



Aboriginal literacy  
and essential skills  
pilot project: Food  
safety and indigenous  
food preparation on  
Vancouver Island



April 2013



E m p o w e r i n g   A d u l t   L e a r n e r s

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## Introduction

This **Food Safety and Indigenous Food Preparation on Vancouver Island** curriculum is for use by adult learners who have barriers to literacy and essential skills working with or without a tutor.

The curriculum is designed to help people who

- want to safely prepare food for themselves and their families (households);
- want to find local food sources and promote traditional food harvesting;
- want to work in the food industry; and
- want to take the **FOODSAFE™** Level I course.

This curriculum introduces the main learning objectives from each unit of the **FOODSAFE™** Level I course prepared by the British Columbia FOODSAFE Secretariat. See chart on next page for details. It helps people get ready to take the **FOODSAFE™** course. It does not replace the **FOODSAFE™** course.

The sections and worksheets do not have to be finished in order. The learner can decide if they want to try each activity. The worksheets can be completed on paper or on a computer.

Worksheet activities link to one or more of the nine essential skills:

- Reading
- Document Use
- Numeracy
- Writing
- Oral Communication
- Thinking
- Digital Technology
- Continuous Learning
- Working With Others

Some of the workbook materials have come from other places. If this happened, the original source has referenced.

The resource section of the workbook was made for people living on South Vancouver Island. The links to on-line resources were accurate as of April 2013.

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For communities using **Food Safety and Indigenous Food Preparation on Vancouver Island** as a resource, you are invited to add your own sections. This is a living document and we hope you can adapt it to suit your community's needs and traditions. Each new section should focus on a food found in one of the four food groups outlined in *Canada's Food Guide*. Please find templates at the end of this workbook that will guide you to complete your own section. A standard format has been used:

1. The sharing of a story about traditional food gathering or food cooking on Vancouver Island. This is followed by a personal reflection activity;
2. A definition of one type of food source is provided along with the translation (into SENĆOŦEN and Hul'q'umi'num') of commonly found foods from that given food group; and
3. A modern-day recipe using similar ingredients as the traditional story is provided. This is followed by an activity that reflects the preparation or eating of that food group.

## Learning Objectives

<b>FOODSAFE™ Level I unit descriptions</b>	<b>Food safety and indigenous food preparation on Vancouver Island worksheets/activities</b>	<b>Literacy and essential skills</b>
<b>Unit 1: Introduction to FOODSAFE™</b>	Foodborne illness	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Thinking</li> </ul>
<b>Unit 2: Food service illness &amp; Injury</b>	Potentially hazardous foods	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Thinking</li> <li>• Document Use</li> </ul>
<b>Unit 3: Receiving and storing food</b>	Storing foods	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Thinking</li> <li>• Document Use</li> <li>• Numeracy</li> <li>• Digital Technology</li> </ul>
<b>Unit 4: Preparing food</b>	Food handling	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Document Use</li> <li>• Digital Technology</li> </ul>
<b>Unit 5: Serving food</b>	Food allergies	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Thinking</li> <li>• Document Use</li> <li>• Digital Technology</li> </ul>

FOODSAFE™ Level I unit descriptions	Food safety and indigenous food preparation on Vancouver Island worksheets/activities	Literacy and essential skills
Unit 6 - Cleaning	Cleaning up	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Document Use</li> <li>• Thinking</li> <li>• Digital Technology</li> </ul>

## Why is food safety important?

- Preparing and cooking food safely are good skills for everyone to learn;
- From making a sandwich for lunch to preparing a feast for your community, food is an important part of everyone's life;
- If you do not handle food properly, the people who eat it can become ill;
- If you do not clean up your kitchen and food utensils properly after every use, you or your family members can become ill; and
- It is even more important for people who want to work in the food industry to know how to handle food properly. Many employers expect that their staff will have passed a **FOODSAFE™** course.

**FOODSAFE™** is an eight-hour long course created by the British Columbia FOODSAFE Secretariat. The government has set a rule for all establishments serving food. There must be at least one person on every shift who has passed the course.

Instructors must be certified to teach the course. Check out the last section of this workbook to find out where you can take **FOODSAFE™** in your community.

This workbook will introduce some key food safety terms and practices. However, it does not replace the **FOODSAFE™** course content.

It is intended for use by people who might be interested in working in the food industry and want to increase their literacy and essential skills.

## **Traditional foods on Vancouver Island**

## Traditional foods on southern Vancouver Island



### Haylas and Camossung

After the flood, the transformer, Haylas, was travelling with Raven and Mink teaching the people how things were to be done.

They found a young girl and her grandfather. Camossung was crying, so Haylas asked her why. She answered, “My Father is angry with me and will not give me anything to eat.”

Haylas asked Camossung if she liked sturgeon. When she answered “no”, he threw the sturgeon to the Fraser River. That is why there are sturgeons there and not here.

Haylas asked Camossung if she liked cranberries. When she answered “no” he threw them into Shawnigan Lake. That is why there are cranberries there now.

Camossung said “no” to many things but she liked duck, herring, coho and oyster. That is why these foods were plentiful on the Gorge waterway.

Because she was greedy, Haylas told Camossung that she would look after the food resources for her people and turned her and her grandfather into stone.

Camossung is still a guardian. She sits in the Gorge Waterway near what is now Tillicum Road.

Story told with permission from Cheryl Bryce  
<http://camosun.ca/aboriginal/territory.html>

### Personal Reflection

Think of a time when you gathered, cooked or ate foods from Vancouver Island.  
Why is this memory so special?

## **Section 1: Seafood on Vancouver Island**



## Pit cooking at Pauquachin First Nation



In the summer of 2009, I had the honour of working with Earl Claxton. We did a lot of different things, one of them being pit cooking. I learned that pit cooks were the traditional ways of cooking here on Vancouver Island.

When you do a pit cook, you need several basic tools. First, you need to dig a hole that is three feet wide by two feet deep. Then you need to find an average of thirty fist-size igneous rocks from the sides of creeks or on beaches.

You put the rocks in the bottom of the pit and build a fire over the top of it using fir wood. The fire needs to heat up the rocks for three-and-a-half to four hours. The heat from the rocks helps cook the food.

You need different kinds of leaves like salal, skunk cabbage, bull kelp and sword fern. Many families and Nations have different teachings about the type of leaves to use. You will also need to cut up burlap bags. Like the leaves, they are used to cover the food so steam does not escape and prevent dirt from falling into the food.

As for the food, root vegetables such as potatoes, carrots, onions and sweet potatoes are recommended. Also, different kinds of seafood are cooked as well. Clams, oysters, mussels, crab and salmon are foods a lot of people like.

Different communities build pit cooks in different ways but this is the way I was taught at Pauquachin First Nation.

When you put it together, the process has to go really fast, like in two minutes, and in a certain way. You take out the fire logs and then you take an alder stick and put in the middle while everyone else is putting in leaves, vegetables and seafood.

You are probably wondering why you are holding a stick, right? Now, remove the stick and pour water in. Immediately, cover it with the burlap sacks and dirt. The water is poured into the hole and onto the rocks to create steam, which is the cooking



agent.

After leaving it for four hours, it is time to take out all the food. First, you take off the dirt and then the burlap. Then the salal, sword fern and fish. When taking out the vegetables, you could just use tongs and gloves.

Say a prayer and serve the Elders first.

Story by Raven Hartley

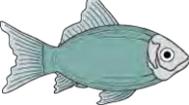
Feasting for Change at [http://youtu.be/gaZR\\_vrs7Xw](http://youtu.be/gaZR_vrs7Xw)

### Personal Reflection

Think of a time when you gathered, cooked or ate food at a community feast or gathering.  
Why is this memory so special?

## Seafood

- Any fish, shellfish or crustaceans taken from fresh or salt water that can be eaten.

		ENGLISH	SENĆOŦEN	HUL'QUMI'NUM
	<b>Fish</b>	Halibut	ƧOTX	
		Herring	SL□ON□ET	shewut'
		Ling Cod	A□YET	'eeyt
		Eulachon	SWIWE	
		Salmon	ST'KAI	stseelhtun
	<b>Shellfish</b>	Clam		skw'lhey'
		Crab		'ey'x
		Lobster		
		Mussel		lhew'qum'
		Oyster		
		Scallop		
		Shrimp		
	<b>Other</b>	Roe (herring)		ts'um'ush
		Octopus		sqi'mukw'
		Seal	ASW□	
		Sea Cucumber		

What other seafood can you name?

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Can you catch them locally?

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### Resources – learn more about:

- Coast Salish languages at *First Voices*  
[www.firstvoices.com](http://www.firstvoices.com)
- *Canada's food guide—First Nations, Inuit and Métis*  
[www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php](http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php)

## Cooking with salmon

### Benefits:

- Salmon has Omega-3 fatty acids in it.
- Omega-3 is good for your heart health.
- Salmon is a Vancouver Island food source.



Adults should eat at least two servings of salmon or other fish rich in omega-3 fatty acids each week.

One serving size of salmon is 2½ ounces (½ cup)

### Concerns:

- Seafood allergies
- Storing seafood in the fridge or freezer
- Food contamination

## Recipe

- Instructions for preparing or cooking a food dish

### Modern recipe

#### Candied wild salmon

Recipe courtesy of the Squamish Lil'wat Cultural Centre in Whistler

#### Ingredients

1 large fresh wild salmon fillet – skin on, pin bones out

#### Dry Cure:

2/3 cup	Natural brown sugar
1/2 cup	Kosher salt
1/3 tbsp.	Ground pepper

#### Glaze:

1/3 tbsp.	Unpasteurized honey
1/3 tbsp.	Natural brown sugar
1/4 tsp.	Ground pepper
	Ice
	Boiling water



#### Recipe timeline

Fillet and curing prep: 15 minutes

Curing: overnight

Cure rinse and dry: 1 hour

Smoking: 30 minutes

Glazing: 15 minutes

Fan drying: 2-3 hours

**Total amount of time needed**

= \_\_\_\_\_ hours



## Instructions:

### **Food safe tip:**

### **“Foodborne illness”**

*is when you become sick from eating food that is contaminated*

*Help stop contamination:  
Wash your hands before you prepare food.*

Take out your dry cure ingredients and any equipment you will need.

