

## Chapter 20: Food Safety and Storage

### What Not To Do In The Kitchen

#### Food Safety

- ▶ We often take \_\_\_\_\_ for granted
- ▶ **Contaminants:** substances that make food \_\_\_\_\_ for use
  - ▶ Can pass into food at \_\_\_\_\_

#### Foodborne Illness

- ▶ Often mistaken for a “\_\_\_\_\_”
- ▶ **Foodborne Illness:** sickness caused by eating food that contains a \_\_\_\_\_
- ▶ Most at risk
  - ▶ \_\_\_\_\_, pregnant women, \_\_\_\_\_, and chronically ill

#### Roots of Foodborne Illness

- ▶ Most can be traced to **microorganisms:** living creatures that are \_\_\_\_\_ only through a \_\_\_\_\_
  - ▶ Bacteria: \_\_\_\_\_ organisms
    - ▶ Many are \_\_\_\_\_ present in the environment and are needed
    - ▶ Others are \_\_\_\_\_ like **Toxins:** \_\_\_\_\_
    - ▶ **Spores:** protected cells that develop into \_\_\_\_\_
    - ▶ \_\_\_\_\_ at a high rate.
    - ▶ Food can \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ safe when it is not
- ▶ **Food Safety:** Keeping food safe to eat
  - ▶ Keep \_\_\_\_\_ and your kitchen \_\_\_\_\_
  - ▶ Don't \_\_\_\_\_
  - ▶ Cook food \_\_\_\_\_
  - ▶ \_\_\_\_\_ food promptly

#### Cleanliness in the Kitchen

- ▶ **Sanitation:** the prevention of \_\_\_\_\_ through \_\_\_\_\_
- ▶ **Personal Hygiene:** keeping yourself clean to avoid \_\_\_\_\_ harmful bacteria when \_\_\_\_\_ food
- ▶ **20-second scrub:** Use \_\_\_\_\_ and warm \_\_\_\_\_, scrub your hands for 20-seconds
  - ▶ Do this before \_\_\_\_\_ in the kitchen
  - ▶ Do this after handling raw \_\_\_\_\_, poultry, \_\_\_\_\_, shellfish, and \_\_\_\_\_
  - ▶ Do this after using the \_\_\_\_\_, blowing your \_\_\_\_\_, or handling pets
  - ▶ Do this after touching your \_\_\_\_\_, \_\_\_\_\_, or any other part of your body
- ▶ Wear clean \_\_\_\_\_, tie back \_\_\_\_\_, remove \_\_\_\_\_, roll up sleeves, cover any open \_\_\_\_\_

#### A Clean Kitchen

- ▶ Tips to follow
  - ▶ Keep \_\_\_\_\_ out of the kitchen
  - ▶ Wash work \_\_\_\_\_ and \_\_\_\_\_ before using
  - ▶ Wash tops of \_\_\_\_\_
  - ▶ If you use a \_\_\_\_\_ to taste food, \_\_\_\_\_ it before using it again
  - ▶ Change \_\_\_\_\_ often. Use a separate ones for hands, dishes, and other purposes
  - ▶ Make sure all towels are put in the \_\_\_\_\_ and replaced with clean ones
  - ▶ Make sure \_\_\_\_\_ are under control- clean up crumbs and spills

## Cleanup Time

- ▶ Make sure dishes are NEVER left \_\_\_\_\_
- ▶ \_\_\_\_\_ and \_\_\_\_\_ soiled dishes
- ▶ Keep \_\_\_\_\_ separate
- ▶ Fill a dishpan or sink with \_\_\_\_\_ water
- ▶ Using a dishcloth ( \_\_\_\_\_ ) wash the dishes
- ▶ \_\_\_\_\_ dishes thoroughly
- ▶ Let \_\_\_\_\_ dry or dry with a \_\_\_\_\_, dry towel
- ▶ Wash all \_\_\_\_\_ areas and \_\_\_\_\_
- ▶ Mop/sweep up any \_\_\_\_\_
- ▶ Wash the \_\_\_\_\_
- ▶ If using a \_\_\_\_\_, make sure to run it with the water \_\_\_\_\_

