

Hygiene and food safety in dysphagia

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INDEED: "Innovative tools for diets oriented to education and health improvement in dysphagia condition" - Project N: 2020-1-ES01-KA204-083288





Goals of the lesson

This lesson aims to show some of the key aspects of food safety and hygiene for professionals who are involved with food handling of people suffering from dysphagia





Learning outcomes

- To be aware of the types of contaminants and the hazards associated with them
- To get into the most frequent foodborne diseases
- To review the principles to be followed to achieve correct food hygiene





Ice Breaker

Did you know?



(Source: WHO, 2021)





The need of formation on food safety

- Professionals have a responsibility to ensure that they serve food that is safe and free of contamination.
- Food safety, nutrition and food security are inextricably linked.
- Unsafe food creates a vicious cycle of disease and malnutrition, particularly affecting infants, young children, elderly and the sick.





Food hygiene and dysphagia

Hygienic preparation and serving of food is always paramount, but much more for those people suffering from dysphagia.

Users of dysphagia diets may be considered as part as at-risk groups, as they include in many cases, fragile infants and elderly, malnourished individuals. They cannot tolerate even small levels of microbial contamination.

Appropriate hygiene must be applied as necessary during all stages preceding the consumption of food to ensure that it is safe.







Food hygiene and texture-modified diets

Characteristics of texture-modified food which imply a higher hygienic risk vs convectional food.

- ☐ They are prepared using ingredients rich in nutrients for microbial growth
- ☐ High Aw values, which facilitates microbial growth
- ☐ They require from high manipulation
- ☐ It is difficult to maintain a safe temperature during processing and serving



(Source: https://www.istockphoto.com)





What should we do?

All the operations applied to prepare the food should take particular caution to prevent food-borne illness caused by biological, chemical, or physical hazards.

But pay attention!

Contaminants cannot be seen with the naked eye. Many types of food contamination can cause illness without a change in appearance, odor, or taste of the food.

Cross-contamination happens when germs are transferred from one food item to the other, usually from raw food to ready-to-eat foods, by contaminated hands, equipment, or utensils.







What do we mean by hazards when handling food?

A food hazard is an agent in a food with the potential to cause adverse health effects.

Hazards may be divided into 3 groups:

- Biological hazards (Microorganisms and parasites)
- Chemical hazards
- Physical hazards
 See Figure 1.





What do we mean by hazards when handling food?

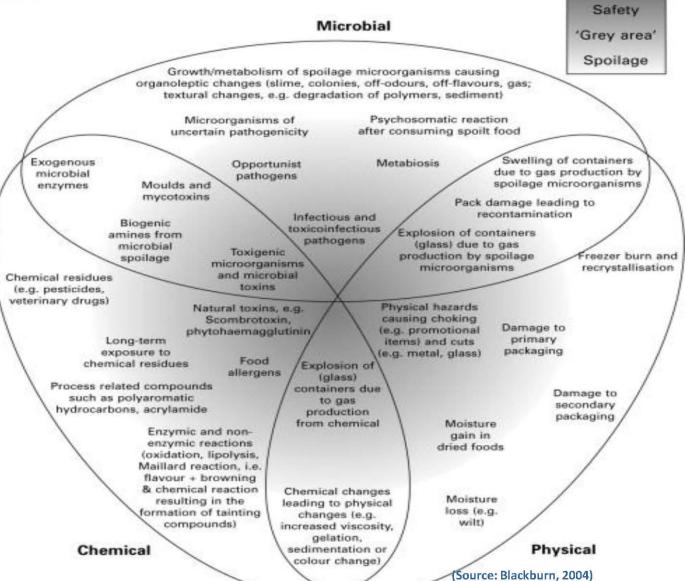


Figure 1. Continuum of potential food-related hazards and their consequences for consumers.

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BIOLOGICAL HAZARDS _ Microorganisms

Microorganisms are the most common type of food biological contamination and the agents involved in outbreaks of foodborne illness.

Some microorganisms simply cause spoilage of food (spoilage microorganisms), while others can cause illness and even death if consumed (pathogen microorganisms).

It should be standed out that many types of microbial contamination can cause illness without changing the appearance or flavour of the food.