### **Prepare the Salmon**

Place the salmon on a cutting board skin-side down. With a sharp knife, carefully make many vertical slices in the fillet. Vertical slices go up and down. Each slice should be about the width of your thumb apart. Do not cut through the skin of the salmon.

Once the slices are made, grasp each end of the fillet and stretch the skin so that the portions of fish separate at each cut.

Place the salmon on a large baking sheet.

### **Make the Dry Cure**

In a mixing bowl, stir together the brown sugar, salt and pepper.

Using your hands, carefully and evenly pack the mixture over the fillet. Make sure to get the mixture between the gapped slices.

Place the salmon in a refrigerator overnight to cure. The dry cure will turn to liquid as the salt removes moisture from the fillets.

## **The Next Day**

Let the salmon cure (this takes between 12 and 18 hours).  
Rinse off the salmon fillets to take off any extra curing mixture.  
Allow the fillets to air dry for one hour.

Take out your ingredients and any equipment you will need.

Set your smoker to 100°F. *Smoke the salmon for 30 minutes.*  
Use the top three racks of the smoker. Place two fillets on each rack.  
On the bottom rack, place an insert full of ice.  
This will make the heat stay cool for the cold smoke.

### **Make the Glaze**

While the salmon is smoking, make the finishing glaze.  
Mix together the honey, brown sugar, and pepper in a small bowl.  
Add a few tablespoons of boiling water to help melt the ingredients and stir into a sticky sauce. Brush the glaze over the fillets.  
*Place the fillets in the smoker on the “cooling” setting for two to three hours.*

### **Food safe tip:**

*Seafood is a “potentially hazardous food”*

*Just because fish “smells ok”, it does not mean it is safe to eat.*

## Activity

Have you cooked or smoked salmon before?

Think of how you would plan a seafood feast for your family or community members.

**How many guests would you invite?**

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**What foods could you serve so your meal is healthy?**

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**What ways could you cook the food? Are they traditional or modern methods?**

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**How long would it take you to prepare and cook the food?**

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**Resources – learn more about:**

- *Canada's food guide—First Nations, Inuit and Métis*  
[www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php](http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php)
- *Healthy food guidelines for First Nations communities*  
[http://www.fnhc.ca/pdf/Healthy Food Guidelines for First Nations Communities.pdf](http://www.fnhc.ca/pdf/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf)

- **Pit cooking**

Esquimalt High School

<http://www.cbc.ca/player/Radio/Local+Shows/British+Columbia/ID/2315199451/?sort=MostRecent>

Pit cooking: Pauquachin style

[www.indigenousfoodsvi.ca/video/pit-cooking-pauquachin-style/](http://www.indigenousfoodsvi.ca/video/pit-cooking-pauquachin-style/)

## **Section 2: Fruit on Vancouver Island**



## Gathering fruit



*“Mosquitos suck the juice from salal and salmonberries and are numerous during the autumn berry-picking time.*

*Berry-pickers often smeared their bodies and faces with deer fat to prevent these insects from stinging them. Deer fat was also used to prevent sunburn”.*

*(Teachings of the Tides, David Ellis and Luke Swan, Theytus Books, 1981)*

### **Berry-pickers**

*Salal berries were the most plentiful and widely used fruit on the coast. They could be used to sweeten other foods or thicken salmon eggs. They were picked in late summer and eaten fresh or dried into cakes for the winter.*

*Preparing the berries for winter storage meant mashing the berries and either boiling them in boxes using red-hot rocks or letting them stand for a day or two. The thickened jam was poured into cedar frames set on Skunk Cabbage leaves and dried for several hours on a rock over a wood fire.*

*The cakes were just over an inch thick and could be as long as 3 foot. The cooks would fold or roll the cakes and store them in cedar boxes. They would be kept in a warm area of the house. Salal cakes were highly prized.*

*(Adapted from Food Plants of Coastal First People, Nancy Turner, UBC Press, 1995)*

## Personal Reflection

Think of a time when you have gathered, prepared or eaten local fruit.  
Why is this memory so special?



## Cooking with fruit

### Benefits:

- Fruit and berries are good sources of vitamins A and C
- Berries are good sources of anti-oxidants
- Anti-oxidants help your body fight off disease

Adults should eat at least one serving of orange fruit or vegetable each day.

**1 serving size of fruit = ½ cup**

*(Hint: one serving is a medium apple or a banana)*

### Concerns about gathering, cooking and eating berries:

- Knowing which berries are safe to eat
- All fruit should be washed in cold, running water before eating or cooking them

## Modern Recipe

### Roasted berries

*Recipe courtesy of Ina Garten ([www.foodnetwork.com](http://www.foodnetwork.com)) and First Nations Health Council Healthy Food Guidelines*

Serves 8 people

#### **Ingredients**

2 cups fresh strawberries  
 2 cups fresh blueberries  
 2 cups fresh blackberries  
 ¼ cup sugar  
 Vanilla bean or 1 teaspoon of vanilla extract

1 container (750 ml) low-fat vanilla yogurt  
 or low-fat vanilla ice cream



#### **Recipe timeline**

*Prep time: 20 minutes*  
*Cooking time: 20 minutes*  
*Cooling time: 1 hour*

#### **Total amount of time needed**

= \_\_\_\_\_ hours



**Food safe tip:**

*Fruits and  
vegetables  
become*

**“potentially  
hazardous  
foods”**

*once they have  
been cooked.*

**Instructions:**

Take out your ingredients and any equipment you will need.  
Preheat your oven to 450° Fahrenheit (230° Celsius).

**Prepare the Berries**

Gently mix the berries with the sugar. Place the strawberries, raspberries, blueberries and blackberries on a baking tray.

Use a sharp knife to split the vanilla bean lengthwise.  
Scoop out the seeds and sprinkle them over the berries.

If you don't have a vanilla bean, drizzle a teaspoon of vanilla extract over the berries instead.

*Roast in the oven for 20 minutes.  
Cool to room temperature before serving.*

**Once the berries have cooled:**

Put a large spoonful of the berry mixture in the bottom of your bowl.  
Add a layer of yogurt or frozen yogurt or low-fat ice cream. Repeat the process until you have as many layers as will fit into your bowl.

**Food safe tip:**

**“Improper  
cooling”  
of food**

*is the #1 cause of  
foodborne illness  
outbreaks in  
restaurants.*

**Interesting fact:**

Soapberries are used to make “Indian Ice-cream”  
by whisking together equal amounts of berries and water  
until it becomes frothy.

Camas bulb or other berries are added to sweeten it.

*Note: Soapberries are not commonly found  
on the southern part of Vancouver Island.*

## Fruit harvesting on Vancouver Island

<b>Fruit and Berries</b>	<b>Typical Harvesting Period</b>
Apples	August - October
Blackberries	July - August
Blueberries	June - September
Cantaloupe	August - First Frost
Cherries	July - August
Loganberries	June - November
Pears	August - September
Prunes/Plums	August - September
Raspberries	June - August
Salal berries	July - August
Strawberries	June - August
Watermelon	August - September

### Activity:

Using the chart above, please fill in the blanks below.

**Today, you are going to pick:**

**What month(s) is it?**

Blackberries

---

Apples

---

Salal berries

---

Strawberries

---

**It is Aboriginal Day.** You are making a dessert using fruit gathered locally. What fresh fruits could you choose from?

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*Answer keys found on pages 73 to 85*

**Resources – learn more about:**

Growing food on Vancouver Island

- Lifecycles Project Society  
[http://lifecyclesproject.ca/initiatives/food\\_sovereignty.php](http://lifecyclesproject.ca/initiatives/food_sovereignty.php)
- Urban agriculture hub: Gardening without a garden  
[www.urbanagriculturehub.ca](http://www.urbanagriculturehub.ca)

## **Section 3: Foodborne illness and allergies**

## *Foodborne illness*

*- illness caused by eating or drinking food that is contaminated*

Foodborne illness is sometimes called “food poisoning.” This happens when your food is contaminated with chemicals, physical objects or biological diseases.

Chemical contamination can come from

- cleaning agents (oven cleaner, bleach, or insect spray, etc.); and
- pesticides on your fruits and vegetables.

Physical contamination can come from

- toothpicks,
- hair,
- glass or metal, and
- bandages.

Biological contamination can come from

- microbes such as bacteria, parasites, protozoa, fungi, yeasts, molds or viruses.

Microbes are tiny organisms or living things. You usually need a microscope to see them. Some microbes are harmless but many are not. Microbes that can make you ill are called pathogens.

### **Cycle of Transmission**

Food can be contaminated when you buy, gather or catch it.

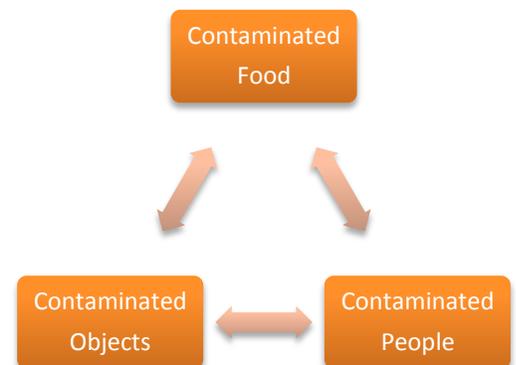
This can happen naturally.

Food can be contaminated by the people who touch it.

Someone could sneeze into the food, contaminating it with a virus or you could have bacteria on your hands.

Food can be contaminated by something it touches.

The kitchen counter could have mold on it or you could spray insect repellent on your food by accident.



### **Cross-Contamination**

Cross-contamination is when you spread pathogens, chemicals or objects back and forth between food, the kitchen and the food handler. This can happen when you use a knife to chop up contaminated salad and then use it again to slice an apple. The apple could now be contaminated by the pathogen that was in the salad. The salad never touched the apple, but it still contaminated it.

## Food Allergies

*- Sensitivities caused by a reaction of the body's immune system to specific proteins in food*

In Canada, the foods most likely to cause an allergic reaction are

1. peanuts;
2. tree nuts: Almond, brazil, cashew, hazelnut, macadamia, pecan, pine, pistachio, walnut;
3. sesame seeds;
4. milk;
5. eggs;
6. seafood;
7. soy;
8. wheat; and
9. sulphites (a food additive).

