**FOOD-BORNE ILLNEES & SANITATION PAPER RUBRIC**

**Your Name**

**Class – Foods II 6th Period**

**Teacher – Ms. Wilde**

**Date – Feb 5th**

**Food-borne Illness**

**1st paragraph – Discuss at least 4 food-borne illness that cooking with food may cause.**

**Use 3-4 sentences to discuss in this paragraph. Double space paper (except where indicated), it must be at least 2 pages long but no longer than 4 pages, and it must contain a reference page with any articles you gathered information from, it you didn’t use any articles I need a reference of where the recipe came from that you used in your paper. I either need you to print it & turn in to my class or send to me in my email at** [**swilde@nsummit.org**](mailto:swilde@nsummit.org) **or** [**swilde@students.nsummit.org**](mailto:swilde@students.nsummit.org)**.**

**2nd paragraph – Discuss the 4 ways to reduce the incidence of food-borne illness, which is the 4 “C’s” – Clean, Cook, Chill, Control Cross-Contamination (don’t do what things). Simple paragraph, 1 – 2 sentences. Because you will take the next paragraphs to discuss each of these 4 actions in depth.**

**3rd Paragraph – Discuss cooking – what temps do I cook to. What foods need to be cooked to what temperatures. Why is cooking the most important “C”. Probably 4-6 sentences.**

**4th Paragraph – Discuss chilling or cooling. What temps do the refrigerator and freezer need to be set at. Where is the best place to cool foods in a fridge. How can I get foods to cool faster and keep them out of the temperature danger zone. Again 4-5 sentences.**

**5th paragraph – Discuss cleaning. Cleaning our hands cleaning counters, utensils. How should I clean mention how long to wash hands, sanitation with bleach. Use about 4 sentences.**

**6th paragraph – Will probably be the most lengthy because there are so many things that you can discuss about cross contamination. Mention different cutting boards, when & why I would need to re-wash or sanitize items. What items cause cross contamination. Probably 6 sentences.**

**7th paragraph – Include a recipe (type this single spaced) this recipe also needs to go in your recipe file. Include the Ingredients and the instructions for making the recipe. (Make sure you reference where you go your recipe from). The recipe can be any recipe but it should have instructions that will incorporate cooking, cooling, cleaning & preventing cross contamination. (So a recipe for preparing a bowl of cereal and milk won’t work)**

**8th paragraph – Rewrite the instructions to incorporate the 4 “C’s” into the instructions. (This paragraph may be typed double spaced where in the following paragraph is was single spaced.) If you need to shop for chicken include buying meat last so to get it home quickly and put into fridge or freezer. Putting chicken into a plastic bag at the store and keeping it away from other produce. Using clean bowls and equipment. Washing hands for 20 seconds. Cooking to proper temperatures, properly cooling your items if you had leftovers. Cross contamination tips and techniques and cleaning procedures.**