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Health science

Study guide unit 10 Food safety and hygiene

What are food borne illnesses?

A foodborne illness is an illness that happens as a result of eating foods that contain disease-causing microorganisms. The most common disease-causing microorganisms found in food are bacteria, but can also include viruses, fungi, parasites or chemicals.

Foodborne illnesses can occur from 6-72 hours after eating contaminated food. Most people will recover without treatment.

Bacteria need certain conditions to grow:
Time, warmth, food & water

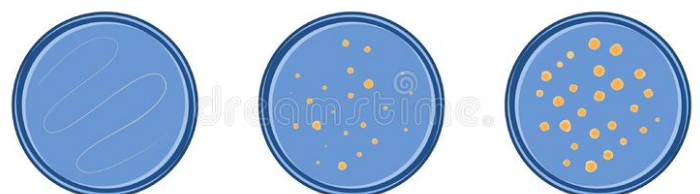
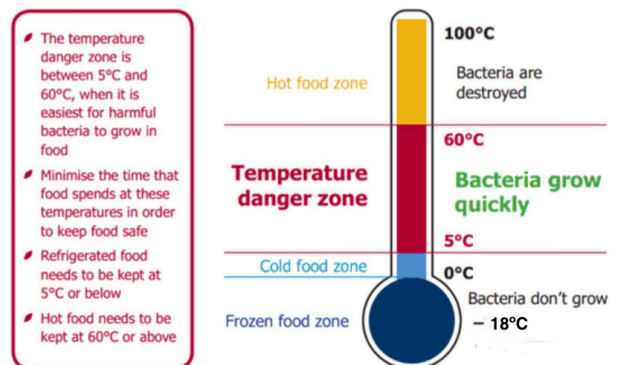
Harmful bacteria may already be in foods when you buy them. Raw foods may be contaminated with bacteria that cause foodborne illnesses.

Some illness causing bacteria:

Campylobacter
E.coli
Salmonella
Listeria

When does contamination happen?

- Growth
- Harvesting
- Slaughter
- Processing
- Storage
- Transportation
- Preparation in a kitchen



HIGH RISK FOODS

Some foods are more likely to make you sick than others. This is because these foods are more at risk of bacterial growth.

- Poultry
- Eggs
- Seafood
- Rice
- Vegetables

CROSS-CONTAMINATION

Can occur when particles of an allergy-containing food accidentally land on another food that is normally safe to eat.

Your food travels a long distance from its origin until it arrives to your plate. As a result, there are many points where food can become contaminated.

TYPES OF CROSS-CONTAMINATION

- Food-to-food
- Equipment-to-food
- People-to-food



Five keys to safer food

Keep clean

- ✓ Wash your hands before handling food and often during food preparation
- ✓ Wash your hands after going to the toilet
- ✓ Wash and sanitize all surfaces and equipment used for food preparation
- ✓ Protect kitchen areas and food from insects, pests and other animals

Why?
 While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These microorganisms are often on hands, washing cloths and sponges, especially cutting boards and utensils, especially cutting boards and sponges. The highest contact can transfer them to food and cause foodborne diseases.

Separate raw and cooked

- ✓ Separate raw meat, poultry and seafood from other foods
- ✓ Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- ✓ Store food in containers to avoid contact between raw and prepared foods

Why?
 Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred to other foods during food preparation and storage.

Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood
- ✓ Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- ✓ Reheat cooked food thoroughly

Why?
 Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70°C can kill most dangerous microorganisms. Foods that require special attention include minced meats, red meats, large joints of meat and whole poultry.

Keep food at safe temperatures

- ✓ Do not leave cooked food at room temperature for more than 2 hours
- ✓ Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- ✓ Keep cooked food piping hot (more than 60°C) prior to serving
- ✓ Do not store food too long even in the refrigerator
- ✓ Do not thaw frozen food at room temperature

Why?
 Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperatures below 5°C or above 60°C, the growth of microorganisms is stopped or slowed down. Some dangerous microorganisms still grow below 5°C.

Use safe water and raw materials

- ✓ Use safe water or treat it to make it safe
- ✓ Select fresh and wholesome foods
- ✓ Choose foods processed for safety, such as pasteurized milk
- ✓ Wash fruits and vegetables, especially if eaten raw
- ✓ Do not use food beyond its expiry date

Why?
 Raw materials, including water and food, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be found in damaged and mouldy foods. Care in selection and handling of raw materials and simple measures such as washing and peeling may reduce the risk.

Knowledge = Prevention

Food Safety World Health Organization

SIGNS and SYMPTOMS of ANAPHYLAXIS

WASH YOUR HANDS

1. WATER AND SOAP
2. PALM TO PALM
3. BETWEEN FINGERS

Brain
 Anxiety, confusion, headache, feeling that something is about to happen

Airway
 Coughing, wheezing, shortness of breath, wheezing, chest pain or tightness, tightening of throat, difficulty swallowing

Heart
 Faint, pale or loss of consciousness, dizziness, weak pulse, shock, loss of consciousness

Skin
 Itching, redness, widespread redness, warmth

Stomach
 Nausea, vomiting, diarrhea, stomach pain or cramps

GIVE EPINEPHRINE & CALL 911

FOCUS ON WRISTS

A food allergy is when the body's immune system responds unusually to certain foods. Your body reacts to the food and tries to fight against it. This releases chemicals which cause an allergic reaction. Food allergies can cause anaphylaxis. They can be life-threatening.



Food allergy - immune system
Food intolerance - digestive system



Food allergies and intolerances

FOOD ALLERGY vs. FOOD INTOLERANCE

THE FACTS

FROM THE DOCTORS

<p>Usually comes on suddenly Small amount of food can trigger Happens every time you eat the food Can be life-threatening</p>	<p>Usually comes on gradually May only happen when you eat a lot of the food May only happen if you eat the food often Is not life-threatening</p>
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SHARED SYMPTOMS

<p>Nausea Stomach pain</p>	<p>Diarrhea Vomiting</p>
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DIFFERENT SYMPTOMS

<p>Rash, hives, or itchy skin Shortness of breath Chest pain Sudden drop in blood pressure, trouble swallowing or breathing</p>	<p>Gas, cramps, or bloating Heartburn Headaches Irritability or nervousness</p>
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COMMON FOOD ALLERGIES AND INTOLERANCES

THESE TRIGGERS CAUSE ABOUT 90% OF FOOD ALLERGIES

Peanuts	Fish	Milk	Soy
Tree nuts (walnuts, pecans and almonds)	Shellfish	Eggs	Wheat

TREATMENT FOR FOOD ALLERGY

Keep a diary of the foods you eat and the symptoms you have

Stop eating some foods to help figure out which one is causing symptoms

Have allergy tests

HOW TO PREVENT SYMPTOMS

Learn which foods -- and how much -- cause you to have symptoms. Either avoid the food or only have as much as you can without triggering symptoms.

When you eat out, ask your server about how your meal will be prepared. It may not always be clear from the menu whether some dishes contain problem foods.

Learn to read food labels and check the ingredients for trigger foods. Don't forget to check condiments and seasonings. They may have MSG or another additive that can cause symptoms.

-- THESE CAN BE LIFE-THREATENING. CALL 911 IMMEDIATELY.