Someone with a food allergy might experience

- trouble breathing, speaking or swallowing;
- a drop in blood pressure, rapid heartbeat, and/or loss of consciousness;
- a flushed face, hives, a rash or red and itchy skin;
- swelling of the eyes, face, lips, throat or tongue;
- anxiousness, distress, faintness, paleness, sense of doom, and/or weakness; and
- cramps, diarrhea, and/or vomiting.

What to do if someone has an allergic reaction while eating:

- If they are having difficulty breathing or lose consciousness, call 911 right away;
- If the person knows they have an allergy and has medication on hand, help them take or inject the medication. Check for a medical alert bracelet if they cannot speak; and
- Keep calm and reassure them.

### Activity:

Complete the following Household Emergency Contact Sheet so that, in an emergency, you will know who to call and the information that the doctor, hospital or emergency responders may need.

#### **Resources – learn more about:**

- *Food allergies*  
<http://www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php>

## Household Emergency Contact Sheet

**Emergency: 911**

Non-Emergency: BC Health Link **811** (to speak to a BC Health nurse – line is open 24 hours/7 days a week)

Family doctor      Name: \_\_\_\_\_  
                                  Phone # \_\_\_\_\_  
                                  Address: \_\_\_\_\_  
 Local Hospital      Phone # \_\_\_\_\_  
                                  Address: \_\_\_\_\_

<b>Family/Friend who can help out</b>	Name:	Email:
	Phone #:	Work Number:

For each person who lives in your home, fill in the following information:

Family Member #1		Family Member #2		Family Member #3	
Full Name:		Full Name:		Full Name:	
Date of Birth:		Date of Birth:		Date of Birth:	
They have allergies to:		They have allergies to:		They have allergies to:	
They take the following medications:		They take the following medications:		They take the following medications:	
<b>Who should be contacted in an emergency?</b>		<b>Who should be contacted in an emergency?</b>		<b>Who should be contacted in an emergency?</b>	
<b>Full Name of Spouse/Partner:</b>		<b>Full Name of Spouse/Partner:</b>		<b>Full Name of Spouse/Partner:</b>	
Work Number:		Work Number:		Work Number:	
Phone #:		Phone #:		Phone #:	
Email:		Email:		Email:	
<b>Full Name of Parent/Guardian:</b>		<b>Full Name of Parent/Guardian:</b>		<b>Full Name of Parent/Guardian:</b>	
Work Number:		Work Number:		Work Number:	
Phone #:		Phone #:		Phone #:	
Email:		Email:		Email:	
<b>Full Name of 2<sup>nd</sup> Parent/Guardian:</b>		<b>Full Name of 2<sup>nd</sup> Parent/Guardian:</b>		<b>Full Name of 2<sup>nd</sup> Parent/Guardian:</b>	
Work Number:		Work Number:		Work Number:	
Phone #:		Phone #:		Phone #:	
Email:		Email:		Email:	

Family Member #3		Family Member #4		Family Member #5	
Full Name:		Full Name:		Full Name:	
Date of Birth:		Date of Birth:		Date of Birth:	
They have allergies to:		They have allergies to:		They have allergies to:	
They take the following medications:		They take the following medications:		They take the following medications:	
<b>Who should be contacted in an emergency?</b>		<b>Who should be contacted in an emergency?</b>		<b>Who should be contacted in an emergency?</b>	
<b>Full Name of Spouse/Partner:</b>		<b>Full Name of Spouse/Partner:</b>		<b>Full Name of Spouse/Partner:</b>	
Work Number:		Work Number:		Work Number:	
Phone #:		Phone #:		Phone #:	
Email:		Email:		Email:	
<b>Full Name of Parent/Guardian:</b>		<b>Full Name of Parent/Guardian:</b>		<b>Full Name of Parent/Guardian:</b>	
Work Number:		Work Number:		Work Number:	
Phone #:		Phone #:		Phone #:	
Email:		Email:		Email:	
<b>Full Name of 2<sup>nd</sup> Parent/Guardian:</b>		<b>Full Name of 2<sup>nd</sup> Parent/Guardian:</b>		<b>Full Name of 2<sup>nd</sup> Parent/Guardian:</b>	
Work Number:		Work Number:		Work Number:	
Phone #:		Phone #:		Phone #:	
Email:		Email:		Email:	

## **Section 4: Hazardous foods and food handling**

### *Potentially hazardous foods*

-Foods on which pathogens can live or grow. These foods are “perishable.” They spoil or go bad if left out at room temperature.

These are potentially hazardous foods:

#### **Animal-sourced products**

- Meat and Game (beef, bison, caribou, deer, elk, lamb, moose, pork, etc.)
- Fish and shellfish
- Poultry (chicken, goose, turkey, etc.)
- Eggs
- Dairy (cheese, milk, yogurt)

#### **Plant-sourced products**

- Raw sprouts (bean, alfalfa, radish, etc.)
- Cooked fruit
- Cooked vegetables
- Cooked beans
- Cooked starch (cereals, rice or pasta)
- Soya milk or tofu

Remember: When you cook a meal with lots of ingredients, the whole dish becomes a potentially hazardous food if one of the above foods is included.

Not Hazardous



Potentially Hazardous



**Activity:**

Read the ingredient list and instructions from three or more of the recipes and food stories included in this workbook.

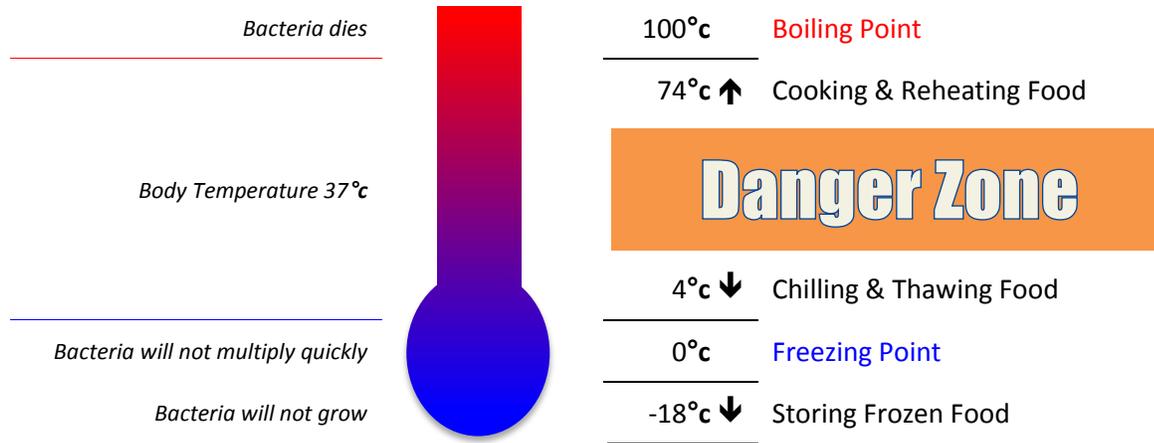
Which recipes include potentially hazardous foods?

Which recipes do not include potentially hazardous foods?

	<b>List the hazardous foods</b>	<b>List the non-hazardous foods</b>
Candied Salmon		
Roasted Berries		
Salal Cakes		
Your Recipe		
Your Recipe		

*Answer keys found on pages 73 to 85*

## Food Handling



When you prepare and cook food, it can go through many temperature changes. Food cools as you freeze it and warms up as you thaw it or heat it.

Sometimes food has bad bacteria (pathogens) in it. High heat and extreme cold kill bacteria but they grow quickly in warm temperatures. When the internal temperature of food is between 4° and 74°, it is considered to be in the **Danger Zone**. If you eat potentially hazardous foods that have been in the danger zone for too long, you can become ill.

### 2-Hour Rule

-Food left in the Danger Zone for 2 hours or more should be thrown away.  
If in doubt, throw it out.

### Activity:

Read the ingredient list and instructions from the recipes and food stories included in this workbook. If you were to make any of these meals, when would the food be in the danger zone?

Recipe	Food is in the Danger Zone when . . .
Candied salmon	
Roasted berries	
Salal cakes	
Your recipe	

Answer keys found on pages 73 to 85

## Tips to avoid the danger zone

### Thawing potentially hazardous foods

Never leave food to thaw on your counter. Instead,

- thaw foods in your fridge at less than 4°C;
- cook from a frozen state if you have a small amount of food; and
- wrap food in plastic and thaw under cold, running water.

### Re-heating potentially hazardous foods

- When re-heating, make sure that all parts of the food reach a temperature of 74°C for at least 15 seconds;
- Re-heated food should reach the minimum recommended temperature within two hours; and
- When re-heating food in your microwave, make sure that the food is cooked evenly throughout.

1. Stir your food halfway through, and
2. Let the food stand for two minutes before eating it.

*Remember: If in doubt, throw it out*

*Resources – learn more about:*

Temperature

- BBC Skillswise  
<http://www.bbc.co.uk/skillswise/topic/temperature>

## **Section 5: Storing foods**

## Perishable foods

-Foods that spoil or go bad if left out at room temperature

## Traditional foods

The following meat and seafood was traditionally caught on Vancouver Island:

- Seafood:  
Abalone, clams, crab, eulachon, herring, mussels, octopus, oysters, prawns, salmon, scallops, sea cucumber, seaweed, and shrimp.
- Meat and Meat Products:  
Beaver, deer, duck, goose egg, moose, rabbit and seagull eggs.

They would be cooked with some of the following fruits, nuts, roots and vegetables. The food plants were picked in season and then preserved or stored for use over the winter.

Spring	Summer	Fall
Cow parsnip ( <i>Indian celery</i> )	Blackberries	Crab Apples
Fireweed shoots	Blackcaps	Cranberries
Lupines	Blueberries	Evergreen ferns
Sea milkwort	Blue Camas bulbs	Hazelnuts
Springbank clover	Currants	Huckleberries
Wild carrot	Elderberries	Kinnikinnick berries
Salmonberry sprouts	Gooseberries	Lupine roots
Stinging nettles ( <i>Indian spinach</i> )	Huckleberries	Rhizomes
Thimbleberry sprouts	Rice Root ( <i>Indian rice</i> )	Rosehips
	Salal berries	Springbank clover
	Salmonberries	
	Saskatoon berries	
	Soapberries	
	Thimbleberries	
	Wild onions	
	Wild raspberries	
	Wild strawberries	

Source: Food Plants of Coastal First Peoples, Nancy J. Turner  
Indigenous Food Systems on Vancouver Island, Julia Davis, Emma Twidale

## Activity

Do your own research to find out how some of these foods were preserved for use over the winter months.

