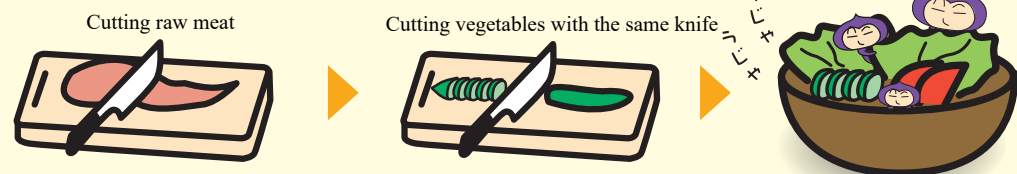


4 Hygiene of Cooking Utensils and Other Equipment

Stay cautious about secondary contamination!

Secondary contamination is when bacteria spreads to fresh vegetables or cooked food through bacteria-contaminated kitchen knives, cutting boards, cooking utensils such as a strainers, or someone's hands.



1 Hygiene of cutting boards, knives, dishcloths, etc.

Prepare extra cutting boards, knives and dishcloths. Use different utensils according to the food types (meat, fish, vegetables etc.) and for each cooking processes including arranging ingredients and preparing ingredients.



It is helpful to color the cooking utensils in different colors according to the food types.

2 How to Disinfect

Disinfect utensils according to the following after getting rid of stains. After disinfecting, dry the utensils before storage to avoid contamination.

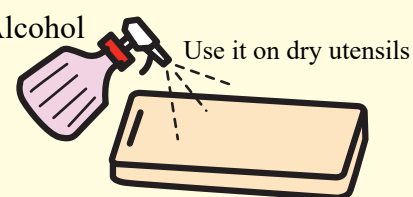
Category	Temperature/Concentration	Time	Item
Boiling	Approx. 100°C	At least 5 minutes	Dishcloth, towel
	Approx. 80°C		Cutting board, knife
Chlorine	Active chlorine concentration: 200ppm	At least 5 minutes	Cutting board, knife, dishcloth, refrigerator
Disinfecting alcohol	70%		Cutting board, knife, refrigerator, cooking counter

Chlorine



Read the instructions carefully for how to mix the correct concentration

Alcohol



3 Hygiene for Refrigerators

1 Check the temperature inside a refrigerator every day using a remote thermometer.

Refrigerator: 10°C or lower Freezer: -15°C or lower Chill compartment: 4°C or lower

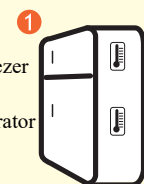
2 Do not pack the refrigerator with too many foods. (Roughly 70% of the capacity is appropriate.)

3 Let warm food cool down before putting it in the refrigerator.

4 Clean the inside of the refrigerator about once a week.

5 Sort foods by raw ingredients, semi-finished products and finished products.

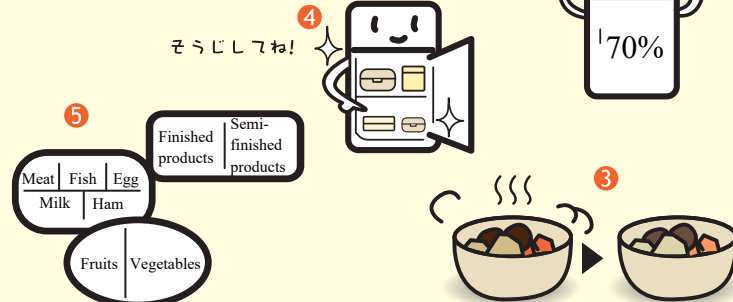
6 Wrap meat and fish with plastic wrap, or put them in lidded containers.



Remote thermometer showing temperature inside refrigerator without opening it.



ドアの開閉は少なくしてね!



5 Hygiene for Food Handlers

1 Hand Washing Basics

Wash your hands regularly such as before starting work or moving on to another task, and after relieving yourself.



2 Points to be Checked When Starting Work

Create a checklist of each facility to inspect before starting work.