BIOLOGICAL HAZARDS

Microorganisms

Microorganisms are microscopically living organisms that multiply rapidly in the right environment (nutrients, pH and temperature).

The factors that affect the growing of the microorganisms in the food are:

Nutrients

Water activity

рН

Temperature

Oxygen availability

Presence of antimicrobial agents

Food products may be contaminated at the farm or field, at processing, packaging, distribution or during food preparation.



We can act on those

the growth of the

microorganisms

factors to prevent or delay



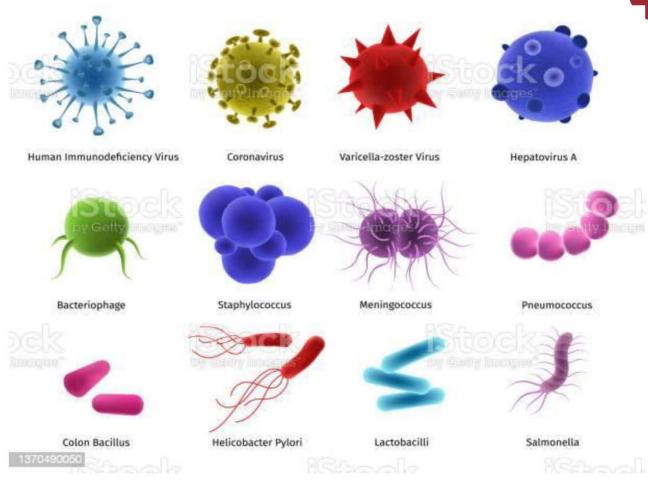


BIOLOGICAL HAZARDS

Microorganisms

The microorganisms are classified into three major groups:

bacteria, viruses and fungi (molds and yeasts).



(Source: https://www.istockphoto.com)







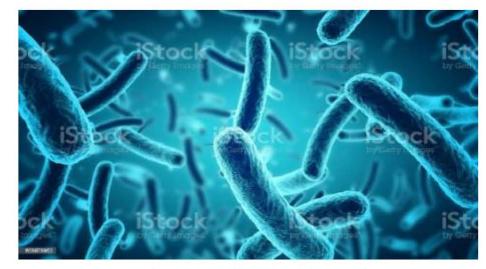
BIOLOGICAL HAZARDS

Microorganisms _ Bacteria

Bacteria are the most common cause of food-borne illness.

Bacteria are single-celled organisms that can be round, rod, or spiral in shape.

Bacteria that can cause foodborne illness include Escherichia coli O157:H7, Bacillus cereus, Salmonella spp, Campylobacter jejuni, Clostridium spp., Lysteria monocytogenes and Vibrio spp., among others.



(Source: https://www.istockphoto.com)







BIOLOGICAL HAZARDS

Microorganisms _ Bacteria

Bacteria act in two ways: as pathogens or as toxins released by the bacteria.

Pathogen bacteria causes infectious diseases, obtaining their nutrients from food (meat, eggs, dairy) and reproduce rapidly when proper conditions (temperature, pH).

Some other bacteria release toxins into food products and can cause illness when eaten.







Table *. Bacterial growth needs



BIOLOGICAL HAZARDS

Microorganisms _ Bacteria

Bacteria growth and reproduction is affected by temperature, moisture level, available nutrient sources, oxygen levels, pH of the environment (acidity or alkalinity), presence or absence of inhibitors (such as preservatives) and the length of time.

Needs	Description and examples
Food characteristics	Protein rich food Unwashed fruit and vegetables Food with a high moisture content
Acidity or alkalinity	Most bacteria prefer a neutral environment of pH 7 but may grow in a pH range of 4,6 to 9.0
Temperature	Bacteria grow rapidly between 15 and 50 °C, but can multiply even at lower and higher temperature
Time	Most bacteria multiply and increase in number by simple cell division and can
Oxygen	Most bacteria need air. Some others are anaerobic (such as Clostridium botulinum)
Water activity (moisture)	High Aw favours microbial growth rate and low Aw reduces microbial growth rate





BIOLOGICAL HAZARDS

Microorganisms _ Bacteria

Bacteria that we should "know":

Salmonella, Campylobacter, and Enterohaemorrhagic Escherichia coli are among the most common foodborne pathogens that affect millions of people annually – sometimes with severe and fatal outcomes. Symptoms are fever, headache, nausea, vomiting, abdominal pain and diarrhoea. Examples of foods involved in outbreaks of Salmonella are eggs, poultry and other products of animal origin. Foodborne cases with Campylobacter are mainly caused by raw milk, raw or undercooked poultry and drinking water. Enterohaemorrhagic Escherichia coli is associated with unpasteurized milk, undercooked meat and fresh fruits and vegetables.