## Modern food

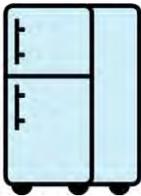
When you rely on others to catch, gather or prepare your food, you do not know how fresh it is. Always ask when the food was caught or gathered and if the food has been frozen.

When you buy food from a store, check the “Best Before” label. This will tell you how long you have before the food will begin to lose some of its taste or nutrients. “Best before” labeling does not guarantee food safety.

How long a food will stay fresh also depends on how you store it. If you are unsure of how long a food has been in your fridge, freezer or cupboard, do not use it.

**Remember: If in doubt, throw it out!**

As a general rule, foods can be stored for the following length of time:

<b>Foods in your Fridge</b> (0°C to 4°C) 	<b>Food Type</b>	<b>Maximum storage time</b>
	Fish and shellfish	1 to 2 days
	Leftovers – cooked meats/gravy	1 to 2 days
	Lunch meat	1 to 2 days
	Poultry	2 to 3 days
	Ground meat	2 to 3 days
	Roasts and steaks	3 to 5 days
	Bacon and wieners	6 to 7 days

<b>Foods in your Freezer</b> (-18°C) 	<b>Food Type</b>	<b>Maximum storage time</b>
	Bread dough (with yeast)	1 month
	Fatty fish (salmon, mackerel)	3 months
	Shellfish	6 months
	Roasts and steaks	3 months
	Leftovers – cooked meats/gravy	3 months
	Poultry	5 months
	Non-fatty fish (halibut, herring)	6 months

<b>Foods in your Cupboard</b> (10°C to 21°C)	<b>Food Type</b>	<b>Maximum storage time</b>
	Cereals	8 months
	Dried fruit	8 months
	Flour	12 months
	Nuts	12 months
	Canned goods	12 months
Spices	24 months	

	Dry beans	24 months
---	-----------	-----------

### First in, First out

The “**first in, first out**” principle helps people make sure that old products are used before new products. When you come home from grocery shopping, store the new groceries behind the old ones. That way the food with the earliest “best before” date will be eaten first. Food producers in Canada must follow rules about how a “best before” date is shown on a label.

The year must appear first, followed by the month, and then the day. To save space, they use an abbreviation for the month.

January	JA	July	JL
February	FE	August	AU
March	MR	September	SE
April	AL	October	OC
May	MA	November	NO
June	JN	December	DE

**Best before**  
**08 JA 30**  
**Meilleur avant**

### Activity:

You have five ingredients in your cupboard.

You must eat them all before they reach the “best before” date.

Put the ingredients in the order that you should use them:

Food Name	“Best Before” Date	Order of Use
Dried cranberries	13 NO 20	1. _____
Whole grain pasta	13 SE 14	2. _____
Hazelnuts	13 AL 06	3. _____
Oatmeal	12 DE 28	4. _____
Canned tomatoes	13 JA 01	5. _____

*Answer keys found on pages 73 to 85*

Next time you put away your groceries, remember to

- place food items at least six inches off the floor;
- keep food and cleaning supplies in different cupboards;
- store all food in air-tight containers; and
- put meat products on the lowest shelf of the fridge.

Resources – learn more about:

### **Indigenous food on Vancouver Island**

- Indigenous Food Systems Network  
[www.indigenousfoodsystems.org](http://www.indigenousfoodsystems.org)
- Vancouver Island and Coastal Communities Indigenous Food Network  
[www.indigenousfoodsvi.ca](http://www.indigenousfoodsvi.ca)

### **Reading food labels**

- Health Canada interactive food label guide  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Canadian Food Inspection Agency date markings  
[www.inspection.gc.ca](http://www.inspection.gc.ca)
- Canadian Food Inspection Agency basic food labeling requirements  
[www.inspection.gc.ca](http://www.inspection.gc.ca)

### **Dates and calendars**

- BBC Skillswise – Using a calendar  
[www.bbc.co.uk/skillswise/](http://www.bbc.co.uk/skillswise/)

## **Section 6: Canning food**

## Canning

Canning or home bottling is a way to store fresh food for longer.

It takes special equipment such as glass jars, metal lids, metal rings, boiling water canners and pressure canners.

If you do not can or bottle properly, the people who eat the food may become ill. Clostridium Botulinum is a type of bacteria that grows in soil and can survive and grow in a sealed jar of food.

The bacteria are heat-resistant. You need temperatures even hotter than boiling water to kill them. You cannot see them and they do not change the colour, smell or taste of the food.

There are two ways to can food. The method you use depends on the type of food you are canning.

Foods with high acidity should be canned using a “Boiling Water Canner.”

Foods with low acidity should be canned using a “Pressure Canner.”

### **Boiling water canner high acid foods**

*(ph level lower than 4.6)*

- Fruit
- Jams, jellies, marmalades
- Pickles and sauerkraut
- Tomatoes with added lemon juice or vinegar

### **Pressure canner low acid foods**

*(ph level higher than 4.6)*

- Most fresh vegetables except tomatoes
- Meat, seafood, poultry
- Soup
- Spaghetti sauce with meat, vegetables and tomatoes



## The Do's and Don'ts of Canning



Do clean all the work surfaces, utensils and equipment before you begin to can. Keep them clean to avoid cross-contamination

Do wash raw fruits and vegetables thoroughly with clean, running water before canning them

Do use only NEW self-sealing lids

Do follow up-to-date canning instructions

Do use a mixture of  $\frac{1}{4}$  cup bleach for every 2 cups of water to clean up any spills from home-canned food that might be contaminated



Do not eat food from a jar or bottle that is

- leaking
- bulging
- swollen
- damaged
- cracked

Do not eat food from a jar that

- spurts liquid or foam when the container is opened

Do not eat canned food that is

- discoloured
- moldy
- foul smelling

## Activity:

Start each sentence with the appropriate “Do” or “Don’t”



- \_\_\_\_\_ clean up spills with a mixture of  $\frac{1}{4}$  cup bleach for every 2 cups of water
- \_\_\_\_\_ clean the work surfaces, utensils and equipment before you begin to can
- \_\_\_\_\_ wash raw fruits and vegetables thoroughly with clean, running water
- \_\_\_\_\_ eat food from a jar that is leaking, bulging, swollen, damaged or cracked
- \_\_\_\_\_ follow up-to-date canning instructions
- \_\_\_\_\_ use only NEW self-sealing lids
- \_\_\_\_\_ eat canned food that is discoloured, moldy, foul smelling
- \_\_\_\_\_ eat food from a jar that spurts liquid or foam

*Answer keys found on pages 73 to 85*

Resources – learn more about:

### **Canning**

- Health Canada food safety tips for home canning  
[www.hc-sc.gc.ca/foodcanning](http://www.hc-sc.gc.ca/foodcanning)
- Home canning: Keep your family safe!  
[http://www.foodsafety.gov/blog/home\\_canning.html](http://www.foodsafety.gov/blog/home_canning.html)
- National Centre for Home Food Preservation - USDA guide to home canning  
[http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

### **Acids and Bases**

- Science buddies – Acids and bases pH scale  
[http://www.sciencebuddies.org/science-fair-projects/project\\_ideas/Chem\\_AcidsBasespHScale.shtml](http://www.sciencebuddies.org/science-fair-projects/project_ideas/Chem_AcidsBasespHScale.shtml)

## **Section 7: Cleaning up**



## Cleaning up

Making sure that cross-contamination does not happen is a big part of being food safe.

## Personal hygiene

You are one of risk factors for food contamination in your kitchen.  
Before preparing food, you should

- wash your hands
- tie your hair back
- roll up your sleeves
- cover open cuts or wounds



**Remember:**



Wash your hands  
**every time** you sneeze,  
use the bathroom  
or change a diaper!

### Hand washing quick tips

- Remove rings, bracelets or watches
- Wet your hands with warm, running water
- Use enough soap to cover both palms
- Lather your hands and rub them together for at least 20 seconds
- Wash the front and back of your hands and in between your fingers
- Rinse and dry

Watch the following videos to learn how to wash your hands properly.

- **Hand washing contamination**  
<http://www.youtube.com/watch?v=OPV3WtXfq1o&feature=share&list=PLLjuAI9EppAH5ltwnF5MXI3AcJR6Brh5y>
- **Bad hand washing**  
<http://www.youtube.com/watch?v=2UD4ZfDWPCA&feature=share&list=PLLjuAI9EppAH5ltwnF5MXI3AcJR6Brh5y>
- **Safe hand washing**  
<http://www.youtube.com/watch?v=VyIx2K2vhKI&feature=share&list=PLLjuAI9EppAH5ltwnF5MXI3AcJR6Brh5y>

## Kitchen hygiene

If you want to be food safe, you need to keep your kitchen clean.

Your counter, cutting boards, knives and plates are some of the risk factors for food cross-contamination in your kitchen.

When you are preparing food you should

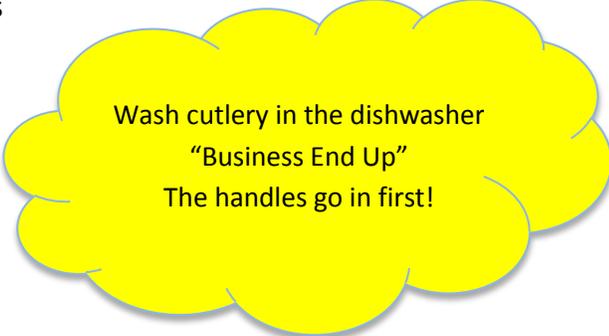
- always use a clean cutting board for every type of food, and
- never use the same plate to carry food to and from the smoker or barbeque.

Once you have finished preparing food you should

- wash your counters with soap and warm water,
- wash the handle of your fridge door, and
- wash every item you used to prepare the meal.

If you are “**cleaning in place**” – washing equipment such as slicers, fryers or smokers, etc. without taking them apart,

1. read the manufacturer’s instructions first,
2. unplug it, and
3. make sure it has cooled down before cleaning it.



Wash cutlery in the dishwasher  
“Business End Up”  
The handles go in first!



**Remember:**

Play the following on-line game to check if your kitchen is food safe

- Kitchen Hygiene  
[http://www.sensoryworld.org/kitchen\\_hygiene.html](http://www.sensoryworld.org/kitchen_hygiene.html)

## Activity:

Re-write the instructions for making candied salmon so that the recipe follows food safe hygiene and safety practices.

