

**WHICH FOOD HANDLING BEHAVIOURS/ACTIVITIES ARE MOST EFFECTIVE FOR:  
Pathogens whose control is primarily associated with  
adequate cooking and/or the prevention of cross contamination**

*(N.B. This information is derived from US research involving 40 food safety experts. It is provided for illustrative/informative purposes only, as some behaviours may not directly 'translate' to a UK equivalent situation, description or legal standard)*

(KEY: CF= **co**ok **f**oods adequately; CC= avoid **C**ross **C**ontamination, UF= avoid **u**n**s**afe **f**oods; ST= keep foods at **s**afe **t**emperature;; PH= practice personal **h**ygien**e**)

<b>Pathogen</b>	<b>Behaviour</b> (in order of importance/effectiveness)	<b>Pathogen Control Factor</b>
<b><i>Campylobacter jejuni</i></b>	1. Use a thermometer to make sure that meat and poultry (including minced) are cooked to safe temperatures.	CF
	2. Knives, cutting boards, and food preparation surfaces should be washed with hot water and detergent after contact with raw poultry, meat, and seafood.	CC
	3. Drink only pasteurised milk and juices	UF
	4. Wash hands with warm soapy water before and after handling raw foods.	PH
<b><i>Escherichia coli</i> <b>O157:H7</b></b>	1. Use a thermometer to make sure that meat and poultry (including minced) are cooked to safe temperatures.	CF
	2. Do not eat raw alfalfa and other (bean) sprouts (e.g. mung)	UF
	3. Drink only pasteurised milk and juices	UF
	4. Use water from a safe water supply for drinking and washing fresh produce.	UF
	5. Knives, cutting boards, and food preparation surfaces should be washed with hot water and detergent after contact with raw poultry, meat, and seafood.	CC

	6. Wash hands with warm soapy water before and after handling raw foods.	PH
	7. Wash fruits and vegetables before eating them	CC
<b><i>Salmonella</i> Enteritidis</b>	1. Avoid eating foods containing raw eggs.	UF
	2. Use pasteurised eggs in place of raw eggs in foods that will not be cooked or only cooked lightly	UF
	3. Cook eggs until both the yolk and white are firm, and eat promptly after cooking	CF
	4. Store eggs that have been broken open for use for less than 4 hours	ST
	5. Promptly refrigerate foods prepared with eggs or poultry	ST
	6. Knives, cutting boards, and food preparation surfaces should be washed with hot water and detergent after contact with raw poultry, meat, and seafood	CC
	7. Use a thermometer to make sure that foods containing eggs are cooked to 72 <sup>0</sup> C	CF
	8. Wash hands with warm soapy water before and after handling raw foods	PH
<b><i>Salmonella</i> species</b> (all other non-typhoidal species)	1. Use a thermometer to make sure that meat and poultry (including minced) are cooked to safe temperatures.	CF
	2. Knives, cutting boards, and food preparation surfaces should be washed with hot water and detergent after contact with raw poultry, meat, and seafood	CC
	3. Drink only pasteurised milk and juices	UF
	4. Wash hands with warm soapy water before and after handling raw foods	PH
	5. Use cheese and yoghurt made from pasteurised milk	UF
	6. Refrigerate food within 1 ½ hours of preparation, having preferably been cooled in shallow containers	ST

<b><i>Toxoplasma gondii</i></b>	1. Use a thermometer to make sure that meat and poultry (including minced) are cooked to safe temperatures.	CF
	2. Keep pets out of food preparation areas	CC
	3. Wash hands with warm soapy water before and after handling raw foods	PH
	4. Knives, cutting boards, and food preparation surfaces should be washed with hot water and detergent after contact with raw poultry, meat, and seafood	CC
<b><i>Yersinia enterocolitica</i></b>	1. Use a thermometer to make sure that meat and poultry (including minced) are cooked to safe temperatures	CF
	2. Knives, cutting boards, and food preparation surfaces should be washed with hot water and detergent after contact with raw poultry, meat, and seafood	CC
	3. Drink only pasteurised milk and juices	UF
	4. Use water from a safe water supply for drinking and washing fresh produce.	UF
	5. Wash hands with warm soapy water before and after handling raw foods	PH

**Extracted, with minor amendments and adaptations, from:** Consumer Food Handling Behaviours Associated with Prevention of 13 Foodborne Illnesses, Journal of Food Protection, Vol. 66, No. 10, 2003, pages 1893-1899