

Chapter 7

Food Safety, Food and Beverage Preparation, Menu and Beverage List Development, Service, and Current and Future Challenges

ABSTRACT

This chapter discusses the importance of safety and sanitation in food preparation and service and the integration into the menu and beverage list development. Specifically, it discusses the current safety and sanitation requirements for foodservice facilities, including the HACCP 7 step process (hazard analysis critical control point). It introduces nutrition basics in a foodservice setting and the basics of food and beverage preservation and preparation methods. Consequently, it demonstrates how to develop menus and beverage lists and the various foodservice style and service techniques.

1. FOOD SAFETY, PRESERVATION, SANITATION, AND HYGIENE

All food and beverage operations are legally responsible for doing so safely and hygienically. An Important requirement of the regulations is the necessity for food businesses to focus on the critical activities to food safety and find ways of controlling those activities. A way of controlling these activities is to have all staff involved with food preparation and service well trained and continuously retrained with updated information and the tools necessary to perform their task. In the U.S., there are several certifications on Food Safety and implementation of the Hazard Analysis and Critical Control Point (HACCP, 2021). The HACCP consists of seven principles plus a verification process by the authorities; they are:

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1. Conduct a Hazard Analysis
2. Determine Critical Control Points
3. Establish Critical Limits
4. Establish Monitoring Procedures
5. Establish Corrective Actions
6. Establish Record-keeping Procedures
7. Establish Verification Procedures

Principle 1: Conduct a Hazard Analysis

Plans determine the food safety hazards and identify the preventive measures the plan can apply to control these hazards. A food safety hazard is any biological, chemical, or physical property that may cause a food to be unsafe for human consumption.

Principle 2 Identify Critical Control Points

A Critical Control Point (CCP) is a point, step, or procedure in a food manufacturing process at which control can be applied and, as a result, a food safety hazard can be prevented, eliminated, or reduced to an acceptable level.

Principle 3: Establish Critical Limits for Each Critical Control Point

A critical limit is the maximum or minimum value to which a physical, biological, or chemical hazard must be controlled at a critical control point to prevent, eliminate, or reduce to an acceptable level.

Principle 4: Establish Critical Control Point Monitoring Requirements

Monitoring activities are necessary to ensure that the process is under control at each critical control point. In the United States, the Food Safety Inspection Service is requiring that each monitoring procedure and its frequency be listed in the HACCP plan.

Principle 5: Establish Corrective Actions

These are actions to be taken when monitoring indicates a deviation from an established critical limit. The final rule requires an operation's HACCP plan to identify the corrective actions to be taken if a critical threshold is not met. Corrective actions are intended to ensure that no product injurious to health or otherwise adulterated because of the deviation enters commerce.

Principle 6: Establish Record-Keeping Procedures

The HACCP regulation requires that all plants maintain certain documents, including its hazard analysis and written HACCP plan, and records documenting the monitoring of critical control points, critical limits, verification activities, and handling processing deviations.

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