**KITCHEN SAFETY AND SANITATION STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_**

**Food Borne Illnesses**

1. Food borne illness results from eating what?
   * *Contaminated foods containing poisonous toxins*.
2. What are the three main symptoms of having a food borne illness?
   * *Fever, Headache, Digestive problems*
3. What can prevent a large majority of food borne illnesses?
   * *Practicing proper hand washing*
4. What are the four general conditions for bacteria growth?
   * *Warmth, Moisture, Food, Time*
5. True or False? Food will often look and smell normal and will not always have off-odors or off-flavors. (*True)*
6. Finish the saying, “When in doubt…”
   * *Throw it out!*
7. When shopping for canned goods, what should you avoid buying and using?
   * *Bulging or dented cans*
8. What should you frequently do with your kitchen work surfaces?
   * *Clean and sanitize them*
9. What two places are salmonella often found?
   * *Fresh poultry, Raw eggs*
10. Where is E-coil usually found?
    * *Undercooked ground beef*
11. Where else can E-coli be found?
    * *Unpasteurized milk, Fruit Juices, Fresh Fruits, Fresh Vegetables*
12. How is E-coli spread?
    * *E-coli is a bacteria spread by air from soil, ground and fecal matter to food sources.*
13. What can kill the E-coli bacteria?
    * *Cooking or heating to a high enough temperature.*
14. Where is Botulism usually found?
    * *Improperly canned foods*
15. Specifically what type of foods?
    * *Low-acid foods*
16. Is Hepatitis A a bacteria or virus? (*Virus)*
17. How is Hepatitis A spread?
    * *People preparing food or using equipment that have not washed their hands after using the bathroom.*
18. What foods can also be associated with Hepatitis A?
    * *Shellfish from contaminated water*
19. What foods are most often associated with Campylobacter?
    * *Unpasteurized dairy products, Contaminated water, Poultry, Produce*
20. How can you contract Staphylococcus?
    * *Eating foods that were contaminated by food workers who carry Staphylococcus and then handled food without washing their hands.*
21. Staphylococcus can also be found in which foods?
    * *Unpasteurized milk, Cheese products*

**Cross Contamination**

1. Cross Contamination is how \_\_?\_\_ is spread. (*Bacteria)*
2. How does cross contamination occur?
   * *Juices from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.*
3. How do you prevent cross contamination when working with raw meats and cooked meats?
   * *Use separate plates*
4. Do you store washed produce in a clean storage container or back into the original storage container?
   * *Clean storage container*
5. How do you prevent cross contamination when cutting raw meats and vegetables?
   * *Use separate knives and cutting boards*
6. What should you do with hands, cutting boards, etc. when they have come in contact with raw meat, poultry or seafood?
   * *Wash with hot soapy water*

**Proper Thawing of Food**

1. What are the three ways to properly thaw food?
   * *Refrigerator, Running water, Microwave*
2. How do you properly thaw foods in a refrigerator?
   * *Keep the temperature of the food temperature at 41 degrees or lower.*
3. When using a microwave to thaw foods, when should the foods then be used?
   * *Immediately*
4. What guidelines should be followed when using the running water method to thaw foods?
   * *From the time it takes for the food to thaw plus the time to prep the food, never let the food temperature go above 41 degrees for longer than 4 hours.*

**Proper Storage of Food**

1. What temperature should the refrigerator be set throughout the unit?
   * *40° F or lower*
2. How should you properly store raw meat, poultry and seafood when in a refrigerator?
   * *Sealed container or wrapped securely to prevent raw juices from contaminating other foods.*
3. Where should you properly store raw meat, poultry and seafood when in a refrigerator?
   * *Stored separately or below from prepared and ready-to-eat foods.*
4. Arrange the following raw meats in a top-to-bottom order when in the refrigerator:
   * *Whole cuts of beef and pork, Ground meats and fish, Whole fish, Whole and ground poultry*
5. If you remove food from its original package, how should it be stored?
   * *In a clean sanitized container, Covered, Labeled with name of food and use by date*
6. What is the temperature danger zone?
   * *41-135° F*
7. How many hours can food be held in the danger zone before it needs to be thrown out?
   * 4 hours

**Internal Meat Temperatures**

What should the internal meat temperatures be for the following foods?

