**Food Safety**

**Hazards in Food Safety:**

Three types of hazards that make food unsafe:

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Pathogens that cause illness
  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Cleaners, sanitizers, polishes
  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Bandages, dirt, glass/metal shavings

**Pests in Food Safety:**

* Pests can cause two types of contamination - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_& \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If you spot these signs, alert the manager:
  + Droppings, nests or damage to products, packaging and the facility due to pests

**Food Borne Illness:**

* Results from eating contaminated foods containing poisonous toxins.
* Three microbes (PATHOGENS) that cause food-borne illness:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* General conditions for bacterial growth are:
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Causes of Food-Borne Illness
  + Food from unsafe sources
  + Inadequate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Improper holding temperature
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ equipment
  + Poor personal hygiene (not washing hands)
  + Sick employees- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!!
    - Vomiting, diarrhea, jaundice, sore throat with a fever
* Any food can cause food-borne illness
  + Nausea, Vomiting, Abdominal Cramps, Diarrhea, Headaches, Fever, Fatigue & Body Aches, Digestive Problems
* Y: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Children
* O: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adults
* P: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Women
* I: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-Compromised

**Food Borne Illness**

|  |  |  |
| --- | --- | --- |
| **Illness** | **Most Common Source** | **Prevention** |
|  | Improperly canned foods | Don’t eat from bulging cans |
|  | Undercooked ground beef | Cook ground products completely |
|  | Improper hand washing | Wash hands (with soap) for at least 20 seconds |
|  | Fresh poultry and raw eggs | Cook poultry and egg products completely |
|  | Human mucus | Frequently clean work surfaces |
|  | Infected food handler | Wash hands and do not work when sick |
|  | Time and temperature abuse | Keep food at proper temperatures |
|  | Unpasteurized milk and contaminated water | Ensure liquids are safe and clean before using |

**Preventing Food Borne Illness:**

* When in doubt…\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
* Keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods hot and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods cold.
* Use proper hand washing techniques.
* Keep foods out of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Cook, reheat and serve foods to the proper internal temperatures.
* Avoid cross-contamination

**Avoiding Cross Contamination**

* Never place cooked food on a plate which has previously held raw meat, poultry or seafood.
* Always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, cutting boards and food prep surfaces with hot soapy water after they come in contact with raw meat, poultry or seafood.
* If food becomes cross-contaminated, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Never scoop ice with your bare hands or a glass. Always use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to get ice.
* Do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hold utensils by the part that comes into contact with food.
* Use tongs, gloves or deli-sheets to serve ready-to-eat foods like bagels.
* Change gloves after handling raw meat, poultry and seafood.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after they get dirty or torn.
* Wear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over wounds and use a water-proof finger cover over bandages and under \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Allergens, TDZ and TCS**

* Proteins that cause allergic reactions are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Cross-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is when one food allergen comes into contact with another food item and their proteins mix.
* The BIG 8 refer to the allergens that cause the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
  + Milk, Soy, Eggs, Fish, Tree Nuts, Peanuts, Crustaceans Shellfish, and Wheat.
* Some foods have a greater risk for microbe (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) growth.
* The best way to control this growth is to control the factors of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Foods Most At Risk:

|  |  |  |
| --- | --- | --- |
| Milk/Dairy | Shellfish | Beans |
| Meat | Baked Potatoes | Vegetables |
| Fish | Tofu | Sliced Melons |
| Eggs | Sprouts | Tomatoes |
| Poultry | Cooked Rice | Lettuce |

* Temperature Danger Zone
  + Any temperature between \_\_\_\_\_\_\_\_\_°F and \_\_\_\_\_\_\_\_\_\_\_°F.
    - Cold foods should be kept lower than 41°F and hot foods should be kept higher than 135°F.
* Foods should not be in the *TDZ* for more than \_\_\_\_\_\_\_\_\_\_\_ hours.
* Foods in the *TDZ* for more than \_\_\_\_\_\_\_\_\_\_\_ hours should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abuse is allowing food to stay in the danger zone
* Always check the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ temperature of foods with a food thermometer. Always check the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ part of the food.

|  |  |  |  |
| --- | --- | --- | --- |
| Seafood, beef, veal, lamb & pork  \_\_\_\_\_\_\_\_\_\_\_\_\_°F | Ground Meats  \_\_\_\_\_\_\_\_\_\_\_\_\_°F | Poultry  \_\_\_\_\_\_\_\_\_\_\_\_\_°F | Reheating Foods  (Leftovers)  \_\_\_\_\_\_\_\_\_\_\_\_\_°F |

* Food Storage:
  + Refrigerators should be \_\_\_\_\_\_\_\_\_\_\_\_\_°F or below.
  + Freezers should be \_\_\_\_\_\_\_\_\_\_\_°F below.
  + Separate food into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ containers to cool more rapidly.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food properly.
* Thawing Foods Safely
  + In the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for 2-3 days. *This is the safest method.*
  + Under \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, running water.
  + In the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if used immediately.
  + As part of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ defrost frozen food at room temperature.