

Name: _____ Date: _____

SANITATION INFORMATION SHEET

It is important to practice good sanitation when preparing food products. They are easily contaminated if prepared or stored in unsanitary conditions. Contaminated foods cause food poisoning. Food poisoning causes gastrointestinal discomfort that lasts from a few hours to several days and ranges from mild to severe.

Food poisoning is best prevented by following procedures to keep the kitchen facilities, equipment, utensils, food, and persons as clean and free of bacteria as possible. This is called practicing "good sanitation." Good sanitation is achieved by paying careful attention to personal hygiene and work habits.

Personal Sanitation Procedures

1. Keep your hands clean at all times. Wash them with hot soapy water before you begin food preparation and after coughing or sneezing or handling raw meats, fish, poultry, or eggs.
2. Use separate towels to dry hands and dishes. Never drape the dish towel over your shoulder.
3. If you have an open cut or sore on your hand, use plastic gloves when handling food.
4. Tie your hair back or cover it with a net or hat.
5. Wear clean clothes. Avoid loose garments that can accidentally touch food. Roll up long sleeves.
6. Wear an apron.
7. If a utensil or dish towel falls on the floor, do not use it again until it is washed.
8. Use a separate spoon for tasting, not the one you use for stirring.

Kitchen Sanitation Procedures

1. Wash counter tops and other work surfaces before beginning to cook.
2. Keep work surfaces clean by wiping up spills as they occur.
3. Thoroughly clean utensils and cutting boards with hot soapy water after each use.
4. Wash pots, pans, bowls, and dishes with hot soapy water as soon after use as possible. Keep soiled things away from the food preparation area.
5. Wash tools and utensils used on raw foods before using them on cooked foods.
6. Dispose of all food wastes properly. Remove garbage and trash at least once a day. Keep garbage container clean.
7. Change dish cloths and towels frequently.
8. After food preparation, clean all equipment, utensils, and tools, including work surfaces and floors.

Date: _____

TEST

Food poisoning is prevented by keeping the kitchen _____, _____, _____, utensils, food, and your _____ as clean and free of _____ as possible. This is called practicing "good sanitation." Good sanitation is achieved by paying careful attention to _____, _____, and _____ habits.

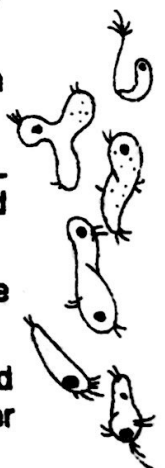
Personal Sanitation Procedures

1. Keep your hands clean at all times. Wash them with hot soapy water before you begin food preparation and after coughing and sneezing or handling raw meats, fish, poultry or eggs.
2. Use separate towels to dry hands and dishes. Never drape the dish towel over your shoulder.
3. If you have an open cut or sore on your hand, use _____ when handling food.
4. Tie your _____ back or cover it with a net or hat.
5. Wear _____ clothes. Avoid loose garments that can accidentally touch food. Roll up long sleeves.
6. Wear an _____.
7. If a utensil or dish towel falls on the _____, do not use it again until it is _____.
8. Use a separate spoon for _____, not the one you use for stirring.



Kitchen Sanitation Procedures

1. _____ counter tops and other work surfaces before beginning cooking.
2. Keep work surfaces _____ while working by wiping up _____ when they occur.
3. Thoroughly clean utensils and _____ boards with hot soapy water after each use.
4. Wash _____, pans, bowls, and _____ with hot _____ water as soon after use as possible. Keep soiled things away from the food _____ area.
5. Wash tools and utensils used on _____ foods before using them on cooked foods.
6. Dispose of all food _____ properly. Remove garbage and trash at least _____ a day. Keep garbage container _____.
7. Change dish cloths and towels _____.
8. After food preparation, clean up all _____, _____, and tools, including all work surfaces and _____.



FOOD SAFETY TEST (Section 7-3)

1. Food _____ means following practices that help prevent foodborne illness.
2. Most cases of foodborne illness can be traced to harmful _____, -tiny loving creatures visible only through a microscope.
3. Most harmful microorganisms associated with foodborne illness are _____, and they are everywhere.
4. Sometimes the illness is not caused by the bacteria themselves, but by the _____ or poisons they produce.
5. _____ is a bacteria that causes foodborne illness. It is found in raw or rare ground beef.
6. _____ is another bacteria that causes foodborne illness. It is found on human skin, in the nose, and in the throat.
7. _____ is the key to food safety. Whenever you work with food, be sure to keep yourself and the kitchen clean.
8. Wear clean clothes and cover them with a clean _____. Spots and stains can harbor germs.
9. Remove dangling jewelry, roll up long sleeves, and tie back long _____.
10. Using soap and warm water, scrub your hands for _____ seconds before you handle food.
11. Wear plastic _____, if you have an open wound or cut on your hands.
12. Scrub your hands immediately after using the _____ or blowing your nose.
13. Do not sneeze or _____ into food.
14. Avoid _____ (2 words), letting micro organisms from one food get into another food.
15. If you use a spoon for tasting, _____ it after each use to avoid transferring harmful bacteria from your mouth to the food you are preparing.
16. Always run plenty of _____ water when grinding food up in the garbage disposal.
17. Bacteria multiply rapidly at temperatures between 40 degrees and _____ degrees. This range of temperatures is called the danger zone.
18. Cooking foods to temperatures _____ degrees or higher will kill most harmful bacteria.
19. Do not leave food out at room temperature for longer than _____ hours

True/False

20. The Danger Zone refers to temperatures between 40 degrees and 180 degrees.

21. Food may be safely thawed in the microwave, refrigerator, under cold running water or on the counter.

22. A knife used to cut raw vegetables after cutting raw meat can cause cross-contamination.

23. Refrigerator temperatures should be kept at or just below 40 degrees fahrenheit to slow the growth of bacteria.

24. If you do not wash your hands after blowing your nose, or if you cough or sneeze while handling food, you could spread a bacteria called staphylococcus, which can result in nausea, vomiting, and diarrhea.

