

مذكرة الوحدة العاشرة :10 Unit – guide Study hygiene and safety Food



تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف الثاني عشر ← علوم صحية ← الفصل الثالث ← ملفات متنوعة ← الملف

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المزيد من مادة
علوم صحية:

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التواصل الاجتماعي بحسب الصف الثاني عشر



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثاني عشر والمادة علوم صحية في الفصل الثالث

مذكرة الوحدة التاسعة : guide Study Pharmacy الصيدلية

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مذكرة الوحدة التاسعة Pharmacy والوحدة العاشرة hygiene abd safety Food المسار المتقدم

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أوراق عمل اختيار من متعدد الوحدة التاسعة Pharmacy مع الحل

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أوراق عمل اختيار من متعدد الوحدة التاسعة Pharmacy بدون الحل

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ملخص الوحدة الحادية عشرة Nutrition Clinical التغذية السريرية

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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

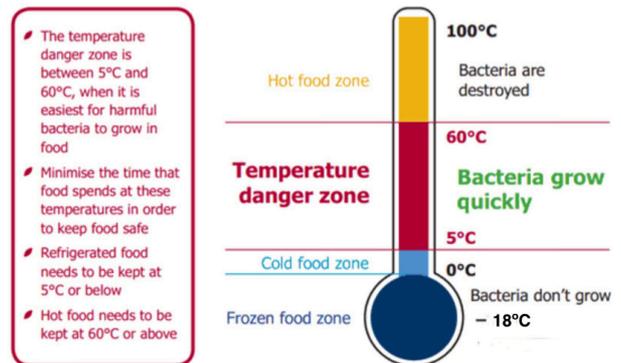
Harmful bacteria may already be in foods when you buy them. Raw foods may be contaminated with bacteria that cause foodborne illnesses.

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 carried on hands, washing cloths and utensils, especially cutting boards and sponges, which 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 help ensure it is safe for consumption. Foods that require special attention include minced meats, offal, steaks, 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 heating at temperatures below 5°C or above 60°C, the growth of microorganisms is slowed down or stopped. 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 ice, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection 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

FOCUS ON WRISTS

GIVE EPINEPHRINE & CALL 911

Symptoms:

- Airway:** Coughing, wheezing, shortness of breath, wheezing, chest pain or tightness, tightening of throat, difficulty swallowing
- Brain:** Anxiety, confusion, headache, feeling that something is about to happen
- Heart:** Faint, pale or loss of color, dizziness, weak pulse, shock, loss of consciousness
- Skin:** Hives, swelling, redness, widespread redness, warmth
- Stomach:** Nausea, vomiting, diarrhea, stomach pain or cramps

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.



Common Food Allergens

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

Nausea, Stomach pain, Diarrhea, Vomiting

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.

