

Sanitation in food preparation and storage involves:

- Keep food hot _____ or cold _____
- Check temperature in _____ and _____ periodically; freezer should be at _____ or below.
- Clean refrigerator _____.
- Use freezer wrap; _____, leftovers stored with tight cover.
- Thaw frozen foods in the _____ not on the _____.
- Put foods away _____.
- _____ desserts made with dairy products.
- Never taste _____ food.
- Avoid _____ - letting microorganisms from one food get into another

Bacteria and dirt - _____

_____. To minimize bacterial contamination, we should wear lab coats or aprons whenever we work with food or food products. Our clothing carries _____ and can pass onto food. The protective apron or lab coat helps to protect your clothing from _____ and _____ too.

The causes of Food-borne illness will help you to be more _____ to the proper care of food. The "Four f's" can spread disease:

Sanitation:

Wash hands with _____ and _____ minimum of _____ seconds

Wash hands - after using _____, _____, _____, or _____ or _____

Wear _____ when cut on hand or any open _____

Keep all work surfaces _____
_____ dirty apron - bacteria could be on it that can contaminate food

Before preparing food - _____, check for necessary food and equipment

Tasting food - _____ and use only once

Reduce pests/insects - avoid _____ or _____, dispose of garbage properly, keep staples in airtight containers

Dish washing order - rinse and scrape first, glassware before silverware, _____ and _____ last

Disinfect work surfaces - use dilute solution of chlorine bleach and water in labeled container (1/2 t. - 1 t. per pint of water) or commercial sanitizer or disinfectant. We use in this class _____.

Food-Borne Illness:

Food-borne illness - result from _____ contaminated foods containing _____.

Conditions for bacteria growth - _____, _____, and _____

Food with food-borne illness - not always _____ or off-

_____ Foods will often look and smell _____.

Prevention:

Prevented by practicing proper _____

20 _____

Food with off-odor - _____, do not _____ or use; don't use
_____ cans

Frequently _____ and _____ work surfaces, i.e. cutting
boards, counters

Clean- free from _____ soil

Sanitary- is _____ from disease causing _____

Avoid _____ of cutting boards, hands, etc.

Store _____, _____, etc. - covered in refrigerator so
they will not touch/contaminate or drip on other foods

Never place _____ on a plate which has previously
held _____, poultry, or seafood w/o first _____ the plate
with hot soapy water

Temperature Zones - cooking to proper temperatures:

Use a _____ thermometer to measure
_____ temperature of foods to ensure safety

Keep _____ temperatures set at 0° F or below to keep
foods _____.

Temperature Danger zone for food-borne bacteria: _____

_____ must be cooked to at least _____,
eat if the ground beef is pink inside

Cook eggs until the yolks and white are firm _____

Don't use recipes where eggs remain _____ or only
_____ cooked

Temperature Zones - cooling and reheating foods:

Keep hot foods _____ and cold foods _____

Thoroughly _____ hot foods and _____ leftovers _____

Bring sauces, soups, etc. to _____ when reheating; heat other leftovers to _____.

Number one cause of food illnesses is related to improper _____ of foods

Place foods in _____ dishes and put _____ in the refrigerator to cool, _____ leave foods on the counter to cool

Foods should not be in the temperature danger zone for more than _____ hours

_____ or _____ foods immediately or at least within two hours

_____ large amounts of leftovers _____, shallow containers for quick cooking

Store foods in the freezer and refrigerator so that the cool air can _____ to keep food safe

Temperature affects Microorganisms:

Bacteria produce - _____, cells that will develop into bacteria if conditions are _____. Spores can survive _____. Bacteria needs _____, _____, moisture, and _____ - (low acids) to survive.

Cold refrigerator temperatures _____ the growth of some bacteria but do not _____ them.

Frozen foods, the bacteria _____ growing. Bacteria or spores already present in food, however, will _____ be killed.

When the food is thawed, bacteria will start to grow again.

Thawing foods:

Refrigerator - safest way to _____; never defrost food at _____ on counter

Thaw in _____, under cold _____ water or in the microwave

If thawing food under cold water or in the microwave, cook food _____

Personal cleanliness involves the following:

- _____ before food preparation, after sneezing, coughing, using _____, and touching _____ or hair.
- Keep _____ away from face.
- Wear _____ clothes/apron (dirty clothing has bacteria)
- Don't _____ food with open cut or sore - STAPH
- Avoid _____ and _____ with same spoon; licking of fingers is prohibited.
- _____ after handling _____ meat/eggs

Kitchen cleanliness involves the following:

- _____/remove dirty utensils
- _____ cutting board that has had meat before cutting anything else.
- Don't wipe hands on _____ - use separate towels