You can choose which new instruction to add from the following list of clean up instructions.

A blank line appears where you should add a clean-up instruction

### Clean-up/safety instructions

- Wash the cooking utensils and cutting board
- Follow the manufacturer's instructions to clean your smoker in place
- Wash your hands
- Clean cutting board
- Clean your refrigerator door handle
- Store your kitchen knives somewhere safe and out of reach by children.

### Instructions:

\_\_\_\_\_ Take out your ingredients and any equipment you will need.

Place the salmon on a \_\_\_\_\_ skin-side down.

With a sharp knife, carefully make many vertical slices in the fillet. Vertical slices go up and down. Each slice should be about the width of your thumb apart. Do not cut through the skin of the salmon.

Once the slices are made, grasp each end of the fillet and stretch the skin so that the portions of fish separate at each cut. Place the salmon on a large baking sheet.

\_\_\_\_\_  
\_\_\_\_\_

In the mixing bowl, stir together the brown sugar, kosher salt, and ground pepper. Using your hands, carefully and evenly pack the mixture over each fillet. Make sure to get the mixture between the gapped slices.

\_\_\_\_\_



## Self-tests

## Food safety true or false? Self-test

**True    False**

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Bacteria grows in food.  |
| <input type="checkbox"/> | <input type="checkbox"/> | You can safely eat food with mold on it as long as you wash it off.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Non-perishable foods</b> are foods that “go bad” after a few days.  |
| <input type="checkbox"/> | <input type="checkbox"/> | The people most at risk of becoming ill from food are the elderly, children under 2, pregnant women, those with diabetes, cancer, AIDS or kidney disease or those who have a history of alcohol/drug misuse. |
| <input type="checkbox"/> | <input type="checkbox"/> | Fruits and vegetables that are eaten raw should be washed well with clean water or peeled before eating.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Some cooked fruits and vegetables are <b>hazardous foods</b> .   |
| <input type="checkbox"/> | <input type="checkbox"/> | Salmon can be safely kept in your fridge for up to three months.   |
| <input type="checkbox"/> | <input type="checkbox"/> | You might have <b>food poisoning</b> if you have tingling, burning or numbness in your lips or finger tips after eating shellfish.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Eating food contaminated by sewage water can give you Hepatitis A.   |
| <input type="checkbox"/> | <input type="checkbox"/> | People can be allergic to foods. If you have hives or difficulty breathing after eating, you may have an <b>allergy</b> .  |
| <input type="checkbox"/> | <input type="checkbox"/> | Not washing your hands after using the bathroom (or helping someone else use the bathroom) and then preparing food can cause <b>Foodborne illnesses</b> .  |
| <input type="checkbox"/> | <input type="checkbox"/> | It is OK to sneeze in the direction of the food when making dinner. It is not harmful if your body fluids get into the food.   |
| <input type="checkbox"/> | <input type="checkbox"/> | All food items should be stored at least six inches off the floor.   |
| <input type="checkbox"/> | <input type="checkbox"/> | You can use a cutting board to prepare your fish and then use it again to cut up your vegetables.  |

*Answer keys found on pages 73 to 85*

## Food safety word list self-test

**Word:**

**Definition:**

2-Hour Rule

---

Business End Up

---

Clean in Place

---

Cross- contamination

---

First In First Out Practice

---

Food Allergy

---

Foodborne illness

---

Food Poisoning

---

Fruit

---

Hazardous Foods

---

Microbe

---

Pathogen

---

Perishable Food

---

Recipe

---

Seafood

---



---

*Answer keys found on pages 73 to 85*

## **Food industry workforce resources**



## Food industry workforce opportunities

Baker

Butcher, Meat Cutter and Fishmonger

Chef/Cook

Entrepreneur

Fisher

Food Counter Attendants and Kitchen Helpers

Labourer Fish Processing

## Food industry certificates

**FOODSAFE™** Level 1

**FOODSAFE™** Level 2

MarketSafe™

Serving it Right™

## Food industry opportunities

There are many different types of jobs for people who want to work in the food industry.

There are people who gather the food.

There are people who prepare and cook the food.

There are people who serve the food.

The following pages outline some of the job descriptions of people working in the food industry as well as the qualifications and training they will need to enter the field.

### Resources – learn more about:

- Being a Baker  
[www.youtube.com/watch?v=UZ7W\\_xRoVBw](http://www.youtube.com/watch?v=UZ7W_xRoVBw)
- Being a Butcher  
[www.youtube.com/watch?v=7911d2Z3-rs](http://www.youtube.com/watch?v=7911d2Z3-rs)
- Being a Cook or Chef  
[www.youtube.com/watch?v=f693QoDttdk](http://www.youtube.com/watch?v=f693QoDttdk)
- Being a Food Server  
[www.youtube.com/watch?v=eKHMF11nruM](http://www.youtube.com/watch?v=eKHMF11nruM)
- Being a Kitchen Helper  
[www.youtube.com/watch?v=PFNCS2pwAQE](http://www.youtube.com/watch?v=PFNCS2pwAQE)

## Baker

National Occupation Code 6332 (Source: NOC 2011 and [www.itabc.ca](http://www.itabc.ca))

Bakers make bread, rolls, muffins, pies, pastries, cakes and cookies for sale in retail and wholesale bakeries and dining establishments. They

- prepare dough for pies, bread, rolls and sweet goods;
- prepare batter for muffins, cookies and cakes and icing/frosting;
- operate machinery;
- bake mixed doughs and batters;
- frost and decorate cakes and other baked goods;
- ensure quality of products meets established standards;
- draw up production schedule to determine type and quantity of goods to produce;
- purchase baking supplies;
- may oversee sales and merchandising of baked goods; and
- may hire, train and supervise baking personnel and kitchen staff.

### Qualifications:

- Grade 10 or equivalent including English 10, Math 10 and Science 10 - completion of secondary school is preferred.
- Completion of 3-year or 4-year apprenticeship program for bakers or completion of college or other program for bakers.
- On the job training may be provided.
- **FOODSAFE™** Level 1 Certificate (for those entering apprenticeship).

### Certification:

- Trade certification is available but voluntary.
- Red Seal endorsement is also available to qualified bakers upon successful completion of the interprovincial Read Seal examination.

### Training programs available at:

- Vancouver Island University Culinary Arts Program  
[www.viu.ca/culinary](http://www.viu.ca/culinary)
- Vancouver Community College Baking and Pastry Arts Apprentice  
[www.vcc.ca/programs-courses/index.cfm](http://www.vcc.ca/programs-courses/index.cfm)

### More information:

Industry Training Authority

[www.itabc.ca](http://www.itabc.ca)

[www.go2hr.ca/training/baker-program](http://www.go2hr.ca/training/baker-program)

## Butcher, Meat Cutter and Fishmonger

National Occupation Code 6331 (Source: NOC 2011 and [www.itabc.ca](http://www.itabc.ca))

Butchers, meat cutters, and fishmongers prepare cuts of meat, poultry, fish and shellfish for sale in retail or wholesale food establishments such as grocery stores, supermarkets, butcher shops and fish stores. They

- cut, trim and prepare cuts of meat, poultry, fish and shellfish for sale;
- grind meats and slice cooked meats using powered grinders and slicing machines;
- prepare special displays of meat, poultry, fish and shellfish;
- shape, lace and tie roasts and other meats, poultry, fish and shellfish;
- wrap prepared meats, poultry, fish and shellfish;
- manage inventory, keep records of sales and determine amount, product line and freshness of products according to company and customer requirements;
- ensure food storage conditions are adequate; and
- may supervise other butchers, meat cutters or fishmongers.

### Qualifications:

- Grade 10 or equivalent including English 10, Mathematics 10 and Science 10 but completion of Grade 12 is preferred.
- Completion of college or other meat and fish cutting training program or a 3-year apprenticeship may be required.
- **FOODSAFE™** Level I certificate (for those entering apprenticeship).

### Certification:

- Trade certification is available but voluntary.

### Training Available at:

- On the job training in food stores is usually provided for retail butchers, meat cutters and fishmongers.
- Thompson Rivers University – Retail Meat Processing Program (full-time/9 months)  
[www.tru.ca/act/culinary/retail\\_meat\\_program.html](http://www.tru.ca/act/culinary/retail_meat_program.html)

### More information:

Industry Training Authority

[www.itabc.ca](http://www.itabc.ca)

## Chef

National Occupation Code 6321 (Source: NOC 2011 and [www.itabc.ca](http://www.itabc.ca))

Chefs prepare/cook meals and specialty food in restaurants, hotels, hospitals and health care institutions, food establishments and onboard ships. They may plan menus and create recipes.

### *Executive Chefs:*

- Plan and direct food preparation and cooking activities;
- Consult with clients regarding weddings, banquets and specialty functions;
- Ensure food meets quality standards;
- Estimate food requirements and may estimate food and labour costs;
- Supervise activities of sous-chefs, specialist chefs, chefs and cooks;
- Arrange for equipment purchases and repairs; and
- Recruit and hire staff.

### *Sous-Chefs:*

- Supervise activities of specialist chefs, chefs, cooks and other kitchen workers;
- Demonstrate new cooking techniques and new equipment to cooking staff; and
- May plan menus and requisition food and kitchen supplies.

### *Chefs and Specialty Chefs:*

- Prepare and cook complete meals or specialty foods such as pastries, sauces, soups, vegetables and meat, poultry and fish dishes, and create decorative food displays;
- Instruct cooks in preparation, cooking, garnishing and presentation of food;
- Supervise cooks and other kitchen staff; and
- May requisition food and kitchen supplies.

## Cook

National Occupation Code 6322 (Source: NOC 2011 and [www.itabc.ca](http://www.itabc.ca)):

Cooks are employed in restaurants, hotels, hospitals and other health care institutions, central food commissaries, educational institutions and other establishments. Cooks are also employed aboard ships and at construction and logging camps. They

- prepare and cook complete meals or individual dishes and foods;
- prepare and cook special meals for patients as instructed by dietician or chef;
- oversee kitchen operations;
- maintain inventory and records of food, supplies and equipment;
- schedule and supervise kitchen helpers;

- may hire and train kitchen staff;
- may plan menus, determine size of food portions, estimate food requirements and costs, and monitor and order supplies;
- may set up and oversee buffets; and
- may clean kitchen and work area.

