

Cooking Safety & Sanitation



Ms. Makuta

Why is food safety important?

- Over 5,000 deaths
- 76 million illnesses
- 325,000 hospitalizations



**From food borne illness
each year!**

What is food borne illness?

Food Borne Illness: Is a disease carried or transmitted to people by food.

Food borne illnesses are infections or irritations of the gastrointestinal (GI) tract caused by food or beverages that contain harmful ***bacteria***, ***parasites***, ***viruses***, or ***chemicals***.

Common symptoms of **food borne illnesses** include vomiting, diarrhea, abdominal pain, fever, and chills

What is food borne illness?

Food Based Hazards

- Contaminated ingredients
- Biological
- Chemical
- Physical

People Based Hazards

- Food handling
- Time & Temp abuse
- Cross contamination
- Poor hygiene
- Improper cleaning & Sanitizing

Foodborne Microorganisms

1. **Salmonella:** found on poultry & eggs
2. **Listeriosis:** found on deli/ ready to eat meats
3. **Botulism:** found in improperly canned goods, baked potatoes, honey.
4. **Hepatitis A:** Found in human feces & can contaminate any food a human touches
5. **Staphylococcus :** Found on humans in high concentrations under fingernails and in nostrils
6. **Trichinosis:** Parasite found primarily in pork caused by animals eating other animals
7. **Yeast:** Fungus known to appear pink and/or bubble especially in bad sour cream & jelly
8. **Ecoli:** Primarily in beef
9. **Shigellosis:** Potato salad, tuna, shrimp, macaroni



Fight Bac...

**How many germs are on your
hands right now?**



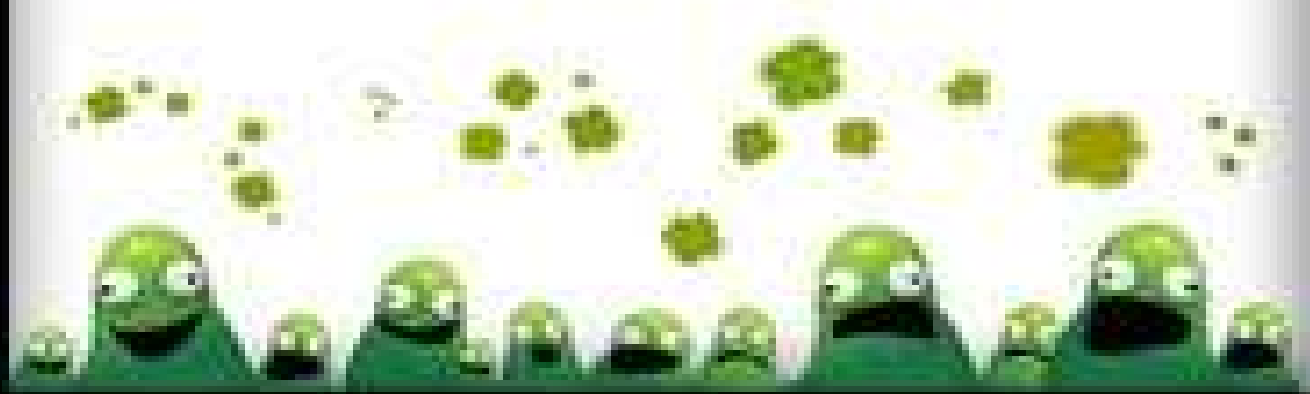


Fight Bac...

**How many germs are on your cell
phone?**

Does any one want to guess?

RIGHT NOW
THERE ARE
2,247,000
GERMS LIVING ON
MY CELL PHONE



Potentially Hazardous Foods

PHF: Support rapid growth of microorganisms

- Every **20 minutes** bacteria double
- Foods have naturally occurring bacteria living on them that are there to break down the food.
 - Can anyone give an example?
- There are a list of characteristics of PHF's that you can remember by the acronym **FAT TOM**

FAT TOM

F: Food

- Animal origin foods that are raw or heat treated
- Plant origin foods that are heat treated

A: Acidity

- 4.6-7.5 ideal for bacteria growth
- High acidity neutralizes the bacteria
- Acid will eat the protein

