



Key Legislation: **Food Safety Act 1990 | Food Hygiene (England) Regulations 2006**

KEY STATISTICS



180

Deaths from foodborne illness in the UK



£9 billion

Annual cost of foodborne illness to the



500,000

Hospital admissions linked to food poisoning per year



95%

Of foodborne illness cases are

LEARNING OBJECTIVES



Understand the legal requirements of food hygiene legislation



Apply the 4 Cs of food safety: Cleaning, Cooking, Chilling, Cross-contamination



Identify the main causes and symptoms of foodborne illness



Implement effective personal hygiene practices in food handling

STEP-BY-STEP GUIDE

1

Clean

Wash hands for 20 seconds, clean and disinfect all surfaces and equipment



2

Cook

Cook to correct core temperature — poultry/pork to 75°C minimum



3

Chill

Keep cold foods below 5°C, frozen foods at -18°C



4

Cross-contamination

Keep raw and cooked foods separate — use colour-coded boards

