

GASTRO-ENTERITIS memo

1. Name the symptoms of gastro-enteritis.

- Non-bloody diarrhoea.
- Other symptoms may include nausea, vomiting, abdominal pain or cramping and occasional muscle aches or headaches.
- A low-grade fever may occur.
- Viral gastro-enteritis usually last 1-5 days but may persist for as long as 10 days.
- The severity of the symptoms depends on the immune system's ability to resist the infection

2. Give guidelines to help a person to recover from gastro-enteritis

- Stop eating solid foods for a few hours.
- Drink clear liquids, 200ml an hour.
- Sucking on ice or ice lollies.
- Start eating again slowly.
- Avoid dairy products, caffeine, alcohol and fatty or spicy foods.
- Rest.

3.1 Discuss the FIVE most important hygiene rules according to your opinion that a chef preparing food at these mystery locations must keep in mind.

- Food handlers must have good personal hygiene
- Prevention of cross contamination
- Use cooked food, no raw/ half cooked food
- Good kitchen hygiene habits – clean as you go
- Keep food at correct hot holding or cold temperatures
- Keep food covered
- Good pest and fly control
- Ensure venue and work surfaces are clean

3.2 Poor kitchen hygiene can cause gastroenteritis which poses a threat to diners. Identify the causes and symptoms and indicate which people will most likely be affected. Redraw and complete the table below.

Causes	Symptoms	People most at risk
Roto virus caused by bacteria such as salmonella or staphylococcus	<ul style="list-style-type: none">• Diarrhoea• Vomiting• Abdominal pain• Headaches• Fever• Dehydration	Young children Elderly Dormitory residents Persons with a weak immune system