## Don't Cross-Contaminate

- ▶ **Cross-Contamination:** occurs when harmful bacteria \_\_\_\_\_ from one food to another.
- ▶ When preparing \_\_\_\_\_ meat, poultry, or seafood, wash \_\_\_\_\_ surface with hot soapy water
- ▶ Put \_\_\_\_\_ food on a \_\_\_\_\_ plate. \_\_\_\_\_ reuse the plate that held the raw food.
- ▶ Make sure your \_\_\_\_\_ is clean
- ▶ Make sure serving \_\_\_\_\_ are clean and in each dish. NO HANDS
- ▶ \_\_\_\_\_ - a common source of cross contamination
  - ▶ Have 2 cutting boards-one for \_\_\_\_\_, poultry, \_\_\_\_\_ and one for other foods
  - ▶ \_\_\_\_\_ is easier to wash
  - ▶ Replace when they wear out or develop \_\_\_\_\_ and \_\_\_\_\_

## Cook Food Thoroughly

- ▶ Bacteria grows quickest at \_\_\_\_\_
- ▶ During cooking, \_\_\_\_\_ kills most bacteria
- ▶ During refrigeration bacteria grows \_\_\_\_\_, but stays \_\_\_\_\_
- ▶ During freezing bacteria doesn't \_\_\_\_\_ but isn't \_\_\_\_\_
- ▶ Test \_\_\_\_\_ by checking the **internal temperature:** temperature at the \_\_\_\_\_ part of the food (usually want a temperature of 160)
- ▶ Do not \_\_\_\_\_ foods containing animal products until they are fully cooked
- ▶ \_\_\_\_\_ foods should be \_\_\_\_\_, \_\_\_\_\_ foods should be \_\_\_\_\_
- ▶ Follow the \_\_\_\_\_ rule

## Refrigerate Food Promptly

- ▶ \_\_\_\_\_ foods need to be in the refrigerator or freezer
- ▶ Leftovers should be refrigerated or frozen \_\_\_\_\_ cooling to room temperature
- ▶ \_\_\_\_\_ any foods that have been at room temperature for too long or in the refrigerator past \_\_\_\_\_ - \_\_\_\_\_

## Thawing Foods

- ▶ Never \_\_\_\_\_ food at room temperature
  - ▶ Bacteria will grow on the \_\_\_\_\_ before the inside is \_\_\_\_\_
- ▶ Thaw safely by
  - ▶ Placing in a container in the \_\_\_\_\_
  - ▶ Place food in a watertight bag and submerge in \_\_\_\_\_, change every 30 mins
  - ▶ Defrost in a \_\_\_\_\_-must cook the food right away!
  - ▶ Let the food thaw as you \_\_\_\_\_ it-just takes longer to cook

## Spoiled Food

- ▶ \_\_\_\_\_, heat, \_\_\_\_\_, and other elements make food \_\_\_\_\_
- ▶ Proper storage \_\_\_\_\_ food quality
- ▶ Look for signs of \_\_\_\_\_
- ▶ Avoid foods in \_\_\_\_\_ packaging
- ▶ Do not \_\_\_\_\_ food you suspect might be \_\_\_\_\_

## How to Store Food

- ▶ To protect the quality of foods...
  - ▶ \_\_\_\_\_ only what you \_\_\_\_\_
  - ▶ Follow \_\_\_\_\_ directions
  - ▶ "First \_\_\_\_\_, first \_\_\_\_\_"
  - ▶ Check \_\_\_\_\_ - \_\_\_\_\_ and/or \_\_\_\_\_ - \_\_\_\_\_ dates
  - ▶ Clean \_\_\_\_\_ areas

## Room Temperature Storage

- ▶ Between 32° and 85° in a clean \_\_\_\_\_, \_\_\_\_\_ place away from \_\_\_\_\_
- ▶ Good for shelf stable foods
  - ▶ Unopened \_\_\_\_\_ foods
  - ▶ Dry \_\_\_\_\_
  - ▶ \_\_\_\_\_ and \_\_\_\_\_
  - ▶ \_\_\_\_\_ products (excludes whole grains)
- ▶ Once \_\_\_\_\_ check the package for continued storage \_\_\_\_\_

