Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foods 1: Safety and Sanitation (Standard 1)

SAFETY:

Avoid kitchen accidents through proper safety procedures!

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Prevention** | **First Aid** | **Extra Tips** |
| Electric Shock |  |  |  |
| Cuts |  |  |  |
| Spills/Falls |  |  |  |
| Burns |  |  |  |
| Lifting |  |  |  |
| Chemicals storage |  |  |  |

KNIFE SAFETY:

WHY?

How to hold a knife:

**DULL KNIVES**

**EXTRA SAFETY NOTES:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Foods 1: Food-Borne Illness (FBI’s)**

Important Vocabulary:

1. Microbes:
	1. 3 types of microbes found in food:
2. NDV’s:
3. Pathogens:

|  |  |  |
| --- | --- | --- |
| FBI | Source | Symptoms |
| Botulism |  |  |
| E. Coli |  |  |
| Hepatitis A |  |  |
| Salmonella |  |  |
| Staphylococci |  |  |
| Norovirus |  |  |
| Clostridium Perfringens |  |  |
| Campylobacter SPP |  | Why would YOPI’s be more vulnerable to FBI? |

Who is most vulnerable to Food Borne Illness?

I

P

O

Y

**The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ zone is the temperature range where bacteria grow freely in and on food. This temperature range is \_\_\_\_\_\_\_ -- \_\_\_\_\_\_\_\_\_° F.**

To **\_\_\_\_\_\_\_\_** is to defrost foods from their frozen state:

1. (may take 2-3 days)
2. (be sure to change water every 30 minutes)

When cooking foods, you must cook to a proper \_\_\_\_\_\_\_\_\_\_\_\_ temperature, in order to kill off harmful bacteria.

Seafood, solid cuts of beef, pork, lamb and veal: **\_\_\_\_\_\_\_\_\_\_\_**°F

Ground meats (beef, pork, etc…): **\_\_\_\_\_\_\_\_\_\_\_**°F

All Poultry (chicken, turkey, etc..): **\_\_\_\_\_\_\_\_\_\_\_**°F

Reheated foods: **\_\_\_\_\_\_\_\_\_\_\_**°F

Frozen storage: **\_\_\_\_\_\_\_\_\_\_\_**°F

Cold storage: **\_\_\_\_\_\_\_\_\_\_\_**°F (or below)

**HANDWASHING:**

**\_\_\_\_\_\_\_\_Seconds, using \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water**

Explain surfactants:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Dishwashing Rules:**

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