Listeria infection leads to miscarriage in pregnant women or death of newborn babies. Although disease occurrence is relatively low, listeria's severe and sometimes fatal health consequences, particularly among infants, children and the elderly, count them among the most serious foodborne infections. Listeria is found in unpasteurised dairy products and various ready-to-eat foods and can grow at refrigeration temperatures. Vibrio cholerae infects people through contaminated water or food. Symptoms include abdominal pain, vomiting and profuse watery diarrhoea, which may lead to severe dehydration and possibly death. Rice, regetables, millet gruel and various types of seafood have been implicated in cholera outbreaks.





BIOLOGICAL HAZARDS

Microorganisms _ Viruses

Viruses are much smaller microorganisms than bacteria that can grow and reproduce inside living cells.

Viruses cannot grow in food products, but may survive in the food.

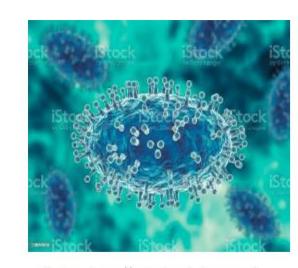
They may be present in the food or enter the food by contamination from polluted water, animals or food handled by an infected employee who failed to follow correct hygiene practices.

Virus that we should "know"

Viruses responsible for foodborne illness include Hepatitis A, Norwalk virus, rotavirus, among others.

Norovirus infections are characterized by nausea, explosive vomiting, watery diarrhoea and abdominal pain.

Hepatitis A virus can cause long-lasting liver disease and spreads typically through raw or undercooked seafood or contaminated raw produce. Infected food handlers are often the source of food contamination.



(Source: https://www.istockphoto.com)





BIOLOGICAL HAZARDS

Microorganisms _ Molds and yeasts



(Source: https://www.istockphoto.com)

Molds are microorganisms with larger cell size that form chains and branches.

Important molds that cause spoilage of food products include Aspergillus spp, Fusarim spp, Penicillium spp., Rhizopus spp.

Some species may cause illness, through the production of metabolites called aflatoxins.

Yeasts are microorganisms that can cause spoilage of food, but they are also used in fermentation processes.







2. CHEMICAL HAZARDS

There are a number of chemicals that are not allowed in food and some others should be below safe limits.

Some chemical contaminants appear naturally in food and some others added during the processing.

Chemical contamination can lead to acute poisoning or long-term diseases, such as cancer.

Naturally occurring and environmental pollutants chemical hazards include the following:

- mycotoxins, marine biotoxins, grain aflatoxins, compounds from undercooked legumes, agricultural chemicals (pesticides, fungicides, antibiotics....). A long-term exposure can affect the immune system and normal development, or cause cancer.
- Persistent organic pollutants (POPs), Dioxins are highly toxic and can cause reproductive and developmental problems, damage the immune system, interfere with hormones and cause cancer
- Heavy toxic metals (lead, copper, mercury....) can cause neurological and kidney damage.







2. CHEMICAL HAZARDS

- Housekeeping products are also chemical hazards.
- They can contaminate the food if they are not properly labelled, stored and used.
- Food must be stored apart from housekeeping products.
- Food packages should not be used to keep cleaning or chemical products.



(Source: https://www.istockphoto.com)







3. PHYSICAL HAZARDS

- Physical contamination occurs when objects such as stones, bones, wood, plastic, needles, human or animal hair, dirt, metal, glass, jewelery, fingernails are found in food.
- Finding this objects in food may cause illness or injury to the person.
- Food handlers training is essential to avoid physical hazards. They should use hair restraints and avoid wearing jewelry, artificial nails, nail polish...







Foodborne diseases are caused by contamination of food and occur at any stage of the food production, delivery and consumption chain.

