**Cooking over a campfire: including food hygiene**.

* All participants in cooking over the campfire, will adhere to the relevant policies and procedures linked to general fire use.
* Forest School leader/s will complete relevant risk assessments before proceeding.
* All cooking will be led by Forest School leader/s and students will only get involved when invited.

**COOKING WITH EQUIPMENT**

* Before you leave for camp, decide which cooking utensils/food you will need.
* Work out how long it will take to cook and what order you will need to cook things in.
* Make sure you have everything you need to hand before you start cooking, including plenty of fresh water and fuel.
* Prepare your ingredients before you begin cooking by cleaning and chopping fresh vegetables or meat and measuring out any dry ingredients.

**Frying**

* Frying cooks food in a small amount of hot oil in the bottom of a pan. You need to

ensure food is evenly cooked, especially if there’s a lot of food in the pan.

* Stir-frying is another option and a wok has more space to enable large quantities to be cooked at the same time.
* Think carefully about the order in which you cook your ingredients, as

meat will take longer than vegetables.

**Grilling**

* You will need to turn food regularly so that it doesn’t get overcooked

on one side.

* You must ensure that food is cooked through and not raw in the middle.

**Boiling**

* Bring a pan of water to the boil, add your ingredients and keep the water at or just below boiling until the food is cooked.
* Times will vary depending on what you are cooking, which will usually be vegetables.

**One-pot cooking**

* This is a popular method of cooking on camp, as it is fairly easy to do and saves having to wash up lots of pots. One pot cooking is good for making casseroles or stews.

**Baking in foil**

* Some foods can be wrapped in layers of aluminium foil and placed directly on

the hot embers of a campfire to cook.This works best with burgers, sausages,

fish, corn on the cob, onions, tomatoes,mushrooms, potatoes, squash, aubergines,

apples, oranges and bananas.

* Larger pieces of meat won’t cook evenly using this method.
* Cooking times vary depending on the food and the temperature of the

embers.

**Food handling and hygiene:**

* As a food handler, it is important that you ensure that you maintain the highest standard of cleanliness and hygiene at all times.
* High-risk foods are those generally intended to be consumed without any further cooking, which would destroy harmful food poisoning bacteria.
* High-risk foods include cooked meat and poultry, cooked meat products, egg products and dairy foods. These foods should always be kept separate from raw food.

It is therefore important to store raw meats,poultry, fish and vegetables in separate cool

boxes.

* Use separate coloured chopping boards for raw foods, cooked foods and vegetables. If

this is not possible then ensure that the boards and equipment that are used are washed in very hot soapy water between each use. The use of anti-bacterial sprays on work surfaces is another good way of eliminating bacteria.

* Hand washing is probably the most important thing. Remember that our young people should also wash their hands before helping to prepare food, set tables or eating,

especially when outdoors. If using gloves to prepare food, treat them like your hands, wash them before using them and in between if necessary.

**Prevention of food poisoning**

* Keep food covered wherever possible.
* Do not use damaged or dirty equipment.
* Clean and sanitise with anti-bacterial spray all work surfaces, before and after use.
* Handle food as little as possible. If possible tongs or similar should be used in preference to hands.
* Raw and cooked foods must be kept separate at all stages of preparation, storage and distribution.
* Insects, animals and birds must be prevented from entering or living in food preparation or storage areas.
* . Keep all packet foods in lidded containers.
* Wash your hands after smoking, sneezing,coughing, after visiting the toilet, handling rubbish as well as before and after handling food. Clothes should also be clean.
* Ensure waste food and refuse is removed from food preparation areas regularly.
* Do not allow dried foods to become moist, as this will encourage the growth of bacteria and mould.
* Destruction of bacteria within food can be achieved by thorough cooking.

**Preparation and cooking of food**

* Good hygiene during food preparation prevents food poisoning.
* Raw food and high-risk food should ideally be prepared in separate areas with

separate equipment. If this is not possible, then raw food and high risk food should be kept separate, and all equipment, surfaces etc. which come in contact with them should be thoroughly washed in between the preparation of raw and cooked foods.

* The handling of food should be kept to a minimum.
* Thorough cooking of food is important to destroy harmful bacteria.
* After cooking, the food should be eaten as soon as possible.
* Always cut through poultry and meat to ensure it is fully cooked.