

Food Health Care textbook digest.

(Used English in this textbook for not native English speakers)

(Translated from Japanese language textbook in 2016 ver.)



物書き

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Food Health Care textbook digest in English ver.

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(in Japanese language textbook in 2016 ver.)

*Summarized by Nepali curry restaurant owner "utokyu corp." one,
below.*

Basic concept of food health care lecture (= from Low, required):

- *Each section, each working place, owner should put and set the responsibility for food health care holder.*

Basic concept of food health care:

- *To Keep clean and sanitary, for it, always check, record, improve to get customer health condition well, always should have done it, keeping rules, that`s all. From it, we can (or are going to) get good harvest from customers and you can get your own, your family happiness finally.*

1. Rough history of food health care system in Japan (eventual items only)

1947: established law of food sanitary. (From here later, controlled by from police to ministry of health, welfare, labor.)

1948: established law of health care and sanitary actual offices.

1956: shifted controller from above ministry to each selected cities, city hall offices).

Below main changing causes and new additional laws or savings.

1953: found poison out inside imported foods. (cien kagoubutsu)

1957: poison of adding stuffs on foods (Morinaga hiso milk)

1972: poison from loosen checking for new products (Kanemi yusho) → boosting up concerning to sales responsibility.

1995: the changing the way of productive date showing: from productive date to can be ok limited date.
Introduction of HACCAP (food checking, schedule controlling against food poison method) system.

2003: from fake label trouble, then correct showing label required.

2009: guarding consumers` rights and profits bureau established.

2011: O111(name of bacterium concerning to colon (= large intestine)→ established “standard of raw meat eating”

2011: established new standard inside food contained plutonium because of East Japan crisis.

2012:O157(name of bacterium from Tsukemono (=picrus) → establish new standard concerning to Tsukemono.

2012: cow`s raw liver sales stopped.

2013; inside frozen food, poison found out.

2014: HACCAP started.

2. Food Health care governance operating system.

2-1 Organizations.

●ministry of health, welfare, labor organization

Under above as one of them, life sanitary, food safety division and quarantine stations.

●Yokohama city organization

Under above as one of them, health safety division, under it, food sanitary section, food safety section, more under them, Yokohama city “Hokenjo (Health care actual operating stations), ex) Aoba ward “Hokenjo”.

2-2. tendency recently.

●by owner and staffs who treating food, food materials, sanitary own control advancing.

From food safety basic law in Japan.

1. To get knowledge.
2. To keep food materials safe.
3. To advance own checking.
4. To find out bad materials.
5. While food poison coming out, early timing to catch the cause, and pick it out.

●HACCAP (=Hazard Analysis and Critical Control Point)

It`s the system which to keep food safety, concerning to the cause of food poison inviting materials, operating steps, should take to focus, to get rank judgement, to get controlling way.

3. Outline of food sanitary basic law.

●To keep customer`s health and safety concerning to food, and never fake, lie. And scam them.

●And especially pay attention to easily getting rotten materials, for example imported ones, sea food materials, chicken.

●To keep items of us.

Keep clean and sanitary.

●Bad quality and bad level food never.

Stop selling these items below.

. rotten one

. not enough reached.

. contained doubtful ones.

. covered by something suspicious.

. dirty ones

Above all stopping sales.

●too much artificial food items, if it so low cost, pay attention to them, officers is recommending.

●using meat or others which from got dead from disease or the aim is low cost target only , never sell for customers.

●used packages or cooking tools should be saved.

●never show, over appealing for sell.

●Set a food sanitary controlling person.

Mainly should be controlled items, below.

Milk, ham. Sausage, bacon, salad oil, margarine, etc.

●Keeping rules item on controlling, operating.

Keeping restaurant inside outside clean.

Pay attention to rat, mouse, cockroach, mosquito, etc.

Around water tools, gavage(=gomi) place keeping clean.

Cooks own health checking.

Never mix bad somethings while cooking prep.

Should keep 3 importance:

1. Constructure of restaurant
2. Around kitchen for food prep.
3. Water supplying system.

4. To keep public clean and sanitary.

4-1 "Public" means All around you on human society.

To keep body and mental health is important, especially food treating persons should keep it for customer happiness and your family happiness with health condition checking by own and by company or by owner constantly. And everyday checking before job starting.

4-2 Disease from infection. (set by WHO=World Health care Organization)

Bird (Chicken)influenza, new type influenza, (on human), Covid-19 (=new type corona virus) etc. nowadays famous.

Group of infection level

● 1st group

Just Dander level: 7 types. (former counted, nowadays not so many, not so serious)

● 2nd group

Danger level: bird (chicken) influenza, former covid-19 etc. 7 types.

● 3rd group

Not so danger but having possibility of group infection level: O157 etc. 5 types.

● 4th group

Infection from via animal, food connection. Bird influenza., etc. 44 types)

● 5th group

Government should follow type infection. Nowadays (not former level one) covid-19, influenza etc. 48types.

● selected, nominated group

● new type group

● new type influenza and so on. Group.