They can result from several forms of environmental contamination including pollution in water, soil or air, as well as unsafe food storage and processing.

More than 200 diseases are caused by contaminated food



(Source: WHO, 2021)







- Among the most frequently occurring food-borne infections.
- Salmonellosis is caused by Salmonella bacteria of several different types.
- Bacteria can be found on fresh meat, poultry, shelled or cracked eggs, and shellfish from contaminated waters. Bacteria also can be found in foods made from these products and contaminated during preparation.
- The presence of Salmonella bacteria in food is unnoticeable because the appearance, flavour, and odour
 of the food usually are not altered.
- Symptoms of salmonellosis include nausea, vomiting, abdominal pain, diarrhoea, headache, chills, weakness, drowsiness, and possibly fever. The illness usually lasts two or three days, but it may linger.
- Symptoms of salmonellosis vary in severity, depending on an individual's susceptibility to the infection, the total number of cells ingested, and the bacterial strains involved.
- Salmonellosis can be avoided by reducing the possibility of food contamination during handling and
 processing, by adequately cooking vulnerable foods (which can be contaminated even under the best
 processing conditions), and by preventing the cross-contamination of foods during the preparation
 process.





Staphyloccal infection

- Staphylococcus aureus bacteria are responsible for frequent outbreaks of food-borne illness. The most common source of staphylococcal contamination is the human body, where organisms are found on the skin and in the mouth, nasal passages, and throat of healthy people.
- Toxins are produced when foods that support the growth of staphylococci are contaminated with the organism
 and are allowed to stand for a sufficient period at temperatures favourable for bacterial growth.
- Bacteria are killed when subjected to temperatures of 60°C for 10 minutes, but toxins are highly resistant to heat, cold, and chemicals. Freezing, refrigerating, or heating foods to serving temperatures does not significantly reduce the amount of toxin. The more toxins a person ingests, the greater the reaction of the body.
- Foods high in protein readily support the growth of staphylococci and have been involved in many outbreaks of
 food poisoning. Such foods include custards; meat sauces and gravies; fresh meats; cured meats; meat products;
 roasted poultry and dressing; poultry, egg, and fish salads and mixtures; raw milk; puddings; and cream-filled
 pastries. Any food that requires a considerable amount of handling during preparation is a possible source of food
 poisoning, particularly if it is not kept at safe temperatures during or after preparation.
- Symptoms of staphyloccal infection usually occur two or three hours after consumption of the toxin-containing food. However, the time may vary from 30 minutes to six hours. Specific symptoms of staphylococcal food intoxication include nausea, vomiting, diarrhea, dehydration, cramps, and prostration.







Campylobacteriosis

- Campylobacteriosis is a food-borne infection caused by the pathogen C. jejuni.
- Food-borne outbreaks have been linked to raw or undercooked meat or poultry or these products being recontaminated after cooking by contact with *C. jejuni* contaminated materials such as cutting boards.
- C. jejuni is sensitive to heat and temperatures below 86°F (30°C) and can be easily destroyed through proper food-handling practices. The growth of this bacterium quickly declines at room temperature and more slowly at refrigerated temperature. The organism also is sensitive to acidic conditions.







Listeriosis

- L. monocytogenes is the species of bacteria that can cause listeriosis. The source of the bacteria is most often contaminated food.
- Individuals most susceptible to listeriosis are persons older than 60, newborns, and patients whose immune systems are compromised. Individuals suffering from cirrhosis, diabetes mellitus, and ulcerative colitis are more at risk. Complications including miscarriage, meningitis, septicemia, pneumonia, and endocarditis can result from serious cases of listeriosis.
- L. monocytogenes is particularly problematic in food service operations because
 the bacteria grow slowly at refrigeration temperatures and on moist surfaces, even
 sponges and drains.







Haemorrhagic colitis by *E. coli* 0157:H7

- E. coli 0157:H7 is a bacterium that has caused many food-related out-breaks. The bacterium can cause haemorrhagic colitis (bloody diarrhoea) and renal failure (haemolytic uremic symptoms).
- Undercooked or raw ground beef and red meat (lamb and pork) and unpasteurized milk have been implicated as transmitters of *E. coli*. E.coli 0157:H7, which has also been found in prepared foods (such as mashed potatoes, cream pies, finfish, and some cheeses).
- To avoid this haemorrhagic colitis, it is recommended: Good food-manufacturing practices, proper heating of meats and following good hand-washing and personal hygiene practices at all times.