#### **Qualifications:**

- Grade 10 or equivalent including English 10, Mathematics 10 and Science 10 but completion of secondary school is preferred.
- **FOODSAFE™** Level 1 Certificate (for those entering apprenticeship).
- Completion of 3-year apprenticeship program for cooks/chefs, completion of college or other program in cooking (Professional Cook Levels 1, 2 and 3) or several years of commercial cooking experience.
- Sous-chefs, specialist chefs and chefs usually require several years of experience in commercial food preparation.
- Executive chefs usually require management training and several years of experience in commercial food preparation.

#### **Certification:**

- Trade certification is available but is voluntary.
- Red Seal endorsement is also available to qualified cooks/chefs upon successful completion of the interprovincial Red Seal examination.
- Chef de Cuisine certification is available to qualified chefs and is administered by the Canadian Culinary Institute of the Canadian Federation of Chefs and Cooks (CFCC).

#### **Training available at:**

- BC Industry Training [www.itabc.ca](http://www.itabc.ca)
- Certificate in Culinary Arts - Professional Cook Levels 1, 2 and 3  
Camosun College Culinary Arts Program – [www.camosun.ca/learn/programs/culina/](http://www.camosun.ca/learn/programs/culina/)  
Go2 - [www.go2hr.ca/training/professional-cook-program](http://www.go2hr.ca/training/professional-cook-program)  
North Island College - [www.nic.bc.ca/program/culinary\\_arts](http://www.nic.bc.ca/program/culinary_arts)  
Vancouver Island University Culinary Arts Program - [www.viu.ca/culinary/index.asp](http://www.viu.ca/culinary/index.asp)

#### **Apprenticeships:**

- Professional Cook Apprentice and Sponsor Guide  
<http://itabc.ca/discover-apprenticeship-programs/2326/program-details>

#### **Industry Champions**

- White Spot Red Seal Chef Certification Program  
[www.whitespot.ca/careers/red-seal-chefs](http://www.whitespot.ca/careers/red-seal-chefs)

## Entrepreneur

Many people have a passion and a talent for growing, cooking or preparing specialty foods. Entrepreneurs earn money by selling their home-made or home-grown food products at local markets or community fairs. Their tasks may include

- preparing foods such as jams, jellies, baked goods, smoked meats, fish or condiments;
- growing organic fruits and vegetables;
- displaying their products;
- marketing their products and/or company;
- handling cash;
- dealing with the public; and
- ensuring they meet all public health, safety and licensing regulations.

### **Qualifications:**

- MarketSafe Food Certificate
- Business License or Event Permit from local government
- VIHA License

### **Entrepreneur supporters and financiers:**

- Victoria Community Micro Lending Society
- VanCity Small Growers Fund

### **More information:**

Vancouver Island Health Authority  
<http://www.viha.ca/mho/food/>

Victoria Community Micro Lending Society  
<http://www.communitymicrolending.ca/>

VanCity Small Growers Fund  
<https://www.vancity.com/MyBusiness/BusinessFinancing/Loans/SmallBusinessAndStartup/SmallGrowersFund/>

## Fisher

National Occupation Code 8262 (Source: NOC 2011)

Fisher operate fishing vessels to pursue and land fish and other marine life. They

- select area for fishing, plot courses and compute navigational positions using compasses, charts and electronic fishing aids;
- steer vessel and operate navigational instruments;
- operate fishing gear, direct fishing operation and supervise crew members;
- maintain engine, fishing gear and other on-board equipment;
- record fishing activities, weather and sea conditions;
- estimate costs of operations and plan budget for each fishing season;
- establish fish marketing plan and keep records of all financial transactions; and
- may transport fish to processing plants or fish buyers.

### Qualifications:

- Several years of experience as fishing vessel crew member or helper.
- Commercial fishing license(s) required.
- Progression to master or mate on fishing vessels over 100 gross tonnes is possible with additional training, licensing and experiences.

## Food Counter Attendants and Kitchen Helpers

National Occupation Code 6711 (Source: NOC 2011)

People in this field work at restaurants, cafes, hotels, fast food outlets, cafeterias, hospitals and other food establishments as counter attendants, kitchen helpers, food preparers, food service helpers, bus boy/girl, dishwashers, and sandwich makers.

### *Counter attendants and food preparers:*

- Prepare, heat and finish cooking simple food items and service the customers;
- Take customers' orders;
- Clean, peel, slice and trim foodstuffs using manual and electric appliances;
- Use deep fryer, grill, oven, dispensers and other equipment to prepare food;
- Portion, assemble, and wrap food or place it directly on plates;
- Use equipment to prepare hot beverages;
- Serve customers;
- Stock refrigerators and salad bars and record the quantity of food used; and
- May receive payment for food items purchased.

### *Kitchen Helpers:*

- Wash and peel vegetables and fruit;
- Wash work tables, cupboards and appliances;
- Remove trash and clean kitchen garbage containers;
- Sweep and mop floors; and
- Unpack and store supplies and perform other duties to assist cooks and kitchen staff.

### *Food Service Helpers:*

- Clear and clean tables and trays;
- Bring clean dishes, flatware and other items to serving areas and set tables;
- Refill condiments and other supplies and tables and in serving areas;
- Remove dishes after each course and scrape and stack dishes;
- Carry linen to and from laundry area—includes running errands.

### *Dishwashers:*

- Wash dishes, glasses, flatware, pots and pans using dishwashers or by hand;
- Place dishes in storage area; and
- Clean and polish silverware.

### **Qualifications:**

- Some secondary school education is usually required.
- On the job training is provided.

## Labourer in Fish and Seafood Processing

National Occupation Code 9618 (Source: NOC 2011)

Labourers in fishing and seafood processing:

- Unload fish and shellfish from fishing vessels and transport them by hand or forklift truck to work area in processing plant;
- Immerse fresh fish fillets in brine solution to condition them for wrapping or freezing
- Weigh fish or shellfish, record weight and pack fish in ice;
- Sort fish according to species, weight and destination;
- Clean work areas and equipment;
- Transport supplies and packaging materials throughout plant and storage area manually or with powered equipment; and
- Measure and dump ingredients into hoppers of mixing/grinding machines.

### Qualifications:

- Some secondary school education may be required.

## Food industry certificates

Employers in the food industry like to hire people who know how to properly handle food and beverages. The following courses will get you ready to work in the food industry.

Check with your band office or local Aboriginal Skills and Employment Training Strategy (ASETS) holder to see if they run **FOODSAFE™** or MarketSafe™ courses. If not, the following organizations can help.

### **FOODSAFE™ Level 1**

This is an optional 8-hour course in food handling, sanitation, and work safety for people working in front-line food services. At least one staff member on every work shift must have passed the **FOODSAFE™** course. Many employers want all of their staff members to be certified.

Training options:

<b>Classroom</b>	Camosun College	<a href="http://www.camosun.ca">www.camosun.ca</a>
	Cedar Hill Rec Centre	<a href="http://www.saanich.ca/parkrec/recreation/cedar.html">http://www.saanich.ca/parkrec/recreation/cedar.html</a>
	Hospitality Training Plus	<a href="http://www.hospitalitytrainingplus.com">www.hospitalitytrainingplus.com</a>
	Shoreline Community School	<a href="http://www.shoreline.sd61.bc.ca">www.shoreline.sd61.bc.ca</a>
<b>Correspondence Online</b>	Go2	<a href="http://www.go2hr.ca">www.go2hr.ca</a>
	Open School BC	<a href="http://www.openschool.bc.ca/info/foodsafety/index.html">www.openschool.bc.ca/info/foodsafety/index.html</a>

### **FOODSAFE™ Level 2**

This is a mandatory 12-hour course for food service owners, managers, and executive chefs. It includes a short-review of **FOODSAFE™** Level 1 plus modules on Managing for Food Safety and Writing a Food Safety Plan.

Training options:

<b>Online</b>	Open School BC	<a href="http://www.openschool.bc.ca/info/foodsafety/index.html">www.openschool.bc.ca/info/foodsafety/index.html</a>
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**MarketSafe™**

This is an optional 8-hour course for people who grow, bake or prepare food to sell at local, temporary markets. This course is not currently taught on Vancouver Island.

**Classroom** | Peter K.P. Lee Foodsafety      [pkplee@shaw.ca](mailto:pkplee@shaw.ca) / 1-604-724-7065

**Serving it Right™**

This self-study course is mandatory for every person who serves alcohol at a licensed event or establishment as well as those who manage or own an establishment that serves alcohol.

Training Options:

**Correspondence** | Go2      [www.go2hr.ca](http://www.go2hr.ca) / 1-604-633-9798  
**Online** | Serving It Right      [www.servingitright.com](http://www.servingitright.com)

## **Learning resources**

## Learning resources

### Obtaining certifications

#### FOODSAFE™ Certification

- Food Safe - [www.foodsafe.ca](http://www.foodsafe.ca)
- Go2 - [www.go2hr.ca](http://www.go2hr.ca)
- Coast Salish Employment and Training Society – [www.csets.com](http://www.csets.com)
- Open School - [www.openschool.bc.ca/info/foodsafe/index.html](http://www.openschool.bc.ca/info/foodsafe/index.html)
- Victoria Native Friendship Centre EAGLE Project – [www.vnfc.ca](http://www.vnfc.ca)

#### MarketSafe™ Certification

[www.foodsafe.ca/marketsafe](http://www.foodsafe.ca/marketsafe)

#### Serving it Right™

[www.servingitright.com](http://www.servingitright.com)

### Licensing and food safety

#### Allergies

[www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php](http://www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php)

#### BBC Skillswise - Temperature

[www.bbc.co.uk/skillswise/topic/temperature](http://www.bbc.co.uk/skillswise/topic/temperature)

#### Guidelines for sale of food at temporary food markets

[www.viha.ca/NR/rdonlyres/3DDA888D-939E-4A08-926E-DB679892A952/0/GuidelinesSaleofFoodsatTemporaryFoodMarkets2012FINAL.pdf](http://www.viha.ca/NR/rdonlyres/3DDA888D-939E-4A08-926E-DB679892A952/0/GuidelinesSaleofFoodsatTemporaryFoodMarkets2012FINAL.pdf)

#### Vancouver Island Health Authority

[www.viha.ca/mho/food/](http://www.viha.ca/mho/food/)

