and customers, maintaining a high standard of hygiene and upholding your reputation as an excellent food services provider.

References

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CONSEQUENCES OF ENVIRONMENTAL DISASTER IN KAMCHATKA

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There are many environmental problems in the modern world and the most global of them is happening now in Kamchatka. The Far Eastern piece of paradise on earth, the land of active volcanoes, bears and red fish, which managed to preserve the beauty of prehistoric nature on its territory, the abode of all kinds of flora and fauna listed in the World Red Book - the Kamchatka Peninsula is now experiencing the biggest environmental disaster associated with large-scale pollution water by an unknown chemical, which in the shortest possible time caused the death of almost 95% of the marine inhabitants of the coastal part of the Pacific Ocean near the Khalaktyr Beach.

Disaster struck started on September 9, when the workers and visitors of the surf club, located on the beach of the ocean, felt badly. The symptoms of poisoning and burned eyes were felt by everyone, who had entered the water. [1] Surfers noted that the water turned yellow, tasted bitter and its structure felt and looked like jelly. Then terrible news came from the scuba divers who were sinking under the water in the bay nearby - the whole reef was dead. The scale of the disaster became clear to everyone after the storm, when the dead bodies of thousands of sea inhabitants, from starfish and hedgehogs to Dorfer's octopuses, covered the coast. [2] The official reasons of what had really happened are still unknown, but the main assumption is that chemicals have leaked from a military proving ground, located not far from the place of environmental disaster. In the seawater and river samples as well as biomaterials (shellfish, crabs) the components of oil fractions and fatty acids were found. Moreover, the presence of various metals, including compounds of mercury, boron, vanadium, selenium had been identified in the samples as well. Experts from the international independent organization Greenpeace inferred that this incident may have global consequences, because everything in nature is interconnected. Some species of animals are associated with other food chains and if something happens to one link, the whole chain suffers. Nowadays, much attention is drawn to sea otters and anthurs - these are rare species of marine predatory mammals that are listed in the Red Book. They feed on the inhabitants of the ocean and in this situation are forced to starve or eat the poisoned bodies, which, in its turn, will negatively affect their existence in the future. [3] Speaking about humanity it should be noted that we are part of the food chain too and a huge percentage of red fish we buy in the stores is caught exactly in the places, where the above disaster happened. Mercury, for example, poses a threat to fetal development and early childhood development. Fetal exposure to mercury in the course of its development may result to pathological diseases if mother consumes fish or shellfish, even in small quantities. The child may have impaired cognitive thinking, memory, attention, speech, as well as fine motor skills and visual-motor coordination. Inflammation of the skin and mucous membranes of the eyes, being observed in the victims, is the sign confirming the effects of vanadium.

In should be concluded, that insufficient information coverage, hiding the real causes and dimensions of this ecological catastrophe leads to the question - how may the disaster happened in September by the coast of one of the main world fishing centers of the Kamchatka Peninsula affect humanity and the environment in the future? Only time might give us the answer to this question.