Food Safety and Sanitation Unit Study Guide

Food Safety and Sanitation-
Keeping foods safe to eat and making the kitchen a safe place to work are keys to good health. Improper food handling can make you ill. Kitchen accidents can cause severe injuries. You can prevent both illness and accidents by following safety principles.

Terms to Know:

- Food safety
- Food Sanitation
- Sanitizer
- Cross contamination
- USDA
- Temperature danger zone
- Chronic conditions
- Non-porous
- Food-grade metal
- Nonconductive material
- Antiseptic
- Sterile bandage
- Abdominal thrust
- TCS
- FIFO
- FAT TOM

Know what causes the following foodborne illnesses:
- E-coli
- Salmonella
- Campylobacter
- Norwalk Virus
- Microorganism
- Foodborne Illness
- Staphylococcus

Know how to deal with the following kitchen accidents and/or the first aid treatment (Ch. 21, pg. 296-304)
- Burns
- Clothing catches fire
- Broken glass/broken glass in dishwasher
- Choking
- Falls
- Grease spills on the floor
- Grease fires
- Electric shock
- Poisonings
- Cuts

Understand the following concepts:
1. What personal behaviors can contaminate food?
2. When handling food when should you wash your hands?
3. How long should you wash your hands?
4. What conditions cause bacteria to grow? (FAT TOM)
5. What is food poisoning? What are symptoms of each food borne illness?
6. What is the proper way to thaw food?
7. Why should you not use a wet pot holder, when removing something from the oven?
8. What items in the kitchen should be cleaned and sanitized when we cook?
9. Why should you not wear loose clothing or jewelry in the kitchen? Why should you tie back long hair?
10. How do we handle electrical appliances safely in the kitchen?
11. What are the 6 basic safety guidelines for working in the kitchen?