Hygiene Maintenance Checklist for Workers (example)			Month/Day/Year
	Inspection Points	Result	
1	Are you in good health and without any symptoms such as diarrhea or a cold?	☐	
2	Do you have any cuts your hands or fingers?(If you have any cuts on your hands or fingers, do not touch the food directly.)	☐	
3	Are you wearing clean work clothes, a cap, a mask, and shoes, all of which are used for the job only?	☐	
4	Do your work clothes have no foreign objects and stains on them?	☒	
5	Have you removed all rings or watches?	☐	
6	Are your nails clipped short?	☐	
7	Did you wash your hands properly?	☐	



3 Health Care

Even when you are in good health, sometimes you have food poisoning bacteria or viruses in your body. Examine your stool on a regular basis to check your condition.(Shigella, Salmonella, EHEC, norovirus, etc.) Avoid eating raw meat and raw oysters.

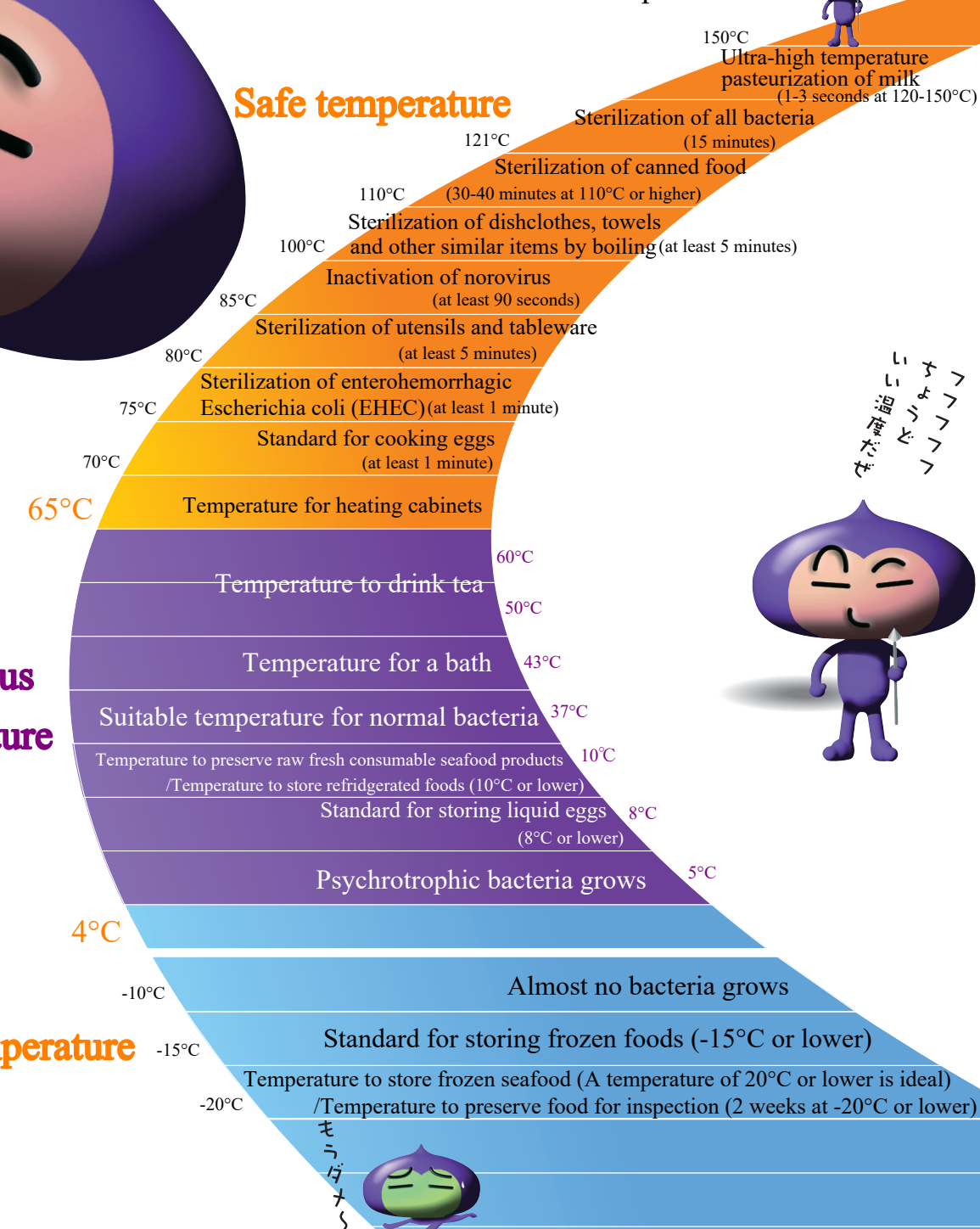
4 Hygiene Education

Persons in charge are recommended to conduct hygiene education regularly. This helps workers continue to have a high awareness of hygiene and to help develop awareness in new workers. *Food business operators' duties are clarified by the partial revision of the Food Sanitation Act. It is recommended to create and keep a record of necessary information regarding food products you manufacture and sell.

