



SNS COLLEGE OF TECHNOLOGY

**FOOD SAFETY AND QUALITY
REGULATION**

UNIT 3 : QUALITY CONTROL

PRINCIPLES OF QUALITY CONTROL

Every food establishment uses, processes, and sells food in different ways. However, the general issues and key principles of food safety remain the same, whatever the style of the operation. All food safety training programs should contain the “big 3” factors that could cause food to become unsafe. Food must be kept out of harms way from human errors, but if you don’t train food workers what they are, they won’t know why these factors are so important to your operation. The basics can make us or break us in one or maybe two food handling mistakes.

Those basic 3 principles that we must train all managers and food workers about are:

- Personal Hygiene for Food Professionals;
- Time & Temperature Control;
- Cross-contamination Prevention

1. Professional Personal Hygiene – It’s not all common sense to everyone. Food workers must observe the highest possible standards of personal hygiene to make certain that food does not become contaminated by pathogenic microorganisms, physical or chemical hazards. High standards of personal hygiene also play an important part in creating a good public image, as well as protecting food. Handwashing, fingernails, food worker illness policy (including exclusion of ill workers, cuts, burns, bandages, etc.), hair, uniforms, glove use, jewellery, personal cleanliness, or unsanitary habits such as eating, drinking, smoking, or spitting are all parts of defining personal hygiene standards. Poor handwashing is one of the leading causes of foodborne illness.

2. Time & Temperature Control of Foods – We can reduce bacterial growth in potentially hazardous foods by limiting the time food is in the “danger zone” (135°F to 41°F) during any steps of the food flow from receiving through service. The FDA Food Code recommendation no more than a cumulative 4 hours in the danger zone. Use a calibrated thermometer to chart time and temperature based upon your menu for: cold holding (41°F⁻), hot holding (140°F), cooking (based on the food), reheating (165°F), and cooling. Rapid cooling of hot foods (leftovers) or foods cooked several hours advance of service is a special challenge, which allows a six hour two stage cooling method for a total of 6 hours (140°F to 70°F in 2 hours & 70°F to 41°F in 4 hours).

3. Cross-contamination Prevention—This is simply the transfer of harmful microorganisms or substances to food and covers a multitude of potential food handling errors in all stages of food flow. Cross-contamination can occur at any time. The 3 routes: 1) food to food, 2) hands to food, or 3) equipment to food. Ready-to-eat foods must receive the most care to prevent contamination.

ASSISTANT PROFESSOR

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