



Topic 7:



Common mistakes in the kitchen

Common mistakes in the kitchen

1. Tasting food to ensure food is free of spoilage.

- Tasting food is not a indicator for food spoilage or presence of pathogens in food. Small amount of bacteria will causes food poisoning.



2. Mixing cooked food with raw food in the same dish and storing in the refrigerator.

- This is called the (cross contamination) where the mixing of food may lead to transmission of bacteria from raw food to cooked food.



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3. Defrosting food at room temperature.

- Defrosting food at room temperature will increase the reproduction rate of pathogenic bacteria, therefore, the following methods should be perused:
 - ☞ keep the food in the last shelf of the refrigerator preferably in deep containers.
 - ☞ Place under warm Running water.
 - ☞ Microwave.

4. Reheating food by adding hot sauce or soup and consuming it directly.

- The temperature of (soup / sauce) may not be sufficient to kill or eliminate bacteria that may be present in food.

5. Not washing hands during preparation or cooking of food.

- Hands are the most important tool of dealing directly with the food which may lead to transfer bacteria and germs to and from the food if unwashed.

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6. Place the containers and cans in the refrigerator after open it.

- It is difficult to seal the open metal containers, which could lead to the contamination of microbes.

7. Using aluminum foil or transparent packaging when heating food in the microwave.

- While heating some particles of aluminum foil or plastic material may transfer to the food causing damage. Also aluminum foil may damage to the microwave.

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8. Using detergents or chemical containers to preserve, store and packaging of food.

- Containers which are not specific for storage of food are unsafe because they may cause problems and health risks to the consumer.

9. Non washing fruits and vegetables that need to peel.

- It is Necessary to wash all vegetables and fruits and sterilized prior to their refrigerator especially that need to peel (such as carrots, turnips....) because they may contain bacteria transmitted to other food in the refrigerator.

With Regards

**Food Safety Awareness Team
Food Studies And Planning Section
Food Control Department.**

**Food Safety
Our Priority**