How to Prevent Food Poisoning

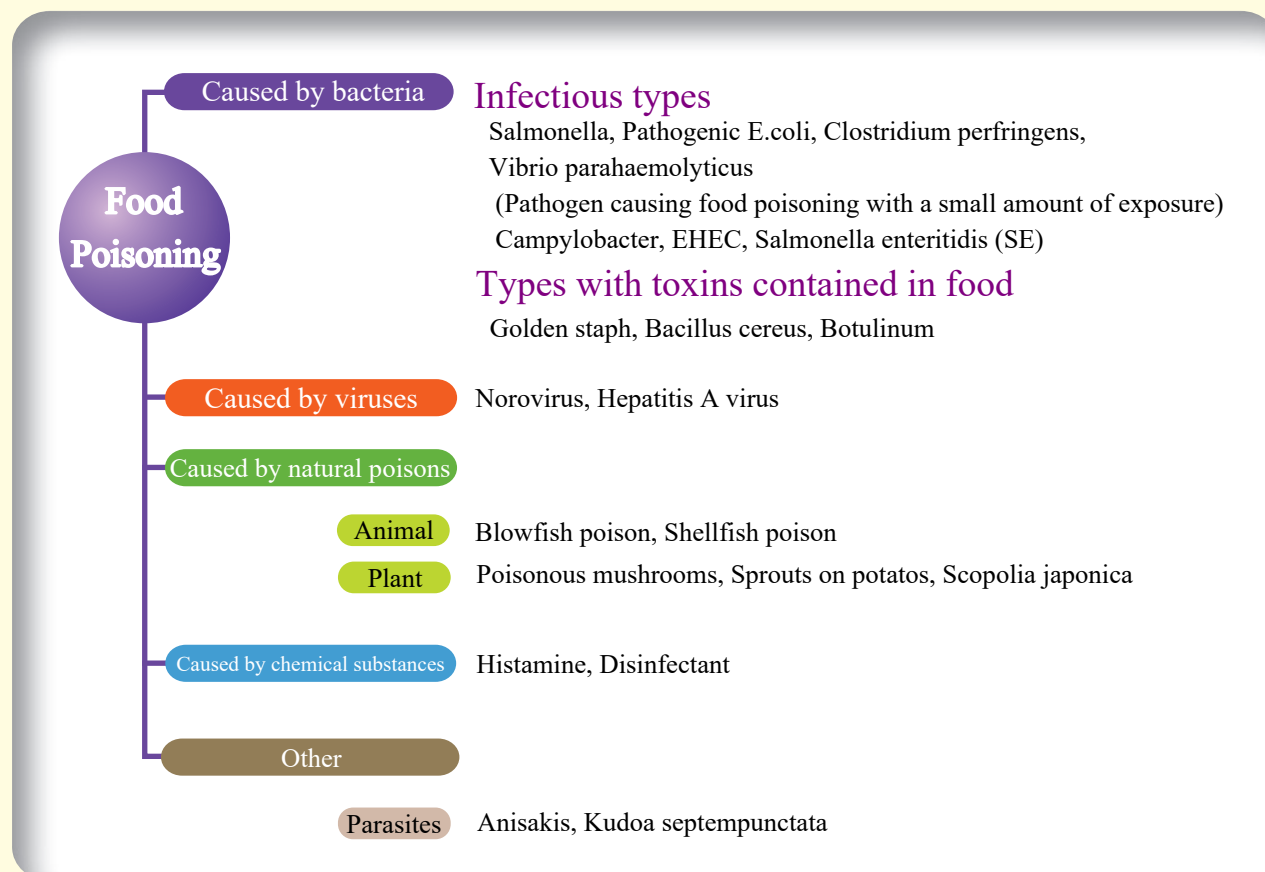
Food Sanitation Training Booklet

《Relation between food and temperature》



1 Categories of Food Poisoning

Typical food poisoning types are categorized by their illness-causing agents.



