**Quick Reference Guide to Standard 1**

***Performance Objective 1—FCCLA Step One***

**Standard 1—Kitchen Safety and Sanitation**

*This standard establishes a laboratory kitchen, with all the requirements for sanitation and safety that a regular science laboratory requires. Students will learn appropriate uses of the kitchen lab equipment, preventative measures for safety-and actions to take if they fail. Students will understand the need and processes required for sanitation in a lab. They will study foodborne illnesses and food safety: temperature controls, how to avoid cross-contamination, the sources of pathogens and their various characteristics, consequences and conditions for growth, and the prevention of the pathogens. When this unit is completed, the students will be able to understand how to keep food safe, themselves safe, and their kitchen work place safe.*

***Objective 1—Maintain a safe working environment***

<https://www.osha.gov/SLTC/youth/restaurant/index.html#eTools> --training on OSHA regulations for young workers, easy to understand and a quiz for each module.

***Objective 2—First Aid Procedures***

<http://www.redcross.org/mobile-apps/first-aid-app> The app download is free, but if your cell phone charges for data, there will be charges for that. This app allows for first aid at your fingertips, with quick videos, checklists, and quizzes.

***Objectives 3 and 4—Health and hygiene and Identify sanitation rules and guidelines***

[How Clean is Clean?](https://www.dropbox.com/home/FCS--Foods%20and%20Nutrition%201/STANDARD%201--Kitchen%20Safety%20and%20Sanitation?preview=How+Clean+is+Clean--LAB+2015.docx) : How Clean is Clean? Lab covering sanitizing the kitchen, enzymes, counting microbial colonies, lab techniques.

<http://www.cdc.gov> Type *handwashing* or *sanitation* and several sites within the CDC will come up.

[SERVSAFE presentation](http://www.armymwr.org/UserFiles/file/Business_Ops/SERVSAFE%20SANITATION%20%20TRAINING.pdf) This is a pdf of a Food Handlers Training powerpoint.

Standard 1 & 2—Powerpoints and lessons created by Natalie Hancock, et al., 2015

<https://www.dropbox.com/sh/lcb4u5c478r2mag/AABvv4C7EQx0esgXvUfdUv1ea?dl=0>

***Objective 5—Food-borne illnesses and contamination***

[http://www.fda.gov/Food/FoodScienceResearch/ToolsMaterials/ucm2006976.htm](file:///C:\Users\Documents\Cathy--School--USU\INTERNSHIPS\BOSS.docx)  Set of lessons, activities and labs about foodborne illnesses. Lots of great material!

***Performance Objective 2—Demo safety, prevention and sanitation in the kitchen***

***Performance Objective 3—Get Food Handler’s Permit, or take test with same information***

**Vocabulary for Standard 1**

**Biological contaminant** – Living organisms that present a hazard in food. Biological contaminants include bacteria, viruses, and fungi (yeast and mold).

**Carcinogenic** – Chemicals capable of causing cancer. Many pest control chemicals are carcinogenic.

**Chemical contaminant** – Hazards in food that can cause chemical illness, including irritation, burning, poisoning, or cancer. Chemical contaminants include cleaning solutions, toxic metals, and pesticides.

**Clean** – Free from visible dirt, debris, and food waste. Counter tops and work surfaces should be cleaned before they are *sanitized*.

**Corrosive** – Chemicals that irritate mucosal membranes (sinuses, throat, digestive tract). Many cleaning supplies contain corrosive chemicals.

**FATTOM** **–** Acronym for factors affecting bacterial growth or survival – Food, Acid, Temperature, Time, Oxygen, Moisture.

**Foodborne infection** – Foodborne illness caused by bacteria that live and multiply in our bodies. Antibiotics may be given for infections. *Salmonella* causes foodborne infections.

**Foodborne intoxication** – Foodborne illness caused by toxins produced by bacteria as they grow in food. Usually, the bacteria is no longer living and growing in the human body. Intoxications do not benefit from antibiotics. *Clostridium botulinum* and *Staphylococcus aureus* cause foodborne intoxications.

**Foodborne toxin-mediated infection** – Foodborne illness caused by toxins produced by bacteria as they grow in our bodies. Toxin-mediated infections may benefit from antibiotics. *E. coli* and *Clostridium perfringens* cause toxin-mediated infections.

**Microbe** – Microscopic biological contaminants in food. Microbes include bacteria, viruses, and fungi (yeast and mold).

**PASS** – Acronym for proper fire extinguisher use – Pull pin, Aim low, Squeeze trigger, Sweep side-to-side.

**Pathogen** – Microbes that can cause foodborne illness in humans.

**Physical contaminant** – Hazards in food that can cause physical harm if bitten or swallowed. Physical contaminants include broken glass, band-aids, and metal shavings.

**Sanitized** – Free from pathogenic bacteria. Counter tops and work surfaces should be *cleaned* before they are sanitized.

**YOPI** – Acronym for population groups that are at high-risk for foodborne illness – Young, Old, Pregnant, Immune-compromised.