T: Temperature

- 40°F or colder
- 140°F or hotter

T: Time

- Food can be in the danger zone for a maximum of 4 hours before becoming hazardous

O: Oxygen

- Allows bacteria to grow
- Wrap food products tightly to eliminate exposure to oxygen

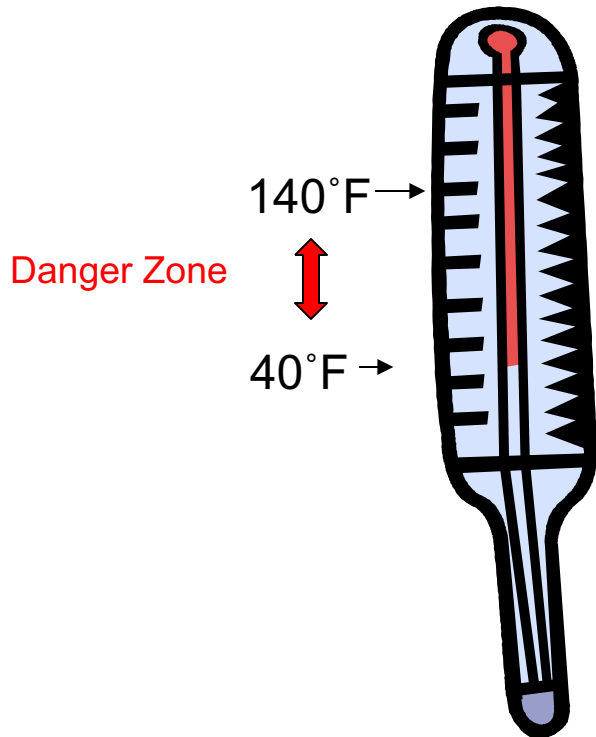
M: Moisture

- Bacteria need moisture to grow

Danger Zone

Definition:

The temperatures at which bacteria multiply rapidly.



When is the food cooked safe?

- Poultry and Stuffing: 165° F
- Pork: 145° F
- Beef, Lamb and Seafood: 145° F
- Rare Beef: 135° F
- Hamburger (ground beef): 155° F

Sanitation Check:

The acronym **FAT TOM** stands for what...

F
A
T
T
O
M

Cross Contamination

Definition: The transferring of bacteria from person or object to another.

Lather Up

- Always wash hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, and seafood.

Safely Separate

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.

Seal It

- To prevent juices from raw meat, poultry, or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags.

Marinating Mandate

- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked foods, unless it is boiled before applying.



Take Two

If possible, use one cutting board for fresh produce and use a separate one for raw meat, poultry, and seafood.

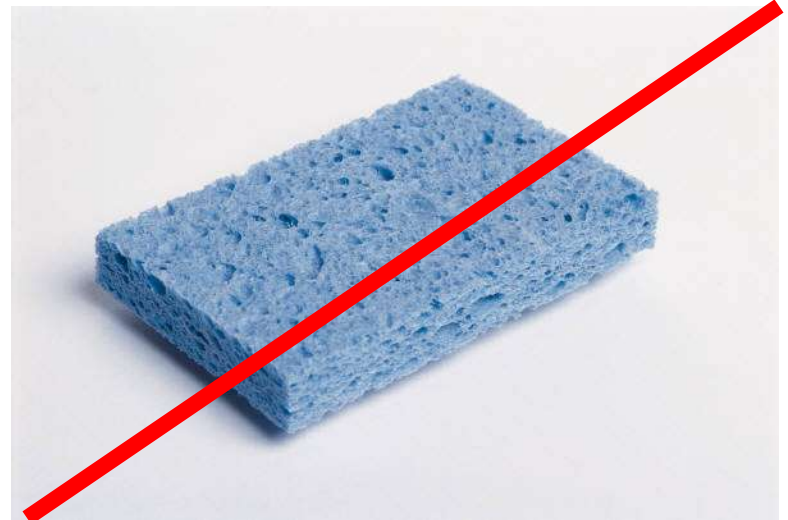
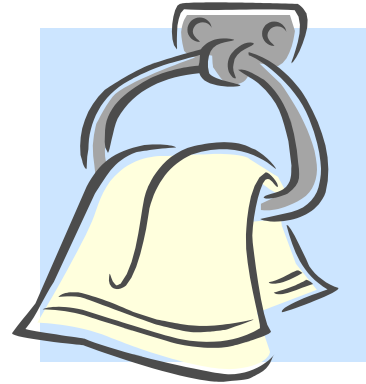
Clean Your Plate

Never place cooked food back on the same plate or cutting board that previously held raw food.