Did you know?

The causes of food poisoning can be hiding in these places.



Chickens

Campylobacter
Salmonella



Humans

Golden staph
Norovirus



Cows

EHEC
Salmonella
Campylobacter



Pigs

Salmonella
Campylobacter
Hepatitis E virus



Chicken Eggs

Salmonella

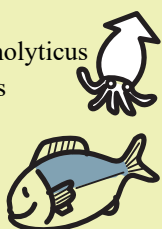
Grains

Bacillus cereus



Fish

Vibrio parahaemolyticus
Hepatitis A virus
Histamine
Anisakis
Blowfish poison



Shellfish

Vibrio parahaemolyticus
Norovirus
Hepatitis A virus
Shellfish poison



2 3 Principles for Bacterial Food Poisoning Prevention

1 Avoid bacterial contamination

Please maintain the hygiene of kitchens, utensils and food handlers.

Cleanliness

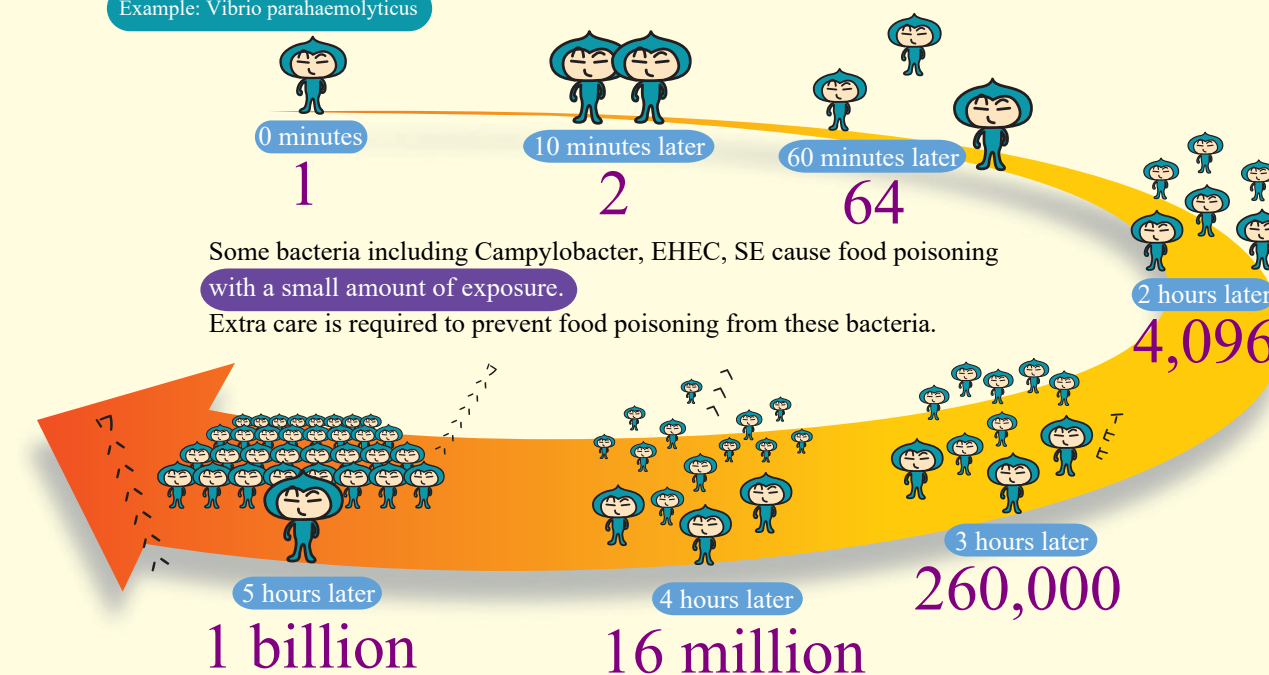


2 Prevent growth of bacteria

quickness and temperature control

Bacteria multiply as follows with suitable temperature, humidity and nutrition.

Example: Vibrio parahaemolyticus



1 Check the label including consume-by date, storage method, and other information before buying food.



2 Keep food in a refrigerator or freezer according to the set temperature to store food. Store food in a heating cabinet at 65°C or higher.