### Maintaining personal and home hygiene

#### Health Canada - Safe food handling in the Home

<http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/interact/home-maison-eng.php>

#### Kitchen hygiene

[www.sensoryworld.org/kitchen\\_hygiene.html](http://www.sensoryworld.org/kitchen_hygiene.html)

[www.nhs.uk/Livewell/homehygiene/Pages/Foodpoisoningtips.aspx](http://www.nhs.uk/Livewell/homehygiene/Pages/Foodpoisoningtips.aspx)

Public Health Agency of Canada – Food safety videos

[www.phac-aspc.gc.ca/fs-sa/videos/index-eng.php](http://www.phac-aspc.gc.ca/fs-sa/videos/index-eng.php)

### **Seeking a Food Industry Career Path**

Government of Canada National Occupation Codes

<http://www5.hrsdc.gc.ca/noc/english/noc/2011/Welcome.aspx>

### **Eating Healthy and Nutrition**

*Canada's food guide—First Nations, Inuit and Métis*

[www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php](http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php)

First Nations Health Council

[www.fnhc.ca](http://www.fnhc.ca)

Healthy food guidelines for First Nations communities

[http://www.fnhc.ca/pdf/Healthy\\_Food\\_Guidelines\\_for\\_First\\_Nations\\_Communities.pdf](http://www.fnhc.ca/pdf/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf)

### **Pit Cooking**

Esquimalt High School

<http://www.cbc.ca/player/Radio/Local+Shows/British+Columbia/ID/2315199451/?sort=MostRecent>

Pit cooking Pauquachin style by Raven Hartley

[www.indigenousfoodsvi.ca/video/pit-cooking-pauquachin-style/](http://www.indigenousfoodsvi.ca/video/pit-cooking-pauquachin-style/)

Steam pit surprises by Lewis Williams

<http://www.youtube.com/watch?v=-x0RAUxUHog&feature=youtu.be>

### **Growing or gathering your own food**

Books:

*Food Plants of Coastal First Peoples*

Turner, Nancy J.: Food Plants of Coastal First Peoples (Royal British Columbia Museum Handbook). Vancouver: UBC Press, 1995, (Second edition of Food Plants of British Columbia Indians. Part 1. Coastal Peoples. 1975). ISBN 0-7748-0533-1

*Teachings of the Tides: Uses of Marine Invertebrates of the Manhousat People*

Ellis, David and Swan, Luke: *Teachings of the Tides: Uses of the Marine Invertebrates of the Manhousat People*. Nanaimo: Theytus Books, 1981. ISBN 0-919441-02-5

Websites:

Habitat Acquisition Trust – Gardening with native plants

[www.hat.bc.ca](http://www.hat.bc.ca)

Lifecycles Project Society

[http://lifecyclesproject.ca/initiatives/food\\_sovereignty.php](http://lifecyclesproject.ca/initiatives/food_sovereignty.php)

Urban Agriculture Hub - Gardening without a garden

[www.urbanagriculturehub.ca](http://www.urbanagriculturehub.ca)

### **Revitalizing indigenous languages**

First Voices

[www.firstvoices.com](http://www.firstvoices.com)

SENĆOŦEN language apprentices

<http://wsanecschoolboard.ca/sencoten-apprentice-program>

### **Networking with Vancouver Island and First Nations food producers**

CR-Fair Capital Region Food and Agriculture Initiatives Roundtable

[www.communitycouncil.ca/initiatives/crfair/initiatives.html](http://www.communitycouncil.ca/initiatives/crfair/initiatives.html)

Feasting for Change

<http://feastingforchangevi.blogspot.ca/>

Indigenous Food Systems Network

[www.indigenousfoodsystems.org](http://www.indigenousfoodsystems.org)

Pentlatch Seafoods Ltd.

[www.Komogway.com](http://www.Komogway.com)

Vancouver Island and Coastal Communities Indigenous Food Network

- Home page - <http://www.indigenousfoodsvi.ca>
- Food videos - <http://www.youtube.com/user/viccifn/videos?flow=grid&view=0>

Vancouver Island Community Research Alliance (VICRA)

- Indigenous Food Systems on Vancouver Island  
<http://mapping.uvic.ca/vicra/sites/mapping.uvic.ca.vicra/files/Indigenous%20Food%20Systems%20Final.pdf>
- Local food Project - <http://mapping.uvic.ca/vicra/localfoodproject>

**Starting a business**

VanCity Small Growers Fund

[www.vancity.com/MyBusiness/BusinessFinancing/Loans/SmallBusinessAndStartup/SmallGrowersFund/](http://www.vancity.com/MyBusiness/BusinessFinancing/Loans/SmallBusinessAndStartup/SmallGrowersFund/)

Victoria Community Micro Lending Society

[www.communitymicrolending.ca/](http://www.communitymicrolending.ca/)

## **Activity and self-test answer keys**

## Fruit harvesting on Vancouver Island

Fruit and Berries	Typical Harvesting Period
Apples	August - October
Blackberries	July - August
Blueberries	June - September
Cantaloupe	August - First Frost
Cherries	July - August
Loganberries	June - November
Pears	August - September
Prunes/Plums	August - September
Raspberries	June - August
Salal berries	July - August
Strawberries	June - August
Watermelon	August - September

### Activity

Using the chart above, please fill in the blanks below.

**Today, you are going to pick:**

Blackberries

**What month(s) is it?**

July or August

Apples

August, September or October

Salal berries

July or August

Strawberries

June, July or August

**It's Aboriginal Day.** You are making a dessert using fruit gathered locally. What fresh fruits could you chose from?

It's June 21<sup>st</sup> so I could use blueberries, loganberries raspberries or strawberries.

## Potentially hazardous foods

- Foods that make it easy for pathogens to grow on them

The following foods are potentially hazardous:

- Meat
- Fish
- Shellfish
- Poultry
- Eggs
- Dairy (milk, cheese)
- Cooked vegetables and cereals

### Activity:

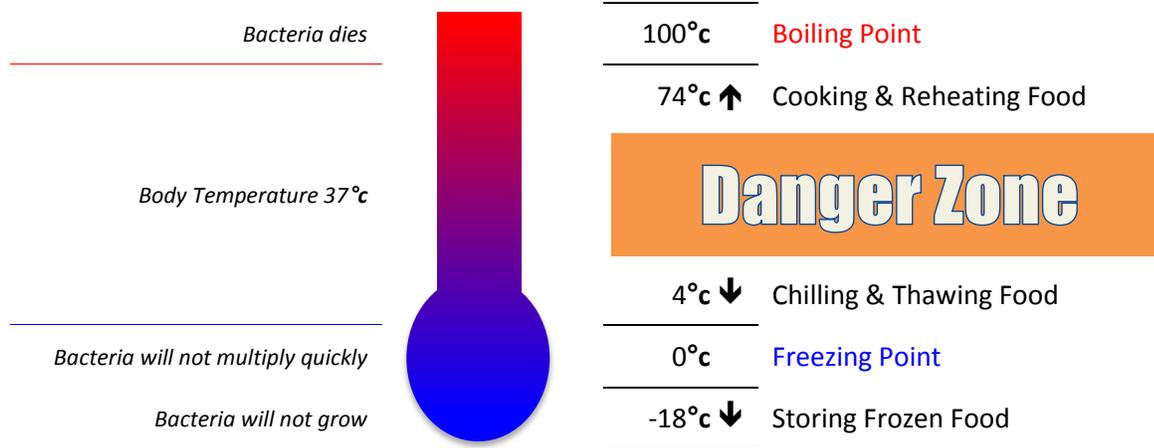
Read the ingredient list and instructions from three or more of the recipes or food stories included in this workbook.

Which recipes include potentially hazardous foods?

Which recipes do not include potentially hazardous foods?

	<b>List the Hazardous Foods</b>	<b>List the Non-Hazardous Foods</b>
Candied Salmon	Salmon Unpasteurized Honey	Sugar Salt Pepper
Roasted Berries	Cooked Strawberries Cooked blueberries Cooked blackberries Yogurt	Raw Strawberries Raw blueberries Raw blackberries Sugar Vanilla beans
Salal Cakes	Cooked berries	Raw Salal berries

## Food handling



When you prepare and cook food it can go through many temperature changes. Food cools as you freeze it and warms up as you thaw it or heat it.

Sometimes food has bad bacteria (pathogens) in it. High heat and extreme cold kill bacteria but they grow quickly in warm temperatures. When the internal temperature of food is between 4° and 74°, it is considered to be in the **Danger Zone**. If you eat potentially hazardous foods that have been in the danger zone for too long you can become ill.

### 2-Hour Rule

- Food left in the Danger Zone for more than 2 hours should be thrown away. If in doubt, throw it out.

### Activity:

Read the ingredient list and instructions from the recipes and food stories included in this workbook. If you were to make any of these meals, when would the food be in the danger zone?

Recipe	Food is in the Danger Zone when . . .
Candied salmon	<p>If the salmon has been frozen and is thawing</p> <p>When the salmon is being smoked</p> <p>When the salmon is cooling</p>

Roasted berries	After the berries have been cooked and are cooling to room temperature
Salal cakes	<p>After the berries have been turned into jam and left in the cedar frames to dry over a wood fire</p> <p>If the weather gets hot enough to start heating up the Salal cakes when they are in storage and kept somewhere warm</p>

## First in, first out

The “**first in, first out**” principle helps people make sure that old products are used before new products. When you come home from grocery shopping, store the new groceries behind the old ones. That way the food with the earliest “best before” date will be eaten first.

Food producers in Canada must follow rules about how a “best before” date is shown on a label. The year must appear first, followed by the month, and then the day.

To save space, they use an abbreviation for the Month.

January	JA	July	JL
February	FE	August	AU
March	MR	September	SE
April	AL	October	OC
May	MA	November	NO
June	JN	December	DE

**Best before**  
**08 JA 30**  
**Meilleur avant**

## Activity

You have five ingredients in your cupboard.

You must eat them all before they reach the “best before” date.