Personal hygiene in Food handlers

Employees should be trained in proper food-handling and sanitation practices and they must in a healthy state and be free from infections.

All food handlers must be aware that high standards of personal hygiene are important. Some rules for food workers are the following:

- Food handlers must wear clean outer clothing and hair and beard restraints (hats, hairnets)
- Food handlers should keep their fingernails short and not wear any jewellery on their arms and hands.
- Food handlers should use gloves of food handling utensils or papers to handle ready-to eat-food.
- Food handlers should use hands-fee taps and paper towel dispensers to reduce the risk of contamination
- Food handlers must wash their hands frequently using soap and water and paper towels to dry.
- Food handlers should cover any wounds, cuts or open bruises on their hands or arms with a waterproof bandage.
- Food handlers who feel ill with symptoms such as vomiting, diarrhoea, sore throat or fever must
 report to their manager or supervisor.









Safe food handling

Keep clean
Separate raw and cooked
Cook thoroughly
Keep food at safe temperatures
Use safe water and raw materials

These are "Five keys to safer food", which were developed by WHO to educate safe food handling behaviours to all consumers and food handlers.









Safe food handling



Five keys to safer food

Keep clean

- Wash your hands before handling food and often during food preparation

- Wash and sarvice all surfaces and equipment used for food preparation ✓ Protect kitchen areas and food from insects, pesps and other arienals.

are widely found in soil, water, animal est contact can transfer them



Separate raw and cooked

- Separate raw mear, poultry and seafood from other foods Use separate equipment and utensit such as knives and cutting boards for Store food in consainers to avoid contact between raw and prepared foods

Naw food, expecially meat, poultry and seafood, and their juices, can contain be transferred onto other foods during



Cook thoroughly

- Cook food thoroughly, especially mear, poultry, eggs and sealoud
- Being foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that succes are clear, not pink. ideally, use a thermometer
- Reheat cooked food thoroughly

cooking food to a temperature of 70% can bely ensure it is safe for consumption Foods that require special attention include mining means, rolled masts, large plints of meat and whole positry.



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 hor imore than 60°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

speature by holding at tempera tures below 5°C or above 60°C, the with of microorganisms is stoned on or stopped. Some dangerous



Use safe water and raw materials

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

microorganisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. (are in selection of your materials and sample measures such as washing and peeling may reduce the rick

(Source: WHO, 2021)

Knowledge = Prevention

funded by the + Programme ropean Union

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Safe food handling

Storing food

Food storage should be aimed to keeping nutritional, sensory and hygienic quality.

The procedures have to:

- □ Prevent or delay microbiological activity
- □ Prevent or delay enzymatic activity and chemical reactions
- □ Prevent contamination from other agents.
- □ You must carefully follow storage instructions.









Safe food handling

Storing food

Use-by date / Best before date

A use-by date on food is about safety. This is the most important date to remember. You can eat food until and on the use-by date but not after. You will see use-by dates on food that goes off quickly, such as meat products or ready-to-eat salads.

For the use-by date to be a valid guide, you must carefully follow storage instructions. For example, if the instructions on the packaging tell you to refrigerate after opening, you should keep the food in a fridge at 5°C or below. Find out more about chilling your food correctly.

After the use-by date, don't eat, cook or freeze your food. The food could be unsafe to eat or drink, even if it has been stored correctly and looks and smells fine., including meat and milk, can be frozen before the use-by date though so plan ahead.

The best before date, sometimes shown as BBE (best before end), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. Its flavour and texture might not be as good. Best before dates appear on a wide range of foods including frozen foods, dried foods and tinned foods.

The best before date will only be accurate if the food is stored according to the instructions on the

packaging.

Co-funded by the Erasmus+ Programme of the European Union



Safe food handling

Chilling food

Chilling food properly helps stop harmful bacteria from growing.

