



The 4 Cs of good hygiene

- C—cooking
- C— cleaning
- C— chilling
- C—cross— contamination



Bread Making

Strong plain flour—flour which contains extra gluten

Plain flour—flour which contains only a small amount of gluten and no raising agents

Self raising flour—flour which contains only a small amount of gluten and also contains chemical raising agents

Wholemeal flour—flour which contains only a small amount of gluten and the whole of the wheat grain which increases the amount of dietary fibre

Gluten—Protein found in flour (strong plain flour contains extra gluten) which, when the bread dough is kneaded, becomes elastic and stretchy. This traps carbon dioxide bubbles which expand in the warm room and make the bread dough rise.

Eatwell guide: Provides us with guidance on the proportions of different food groups that we should have each day. We are encouraged to eat more fruit and vegetables, more starchy carbohydrates (preferably wholemeal) and to eat less sugar and fat. Most people in Britain eat far more protein than their body needs, only 12% of our daily diet should be made up of protein foods.

The Eatwell Guide consists of five sections:

- Fruit and vegetables (39%)
- Bread, rice, potatoes, pasta and other starchy carbohydrates (37%)
- Beans, pulses, fish eggs and meat (12%)
- Dairy and alternatives (8%)
- Oils and spreads (4%)

Cross-contamination is what happens when bacteria or other microorganisms are unintentionally transferred from one object to another. The most common example is the transfer of bacteria between raw and cooked food.

This is thought to be the cause of most foodborne infections. For example, when you're preparing raw chicken, bacteria can spread to your chopping board, knife and hands and could cause food poisoning.

Cross-contamination can also happen when bacteria is transferred in ways that are harder to see. For example, via reusable shopping bags, or in the drips and splashes produced when meat is washed which can contaminate other surfaces.

Ingredient / process	Function
Strong flour	High gluten content. Forms the structure of bread
Yeast	Biological raising agent. Produced carbon dioxide bubbles which helps the bread to rise.
Sugar	Feeds the yeast—provides energy to activate the yeast.
Salt	Adds flavour to the bread. Too much will inhibit yeast action.
Warm liquid	Provides warmth to activate the yeast.
Kneading	Develops the gluten giving a good elastic dough.
proving	Gives time for the yeast to activate and produce those carbon-dioxide bubbles.