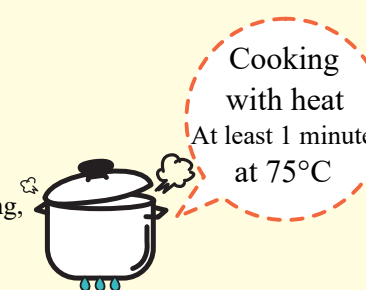
3 Eat food as soon as possible after cooking. Throw away food without hesitation if a long time has passed since it was cooked.



3 Kill bacteria Heating

When heating food, heat it so that the core temperature of the food reaches 75°C for at least 1 minute. Some food poisoning bacteria including golden staph and Bacillus cereus may cause food poisoning even after they were killed by heating, because the toxins they produced have not broken down. Please be cautious about these bacteria.

*To kill norovirus, heat is necessary for at least 90 seconds at 85-90°C.



Cooking with heat
At least 1 minute
at 75°C

3 Kitchen Hygiene

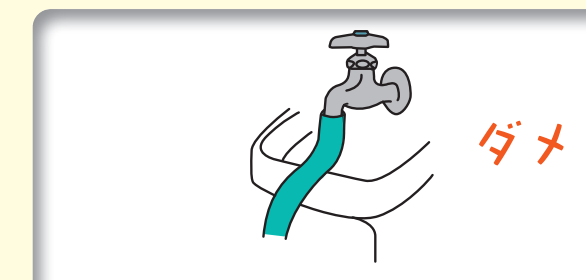
- Ventilate the room adequately and avoid high temperatures with humidity. Install a thermometer and keep the room temperature at 25°C or lower.
- Keep the floor well drained and keep it dry as much as possible. Actively develop a dry system kitchen.
- Do not clean the floor with water when handling food to avoid contamination from the water splashing.
- Keep handwashing skinks equipped with soap and disinfectant so that workers may easily wash their hands at any time.
- Store food hygienically in designated places. Install food storage equipment at least 0.6 meters above the floor.
- Store clean and disinfected dishes and dining utensils in shelves or other similar equipment.
- To avoid food contamination, keep personal belongings and cleaning equipment separate from food.
- To prevent pests like flies, mice and cockroaches from coming in, install, inspect and repair window screens and drain nets.



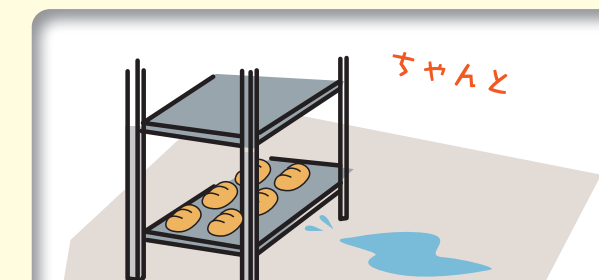
Ventilate the room efficiently



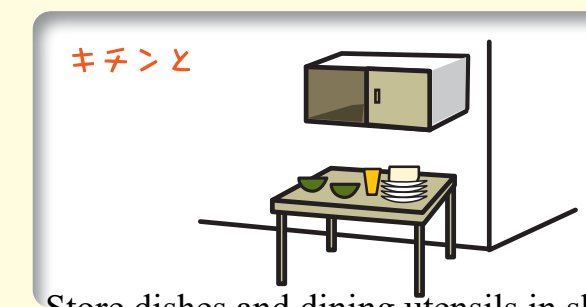
Avoid cleaning while arranging food



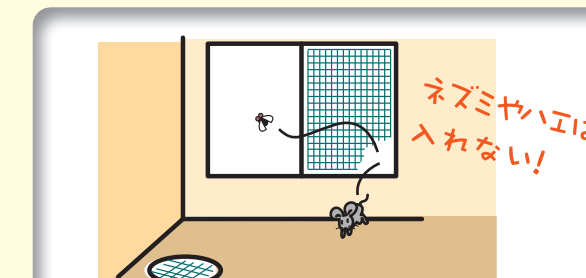
Make handwashing stations accessible



Store food at a height of 0.6 meters or higher



Store dishes and dining utensils in shelves



Install window screens and drain nets