To keep your food safe:

- \circ store any food with a 'use by' date, along with cooked dishes, salads and dairy products, in your fridge
- keep chilled food out of the fridge for the shortest time possible during preparation
- o cool cooked food quickly at room temperature and then place in the fridge within one to two hours

You need to check that your fridge is cold enough using a fridge thermometer. This is because the dials on fridges don't always show you the right temperature. Your fridge should be 5°C or below.

Don't overfill your fridge. Leaving space allows air to circulate and maintains the set temperature.

Video:

https://www.youtube.com/watch?v=6dBZq-RskPg&list=PLkq7R7lpXHhU8fZRxHKRKgM26q8Fh6eXQ&index=4





Safe food handling

Freezing food

A freezer acts as a pause button - food in a freezer won't deteriorate and most bacteria cannot grow in it.

You can freeze pre-packaged food right up to the 'use by' date.

Leftovers and homemade goods should be frozen as soon as possible.

Make sure any warm dishes are cooled before putting them in your freezer.

To stop the cold air in your freezer from drying out your food you can:

place food in an air-tight container

wrap it well in freezer bags or freezer wrap

It doesn't matter if you cook your meat from frozen or fresh, you can use your leftovers to make a new meal.

Check packet instructions to ensure that foods are suitable for freezing, especially for Ready-To-Eat foods.



Safe food handling

Freezing food

Hitting the pause button (FSA)

The cold temperatures of a domestic freezer (-18°C) delay chemical reactions within foods and put any bacteria that may be present on pause. The bacteria are still alive, but they stop growing or producing toxins, in effect pausing reactions.

The important thing to remember is that because the bacteria haven't been killed, they may be revived as the food defrosts. Make sure the food never enters the Danger Zone because the bacteria may grow and make you ill. This is why you should defrost food within a fridge.

It is also the reason why we advise foods can't be refrozen if they are accidentally defrosted, unless they are first cooked. If the food has been defrosted it must be cooked before being eaten to be safe. Once defrosted, foods should be consumed within 24 hours.





Safe food handling

Defrosting your food

When you take your food out of the freezer, it's important to defrost it safely before cooking or eating it. Don't defrost food at room temperature. Ideally, food should be defrosted fully in the fridge. If this isn't possible, use a microwave on the defrost setting directly before cooking. Check the guidance on food packaging and allow enough time for your food to defrost properly. Large items, can take up a long time to defrost fully in the fridge.

Make sure your food is fully defrosted before cooking. Partially defrosted food may not cook evenly, meaning that harmful bacteria could survive the cooking process. Once food has been defrosted, eat it within 24 hours.

Why is it important to chill and defrost your food properly?

Some foods need to be kept in the fridge to help slow down bacterial growth and keep them fresh and safe for longer. Generally, the colder the temperature the slower bacteria will grow, but cold temperatures don't stop bacteria growing altogether (for example, listeria monocytogenes).





Safe food handling

The 'Danger Zone'

Most harmful bacteria will grow at temperatures above 8°C and below 63°C – this is known as the 'Danger Zone' for microbial growth. That's why we advise that the safest way to defrost food is in the fridge overnight. By defrosting in the fridge, your food should never enter the 'Danger Zone'. Your fridge should be 5°C or below, as some bacteria can grow at lower temperatures than 8°C.

The temperature Danger zone is between 5 °C and 60 °C. Within this range, most harmful microorganisms reproduce rapidly.







Safe food handling

Cross-contamination

Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, and utensils if they are not handled properly. This is especially true when handling raw meat, poultry, eggs, and seafood, so keep these foods and their juices away from already cooked or ready-to-eat foods and fresh product.



(Source: https://www.istockphoto.com)

To avoid cross-contamination:

Keep apart raw meat, poultry, fish and shellfish from other foodstuffs when purchasing preparing and storing food.

Always use a clean cutting board. Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.

If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

Once cutting boards become excessively worn or develop hard-to-clean grooves, you should replace them.

Wash Man drawith hot isoapy water after preparing each food item and before you go on to the Project N: 2020-1-E501-KA204-083288



Safe food handling

Food labelling

Food labelling must ensure all the mandatory information to the consumers. Should reflect quantity, list of ingredients, nutrition information, instructions to storage or to use, shelf-llife, and **presentation of allergens** (e.g. soy, nuts, gluten, and lactose)

Allergens

When working with commercially available dysphagia adapted products is necessary to consider the following aspects:

Those products do not contain usually lactose or gluten, but it is necessary to confirm and check technical sheets.