Put the ingredients in the order that you should use them:

<b>Food Name</b>	<b>“Best Before” Date</b>	<b>Order of Use</b>
Dried cranberries	13 NO 20	1. <b>12 DE 28 - Oatmeal</b>
Whole grain pasta	13 SE 14	2. <b>13 JA 01- Canned tomatoes</b>
Hazelnuts	13 AL 06	3. <b>13 AL 06 - Hazelnuts</b>
Oatmeal	12 DE 28	4. <b>13 SE 14 – Whole grain pasta</b>
Canned tomatoes	13 JA 01	5. <b>13 NO 20 – Dried cranberries</b>

Next time you put away your groceries, remember to

- place food items at least 6 inches off the floor,
- keep food and cleaning supplies in different cupboards,
- store all food in air-tight containers, and
- put meat products on the lowest shelf of the fridge.



## Canning activity

Start each sentence with the appropriate “Do” or “Don’t”



Do

clean up spills with a mixture of  $\frac{1}{4}$  cup bleach for every 2 cups of water

Do

clean the work surfaces, utensils and equipment before you begin to can

Do

wash raw fruits and vegetables thoroughly with clean, running water

Do not

eat food from a jar that is leaking, bulging, swollen, damaged or cracked

Do

follow up-to-date canning instructions

Do

use only NEW self-sealing lids

Do not

eat canned food that is discoloured, moldy, foul smelling

Do not

eat food from a jar that spurts liquid or foam

## Cleaning up

### Clean-up/safety instructions

- Wash the cooking utensils and cutting board
- Follow the manufacturer's instructions to clean your smoker in place
- Wash your hands
- Clean cutting board
- Clean your refrigerator door handle
- Store your kitchen knives somewhere safe and out of reach by children.

### Instructions:

**Wash your hands.**

Take out your ingredients and any equipment you will need.

Place the salmon on a **clean cutting board** skin-side down.

With a sharp knife, carefully make vertical slices about the width of your thumb through the salmon fillet. Do not cut through the skin. Once the slices are made, grasp each end of the fillet and stretch the skin so that the portions of fish separate at each cut. Place the salmon on a large cookie sheet.

**Store your kitchen knives somewhere safe and out of reach by children**

In the mixing bowl, stir together the brown sugar, kosher salt, and ground pepper. Using your hands, carefully and evenly pack the mixture over each fillet. Make sure to get the mixture between the gapped slices.

**Wash your hands.**

Place the salmon in a refrigerator overnight to cure. The dry cure will begin to turn liquid as the salt removes moisture from the fillets.

**Wash the cooking utensils and cutting board**

**Clean your refrigerator door handle**

### The next day:

**Wash your hands.**

Let the salmon has cure (this takes between 12 and 18 hours) and then rinse off the fillets. This will take off any extra curing mixture. Allow the fillets to air dry for one hour. **Wash your hands.**

Take out your smoker, kettle, mixing bowl, mixing spoon, measuring spoons, brush, unpasteurized honey, brown sugar and pepper.

Set your smoker at 100°F. Smoke the salmon for 30 minutes. Use the top three racks of the smoker. Place two fillets on each rack. On the bottom rack, place an insert full of ice. This will make the heat stay cool for the cold smoke.

While the salmon is smoking, make the finishing glaze. Mix together the honey, brown sugar, and pepper in a small bowl. Add a few tablespoons of boiling water to help melt the ingredients and stir into a sticky sauce. Brush the glaze over the fillets.

Place the fillets in the smoker on the “cooling” setting for two to three hours.

Follow the manufacturer’s instructions to clean your smoker in place

## Food safety: True or false?

- | True                     | False                    |  |
|--------------------------|--------------------------|--|
| X                        | <input type="checkbox"/> | Bacteria grows in food   |
| <input type="checkbox"/> | X                        | You can safely eat food with mold on it as long as you wash it off<br><i>Mold is a sign that your food that passed its shelf life. Remember, if in doubt throw it out</i>  |
| <input type="checkbox"/> | X                        | <b>Non-perishable foods</b> are foods that “go bad” after a few days.<br><i>Perishable food products can spoil after a few days. Non-perishable foods have a long shelf life.</i>                                |
| X                        | <input type="checkbox"/> | The people most at risk of becoming ill from food are the elderly, children under 2, pregnant women, those with diabetes, cancer, AIDS or kidney disease or those who have a history of alcohol/drug misuse.     |
| X                        | <input type="checkbox"/> | Fruits and vegetables that are eaten raw should be washed well with clean water or peeled before eating.   |
| <input type="checkbox"/> | X                        | Some cooked fruits and vegetables are <b>hazardous foods</b> .<br><i>All cooked fruits and vegetables are hazardous food</i>   |
| <input type="checkbox"/> | X                        | Salmon can be safely kept in your fridge for up to 3 months.<br><i>Seafood can only be kept in the fridge for one to two days. If you want to store fish for up to 3 months, it must be kept in the freezer.</i> |
| X                        | <input type="checkbox"/> | You might have <b>food poisoning</b> if you have tingling, burning or numbness in your lips or finger tips after eating shellfish  |
| X                        | <input type="checkbox"/> | Eating food contaminated by sewage water can give you Hepatitis A.   |
| X                        | <input type="checkbox"/> | People can be allergic to foods. If you have hives or difficulty breathing after eating, you may have an <b>allergy</b> .  |
| X                        | <input type="checkbox"/> | Not washing your hands after using the bathroom (or helping someone else use the bathroom) and then preparing food can cause <b>Foodborne illnesses</b> .  |
| <input type="checkbox"/> | X                        | It is ok to sneeze in the direction of the food when making dinner. It’s not harmful if your body fluids get into the food.  |

*Blood and body fluids contain pathogens that cause serious diseases.*

- X  All food items should be stored at least 6 inches off the floor.
- X You can use a cutting board to prepare your fish and then use it again to cut up your vegetables.

*Cross-contamination can occur when you use the same cutting board for preparing different types of food. Juices from the fish can carry onto the vegetables and make someone with seafood allergies ill.*

## Food safety word list self-test

<b>Word:</b>	<b>Definition:</b>
2-Hour Rule	Any food left in the Danger Zone for 2 hours or more should be thrown away
Business End Up	Putting cutlery in the dishwasher so that they will wash properly. The handles go in first
Clean in Place	Washing equipment such as slicers, fryers or smokers etc. without taking it apart first
Cross- contamination	When you spread pathogens, chemicals or objects back and for between food, the kitchen and the food handler
First In First Out Practice	Making sure that old products are used before new ones
Food Allergy	Sensitivities caused by a reaction of the body's immune system to specific proteins in food
Foodborne illness	Illness caused by eating or drinking food that is contaminated – also known as food poisoning
Food Poisoning	Illness caused by eating or drinking food that is contaminated – also known as foodborne illness
Fruit	The sweet and fleshy product of a tree or other plant that contains seeds and can be eaten as food
Hazardous Foods	Foods on which pathogens can live or grow. These foods are “perishable”
Microbe	Microbes are tiny organisms that are so small you usually need a microscope to see them
Pathogen	A microbe that makes people ill
Perishable Food	Foods that spoil or go bad if left out at room temperature
Recipe	Instructions for preparing or cooking a food dish

Seafood

---

Any fish, shellfish or crustaceans taken from fresh or salt water that can be eaten

---

## **New section templates**

## Traditional food gathering or food preparing story

*Place Picture  
Here*

*Write Story Here*

*(place story credit here)*

### Personal Reflection

Think of a time when you have prepared or eaten meals made from dairy products.  
Why is this memory so special?

## Dairy

- Food made from the milk of mammals (cow, goat, sheep, etc.)



### Milk

#### ENGLISH

Milk  
Soy  
Evaporated  
Milk

#### SENĆOŦEN

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### HUL'QUMI'NUM

sqaal'muhw  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### Cheese

Cheese  
Cottage Cheese  
Quark  
Yogurt

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What other dairy products can you name?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Do you know if they are made locally? Yes/No**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Resource – learn more about:**

- Dairy farming on Vancouver Island  
[www.islandfarms.com/about](http://www.islandfarms.com/about)

## Cooking with dairy products

### Benefits:

- Milk, cheese, and yogurt are good sources of calcium, magnesium and protein. They help with bone growth and development; and
- Calcium keeps your teeth healthy.

Adults should eat three to four servings of milk and milk alternatives each day.

**1 serving size = 1 cup of Milk**

### Concerns about cooking and eating dairy products:

- Food allergies – some people are lactose intolerant. They do have the enzymes to break down a sugar in the milk called lactose.
- Cow's milk should not be given to children under the age of 1.

### Modern Recipe

Place Title of Recipe Here

*Recipe courtesy of*

Serves # people

#### **Ingredients:**

#### **Instructions:**

### Activity

Place instructions for activity here



#### **Recipe timeline**

Prep time: \_\_\_\_\_ minutes  
 Cooking time: \_\_\_\_\_ minutes  
 Cooling time: \_\_\_\_\_ minutes

#### **Total amount of time needed**

= \_\_\_\_\_ hours

## Traditional food gathering or food preparing story

*Place Picture  
Here*

*Write Story Here*

*(place story credit here)*

### Personal Reflection

Think of a time when you have prepared or eaten meals made from grain products.  
Why is this memory so special?

## Grain

- The seeds of grasses cultivated for eating.



### Grain Products

#### ENGLISH

#### SENĆOŦEN

#### HUL'QUMI'NUM

Bannock

squw

Bread

squw'um' / suplil

Cereal

Corn (dried)

CON

kan

Oatmeal

Pasta

Rice

**What other grain products can you name?**

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**Are they made with grains grown locally?  
Yes/No**

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**Resource – learn more about:**

## Cooking with grain products

### Benefits:

- Grains, especially whole grains, are an essential part of a healthy diet; and
- Grains are low in fat and can reduce your risk of heart disease and diabetes.

Adults should eat six to eight servings of grain products each day.

1 serving size = 1 piece of bannock or  $\frac{3}{4}$  cup of hot cereal

### Concerns about cooking and eating grain products:

- Food allergies – some people are wheat intolerant.
- Some grain products such as granola bars, crackers or cookies can be high in starch and sugars and cling to your teeth causing dental decay.

### Modern Recipe

Place Title of Recipe Here

*Recipe courtesy of*

Serves # people

#### **Ingredients:**

#### **Instructions:**

### Activity

Place instructions for activity here.



#### **Recipe timeline**

Prep time: \_\_\_\_\_ minutes

Cooking time: \_\_\_\_\_ minutes

Cooling time: \_\_\_\_\_ minutes

#### **Total amount of time needed**

= \_\_\_\_\_ hours