4-3 pre. Protecting for infection.

Protecting ways.

For source of infection: keep clean and sanitary always.

For route of infection: rat, cockroach and so on rejecting, washing hands and cooking tools.

For human sensitivity: taking good health life.

4-4 sanitizing arounds.

- trash, gavage
- recycle: anything can be useful!! Not so many should be new!! Let`s recycle, reuse, remake, renewal, reconstruct, refresh!! “Re” is important!! “Return” (=regain) also.
- rejecting dirty ones: rat, cockroach, flies, etc.

5. Food poison.

- Food poison signals: stomachache, splashing out, vomiting.
- season: 4-9 (April -Sept.) by bacteria.(many items)
 - 10-11 (Oct.-Nov.) by poison mushroom.
 - 11-3 (Nov. -March) by norovirus. (by shell, fish)
- virus, bacteria are brought by foreign countries visiting tourists(not only foreigners but also Japanese abroad sightseeing tourists included) getting increase.
- types of food poisons.: pay attention for shell, fish, meat.
 - ◆ from bacteria: infection type: several.
 - : poison element type: several.
 - : others: several.
 - ◆ from virus: norovirus (from shell, water), liver virus type A,E (from meat)
 - ◆ from nature: shell, fish, mushrooms.
 - ◆ from chemical items: chemical spices.
 - ◆ from except above others: intestine inside livings..(from shell, fish, meat)
- accidents, troubles happenings/ monthly.
 - ◆ 6-12 (June- Dec.) so increasing. But all through 1year happens.
- which type foods has poison come?
 - ◆ Shell, fish and meat (especially chicken meat)
- which type causes has poison come?
 - ◆ norovirus (from shell, water), campylobacter (from chicken) so many.
- against ways
 - ◆ add heat: hi temp. to center mid, 90 sec. over, heat adding.
 - ◆ wash hands, cooking tools fully enough.

6. Kitchen clean keeping

- circumstance (=condition) of kitchen.
 - ◆ clean & sanitary.
 - ◆ never put unnecessary things on.

- constructure of kitchen
 - ◆ enough wide m² matched for using purpose.
 - ◆ separation putting.
 - ◆ for it (doing operation) only used.
- hand washing place
 - ◆ set it always can use.
- machine, tools, equipment.
 - ◆ Should separate for each using items
 - Manaita (=cooking board) and cooking knives: for meat, for vegetable, for fish, shell, for already cooked ones.
 - ◆ tools which touching food materials, should keep always clean by washing or adding heat or set it distance, fence.
 - ◆ sanitizing.
 - On the way or after job, should set it clean.
 - ◆ measurement tools.
 - Food inside thermometer, freezer, fregi and so on.
 - ◆ water supplying place.
 - Should be Convenient for using.
 - Should be Clean & sanitary constructure.
 - ◆ dirty things treating.
 - # Toilet booth (=rest room): it`s better to separate for customers and for staffs.
 - Both keep clean & sanitized and check constantly.
 - # gavage treating.: dirty liquid, bad smell flow outside never.
 - ◆ change to wear uniform place or box. (or locker): should be set.

7. Food materials treating.

- 3 important principles.
 1. Clean and sanitary.
 2. quick and get cool down cooking. Both materials and cooks operation.
 3. add heat and washing.
- 10 important treating ways.
 1. keep clean, kitchen.
 2. enough washing, sanitizing cooking tools.
 3. while cooks bad condition, never treat food materials.
 4. washing hands, get polite in detail.

5. food materials non covered, never.
 6. checking always, especially supplied, and selling.
 7. food materials and cooked, offering to customers, direct contacting, never.
 8. never stay foods long time even if restaurant inside.
 9. kitchen inside stay-able, cooks only. Outsiders, animals never. And should protect from Rat, cockroach, flies, other entering. (but Handicapped person supporting dogs ok)
 10. dangerous things should be put announcing danger label and get apart from food materials, food itself.
- at the time of food materials buying and checking items.
 - ◆ material condition, quality, quantity and put on label contents checking, should have done it. (allergy reaction causing material contained or not, check never forget it.)
 - food materials stocking.

Problems.

 1. Get rotten.
 2. Others: mold, (dark and wet place), acid (oxidation), bad insects (inside raw rice bag), sprouts (ex) aged potato)
 - the way of stock.

Freezer or fregi. Should check inside temp. always.
 - washing and sanitizing.

Hands, food materials, tools, dish and bowls, packages etc.

8. Responsibility for food controlling holder own keeping clean matters.

- own health controlling.
- washing hands.
- checking concern to abnormal, standard unmatched material entering (pieces, tips) into foods or food materials (included cooks` hair tips)
- responsibility holder`s mission.

Doing, checking, keeping under rules, and to owner, reporting advising. Suggesting.

9. At the time of accident happenings from foods, manual.

- reporting to ward office, reducing accidentals. Announcing to customers.
- Above action not by responsibility holder but by owner own one`s self.
- waiting for gov. punishment.

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