## Refrigerator Storage

- ▶ \_\_\_\_\_ should be lower than 40°
- ▶ Use the door for \_\_\_\_\_ and less perishable items
- ▶ Tightly \_\_\_\_\_ foods
- ▶ Foods that need to be \_\_\_\_\_
  - ▶ Ones that were refrigerated in the \_\_\_\_\_
  - ▶ Most fresh \_\_\_\_\_ and \_\_\_\_\_ (excludes ones in the center of the section)
  - ▶ \_\_\_\_\_ products-high \_\_\_\_\_ content makes them prone to **rancidity**: spoilage due to the breakdown of fats
  - ▶ Baked products with \_\_\_\_\_ and \_\_\_\_\_ fillings
  - ▶ Any food that says to on its \_\_\_\_\_

## Freezer Storage

- ▶ Should be 0° or \_\_\_\_\_
- ▶ Foods keep from \_\_\_\_\_ up to \_\_\_\_\_ (check the charts in your book on pg 287)
- ▶ \_\_\_\_\_ function best
- ▶ High \_\_\_\_\_ content foods do not freeze well
- ▶ Only freeze \_\_\_\_\_ produce if you plan to \_\_\_\_\_ them
- ▶ \_\_\_\_\_ products \_\_\_\_\_ out when frozen

## Packaging Foods for Freezing

- ▶ Avoid **freezer burn**: \_\_\_\_\_ loss caused when food is improperly \_\_\_\_\_ or stored in the freezer to long
- ▶ Freezer proof materials must be \_\_\_\_\_ and \_\_\_\_\_ resistant and airtight
- ▶ Squeeze out as much \_\_\_\_\_ as possible
- ▶ Leave enough space to allow the food to \_\_\_\_\_

### When The Power Goes Off

- ▶ If you can't move the food to a new appliance keep the \_\_\_\_\_ as much as possible
- ▶ A full freezer should keep frozen for \_\_\_\_\_
- ▶ \_\_\_\_\_ raw meat, poultry, and seafood
- ▶ Food will keep in a refrigerator for \_\_\_\_\_ to \_\_\_\_\_
- ▶ Check food for signs of \_\_\_\_\_

### Safeguarding The Food Supply

- ▶ The Food and Drug Administration (\_\_\_\_\_) is charged with the overall safety of the food supply
- ▶ Most foods contain \_\_\_\_\_, \_\_\_\_\_, or other \_\_\_\_\_
  - ▶ These have been \_\_\_\_\_ by the FDA
  - ▶ Those with a long \_\_\_\_\_ of \_\_\_\_\_ use are classified as Generally Recognized as Safe (**GRAS List**)

### Fat Replacers

- ▶ Many products are now made with \_\_\_\_\_ for fat
- ▶ These mimic the \_\_\_\_\_ and \_\_\_\_\_ of fat
- ▶ Can be made from...
  - ▶ \_\_\_\_\_ - good for salad dressings
  - ▶ \_\_\_\_\_ - refrigerated and frozen products
  - ▶ Chemically altered \_\_\_\_\_ - baked foods, cake mixes, frosting, dairy foods, some fried foods
    - ▶ \_\_\_\_\_ - passes through the body without being digested or absorbed
- ▶ While lower in \_\_\_\_\_ may be higher in \_\_\_\_\_

### Safeguarding The Food Supply

- ▶ Designed to \_\_\_\_\_ and \_\_\_\_\_ threats to food safety
- ▶ **Irradiation:** process of exposing food to a \_\_\_\_\_ - \_\_\_\_\_ energy waves to increase its shelf life.
  - ▶ Has been met with mixed response
- ▶ **Recall:** immediate \_\_\_\_\_ of a product from store shelves
  - ▶ Check \_\_\_\_\_ numbers and return the product to the store

### Government Agencies

- ▶ Environmental Protection Agency
  - ▶ Controls the use of \_\_\_\_\_
  - ▶ Tests the levels of \_\_\_\_\_
  - ▶ A buildup of these can cause \_\_\_\_\_
  - ▶ Each pesticide there is a **tolerance:** a \_\_\_\_\_ safe level for a certain chemical in the human body
- ▶ Food Safety and Inspection Services
  - ▶ Responsible for the \_\_\_\_\_ of meat, poultry, and eggs
  - ▶ Checks the \_\_\_\_\_ of packing plants and storage facilities
  - ▶ Test food products for residues of \_\_\_\_\_, antibiotics, and other \_\_\_\_\_
- ▶ Centers for Disease Control and Prevention
  - ▶ National Center for Infectious Diseases- monitor \_\_\_\_\_ and waterborne diseases
- ▶ **Bioterrorism:** the \_\_\_\_\_ use of biological agents to harm people, animals, or plants