1. Seafood, pork, beef, veal, lamb (*145° F)*
2. Ground Meats (*155° F)*
3. All poultry and reheating foods *(165° F )*

**Cooling Foods**

When cooling foods, how many hours should the foods remain in the following temperature ranges?

1. From 135° to 70° F *(2 hours)*
2. From 70° to 41° F *(4 hours)*
3. How can you cool large food items more quickly?
   * *Cutting the large food items into smaller portions and storing in shallow containers.*
4. How can you cool hot foods quickly?
   * *Placing containers of hot food into an ice bath and stirring frequently.*

**FIFO**

1. What does FIFO stand for?
   * *First in First out*
2. Explain how FIFO should operate.
   * *It is a method of storage rotation for home and restaurants.*
   * *Store items with the earliest use-by date in front of other items with later dates.*

**Personal Hygiene**

1. When washing your hands, what should the temperature of the water be?
   * *As hot as you can stand*
2. How long should you scrub your hands for?
   * *At least 20 seconds*
3. When washing your hands, what should you pay particular attention to?
   * *Cleaning under fingernails and between fingers*
4. What restrictions do you think there are for fingernails and jewelry when working with food?
   * *Fingernails should be short and clean, No nail polish, No false nails*
   * *Jewelry should be removed to help prevent the spread of pathogens.*
5. What should be done with your hair when working with food?
   * *Hair covering, Tied back*
6. What should you wear when working with food?
   * *Clean uniform, apron, chefs jacket or lab coat*
7. When should you use gloves when working with food?
   * *Use and change gloves before preparing ready-to-eat foods (foods that won’t be heated before serving).*
   * *When handling proteins, both raw and cooked.*
   * *Wounds or cuts should be covered with a bandage, then with gloves.*
8. What does it mean to “clean” your work surfaces?
   * *Remove visible soil and food particles.*
9. What does it mean to “sanitize” your work surfaces?
   * *Use moist heat or chemical agents to reduce pathogens.*

**Tips to Preventing Cuts**

1. How do you know which knife to use?
   * *Always use the correct knife for the job.*
2. How do you properly store sharp tools?
   * *Keep shields on the sharp edges of tools.*
   * *When sharp tools are not in use, store in a safe place.*
   * *Never keep knives loose with other cooking implements in a drawer.*
3. How do you properly use a cutting board?
   * *Place a damp cloth under the board to keep it from sliding around.*
4. What do you do with a falling knife?
   * *Never try to catch it.*
5. When walking through the kitchen, how should you hold a knife?
   * *Keep it pointed to the floor.*
6. True or False: Notify others working in the kitchen that you have a knife. *(True)*
7. What first aid procedures should be followed with a minor cut?
   * *Rinse wound under running water*
   * *Put on a protective glove to avoid contamination*

**Tips to Preventing Slips/Falls/Strains**

1. The floor should be what?
   * *Clean and dry*
2. What are the best type of shoes to wear in a kitchen?
   * *Non-slip shoes*
3. What tips should you following when lifting and carrying large items?
   * *Don’t block your view. You need to see where you’re going!*
   * *Ask for help with heavy items*
   * *Bend at your knees, not at your waist*
   * *Keep your back straight when lifting*

**Tips to Preventing Burns**

1. What first aid procedures should be followed with a minor burn?
   * *Cool the burn with cool or lukewarm water for 10 to 30 minutes.*
   * *Cool the burn within 20 minutes of the injury*
   * *Never use ice, iced water or any creams or greasy substances such as butter.*

**Fire Prevention and Safety**

1. Where should you be at all times when frying, grilling or broiling food?
   * *Never leave cooking food unattended*
2. Why would you want to use a timer when cooking food (besides keeping track of how long it’s been cooking)?
   * *You’ll remember that the stove/oven is on*
3. What are the dangers of wearing loose clothing or dangling sleeves while cooking?
   * *Could catch on fire*
4. Name specific items you should keep away from the stove, oven or any other appliance in the kitchen that generates heat.
   * *Pot holders and oven mitts*
   * *Wooden utensils*
   * *Paper or plastic bags*
   * *Food packaging*
   * *Towel or curtains*
5. What can you do to prevent grease buildup on cooking surfaces?
   * *Keep them clean*
6. What should you NEVER use to extinguish a grease fire?
   * *Water*
   * *Flour*
7. When a grease fire occurs, what should you do?
   * *Turn off the burner*
   * *Cover the grease fire with a lid*
   * *Or smother the grease fire with baking soda*