Dish Washing

Use a Dish Cloth not a Sponge!

- Sponges contain approximately 7.2 Billion Germs!
- That is the equivalent to smearing an 8oz raw piece of chicken breast on your surface!
- We use dish towels because we wash them after every use.



Quiz: What is the correct way to disinfect a sponge?

- A. Wash it in the sink
- B. Throw it in the dishwasher
- C. Throw it in the microwave
- D. Let it dry out



Correct Answer:
C. Throw it in the microwave.



The difference between Clean & Sanitize

CLEAN

- NO visible dirt or gunk
- wash surface with soap & water.

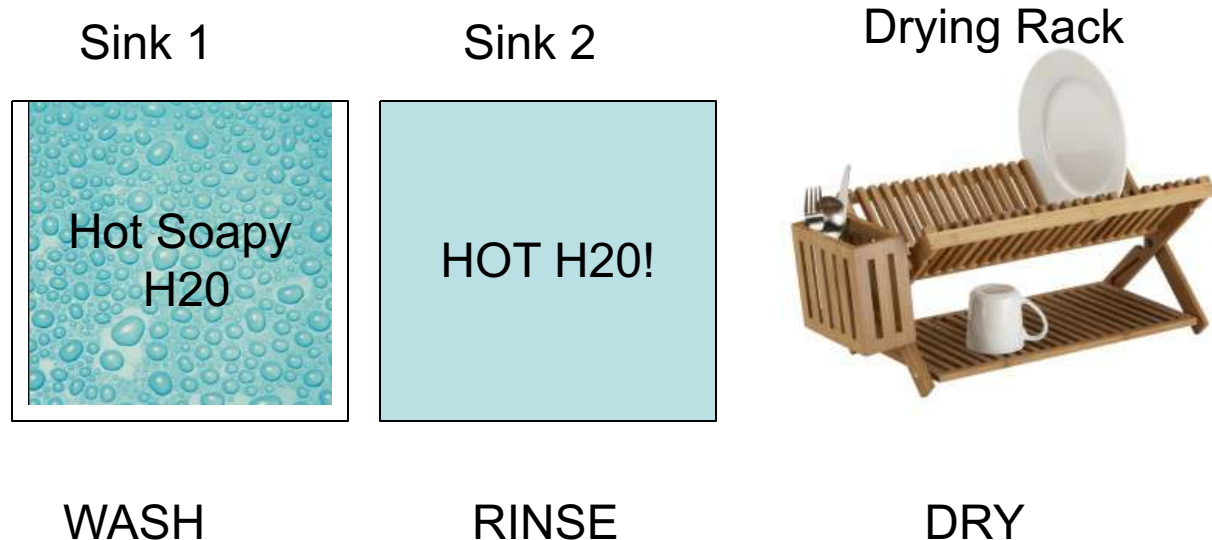
SANITIZE

Removal of all harmful microorganisms

- Use 180°F water
- Use sanitizer liquid (bleach, 409)

How to Wash Dishes

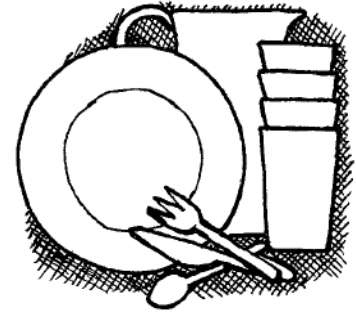
1. SET up sinks and drying rack as seen below



*Note: The hotter the water the faster the dishes will dry because hot water evaporates quicker

How to Wash Dishes

2. Scrape Dishes to clear food
3. Lightly rinse dishes and stack by category
4. Wash dishes by category
5. Rinse dishes
6. Put in drying rack
7. Dry dishes
8. Put away dishes
9. Let water go down & empty food particles from sink
10. Clean sink and put washing & drying towels in washer



Works Cited

- Serve Safe Manager's training