Some products may content dairy products, egg, fish, selfish, legumes, chocolate.

Those aspects should be taken into account when working with users suffering food intolerances and/or food allergies.

https://www.aesan.gob.es/AECOSAN/docs/documentos/seguridad aliment aria/gestion riesgos/Cuadriptico Alergias Alimentarias interactivo.pdf



(Source: https://stock.adobe.com)





Control and monitoring of food safety

- The HACCP is a process or system for control of food safety in food service in health institutions.
- HACCP stands for Hazard Analysis and Critical Control Point.
- These hazards or critical situations may result from pathogenic microorganisms; chemical residue; physical objects; employees; or adulteration or cross-contamination at any point during the distribution, storage, or preparation system.
- The seven principles of HACCP are: Identify hazards, determine Critical Control Points (CCP), set up critical limits, monitor CCP, take corrective actions, verify and keep records.
- CCP refers to any point where action must be taken to eliminate the hazard.
- The process can be used to control any point in the food production process or system where a hazard or critical situation may occur.
- These hazards or critical situations may result from pathogenic microorganisms; chemical residue; physical objects; employees; or adulteration or cross-contamination at any point during the distribution, storage, or preparation system.





Control and monitoring of food safety

- In food service management, HACCP focuses on the flow of food through the operation, beginning with the decision of what foods to include on the menu and continuing with recipe development, food procurement, delivery and storage, preparation, holding or displaying, service, cooling, storage, and reheating.
- Depending on the system used in the food service operation, the HACCP process would differ.
- A conventional food service system (receive, prepare, cook, hold, and serve) would entail the largest number of CCPs.
- CCPs need to be developed for each step.
- Correct temperatures for both hot and cold systems must be constantly monitored. Some bacteria will
 continue to grow and reproduce if safe temperatures are not maintained.





To Know More

- 1. Food Service Manual for Healthcare Institutions, 3th ed. AHA, 2004
- 2. Food Microbiology. 4th Ed. ASM Press. 2013
- 3. https://www.who.int/activities/promoting-safe-food-handling
- 4. https://ask.usda.gov/s/article/What-is-Cross-Contamination
- 5. https://www.food.gov.uk/safety-hygiene/chilling





Table of activity



The activity take 30 minutes



The goals of the activity - to show some of the key aspects of food safety and hygiene for professionals who are involved with food handling of people suffering from dysphagia



Theoretical lecture



We need computer and internet



Online or live





Time for discussion

Any questions?







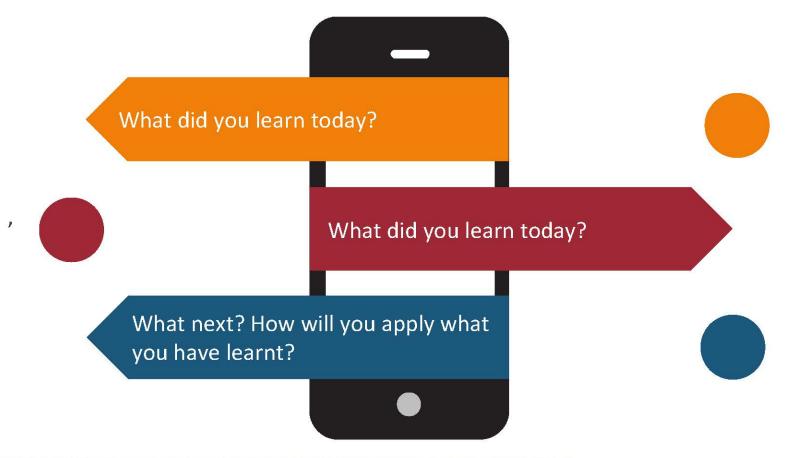
Review







Reflect on the session





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Feedback



How many stars would you give this workshop (1 to 5)?



What reasonable change would you recommend?





What did you like the MOST?



What did you like the LEAST?



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https://indeed-project.org/

