

## Food Safety

- **Clean, Clean, Clean...** Look around, if the place where you are going to eat looks dirty, poorly maintained, has rubbish lying around or has evidence of pests then the areas you cannot see will be much worse. When it comes to the kitchen this is unacceptable and eating food prepared in these conditions is asking for food poisoning.
- **Cooked foods...** Do not accept undercooked foods. Cooking is one of the main methods of killing off any harmful bacteria that may be present in food and if this is not done properly then there is a risk that you could become seriously ill
- **Hot not warm...** Temperature control is vitally important when preventing food poisoning bacteria from multiplying. Food must be hot to avoid the optimal growth range from bacteria which are normally kept to an absolute minimum at high temperatures. So if it comes to you warm send it back.
- **Water in all its forms...** Waterborne micro-organisms can cause severe illnesses in those not used to them. Avoiding water may seem a simple option however you should be aware that water is also a problem in less obvious forms. The main things to avoid in areas where the water quality is suspect is the inclusion of ice drinks also salads that will also have been washed in water.
- **Beyond the hotel...** Be wary of food hygiene beyond the walls of the hotel. The standards of hygiene can be far from healthy in places such as street vendors or when on excursions. Avoid eating in places where you cannot judge the conditions in which food is prepared.