25. Potentially hazardous foods, such as milk, spoil quickly at room temperature.

26. Eggs, meat, poultry, and fish are considered potentially hazardous foods.

27. Bacteria multiply best in the Danger Zone.

28. Do not leave food out more than 3 hours if it is at room temperature.

29. Food should be cooked to an internal temperature of 160 degrees fahrenheit in order for it to be safe to eat.

30. Refrigerate foods in shallow containers.

31. Dirt on fresh fruits and vegetables can contain harmful bacteria.

32. Hair should be tied back or covered with a net or cap in the foods lab.

33. Hot foods should be kept hot and cold foods should be kept cold.

34. If a tool or utensil falls on the floor, do not use it again until it is washed.

35. Use a separate spoon for tasting, not the one you use for stirring.

36. Thoroughly clean cutting boards (wood or plastic) with hot soapy water and sanitizer (bleach) after each use.

37. Food poisoning is prevented by keeping everything in the kitchen clean, including yourself.

Name _____

Date _____

KITCHEN SAFETY TEST

Fill in the missing word or words for the statements below.

- _____ 1. Foods should not be left at room temperature over _____ hours.
- _____ 2. It is safe / not safe to eat foods out of cans that are bulging or leaking.
- _____ 3. Wash cutting boards after each use to prevent the spread of _____.
- _____ 4. Wear _____ if you have an open cut or sore on your hand.
- _____ 5. Keep the kitchen area as clean as possible to prevent attracting _____.
- _____ 6. Always wear an _____ when cooking to protect your clothes.
- _____ 7. Wash your hands _____ you start to cook.
- _____ 8. When cooking on the range, turn pan handles to the _____ or side to prevent the pans from being knocked off the range.
- _____ 9. Use thick, dry _____ when handling hot objects.
- _____ 10. When lifting the lid from a pan, tip the lid _____ you to allow the steam to escape.
- _____ 11. Use a _____ spoon to stir hot mixtures.
- _____ 12. To take a hot dish out of the oven, pull out the _____.
- _____ 13. Use a _____ on the table when chopping or slicing food.
- _____ 14. _____ should be washed separately, never mixed in with other utensils in the sink.
- _____ 15. When passing a knife to someone, pass it with the handle pointed _____.
- _____ 16. Never place _____ on a grease fire.
- _____ 17. Dry your hands before touching an _____ appliance.
- _____ 18. When unplugging an electrical appliance pull on the _____.
- _____ 19. When using an electric mixer, insert the beaters before / after putting the plug in the outlet.
- _____ 20. Plugging too many electrical appliances into one wall outlet may cause a fire. True / False
- _____ 21. Keep a _____ in the kitchen and know how to use it if there is a fire.
- _____ 22. Stand on a _____ to reach high items. Do not try to stretch or jump to reach an item.
- _____ 23. Keep the cabinet doors and drawers closed / opened when not in use.
- _____ 24. If you spill something on the counter or floor, _____ immediately.
- _____ 25. If you break a glass, clean up the tiny pieces with _____.

KITCHEN SAFETY RULES

Following safety rules in the kitchen is essential. Below is a list of rules you should learn and follow. Some of these rules are to prevent you from being hurt from cuts, falls, burns, or shocks. Other rules are to prevent the spreading of germs that could make you or others ill.

1. Do not wear bulky or flowing clothing while cooking. Wear an apron and pull long hair back.
2. Wash your hands before you start to cook. Wash them frequently as you handle raw foods.
3. When cooking on the range, turn pan handles to the back or side to prevent them from being knocked off the range.
4. Use thick, dry potholders when handling hot objects. Do not use aprons or kitchen towels to hold hot objects.
5. When lifting the lid from a pan, tip the lid away from you to allow the steam to escape.
6. Never leave the kitchen when items are cooking on the stove.
7. Use a wooden spoon to stir hot mixtures. A metal spoon will get too hot and may burn your hand.
8. To take a hot dish out of the oven, pull out the oven rack instead of reaching into the oven to lift out the dish.
9. Use a cutting board when chopping or slicing food. Cut away from yourself when you are paring food.
10. Knives should be washed separately, never mixed in with other utensils in the sink. In the dishwasher, place blade side down.
11. When passing a knife to someone, pass it with the handle pointed out.
12. If you have a grease fire, smother it with a pan lid or baking soda. Never place water on a grease fire.
13. Dry your hands before touching an electrical appliance.
14. When unplugging an electrical appliance, pull on the plug. You should never pull or yank the cord.
15. When using an electric mixer, insert the beaters before putting the plug in the outlet.
16. Do not let an appliance cord hang off the counter because the appliance may be pulled off. Also, it may cause electrical shock if you lay the appliance cord in water.
17. Do not plug too many electrical appliances into one wall outlet. It may overload and cause a fire.
18. Keep a fire extinguisher in the kitchen and know how to use it if there is a fire.
19. Stand on a sturdy stool to reach high items. Do not try to stretch or jump to reach an item.
20. Keep the cabinet doors and drawers closed when not in use.
21. If you spill something on the counter or floor, wipe it up immediately.
22. If you break a glass, sweep up the pieces with a broom. Tiny slivers of glass can be wiped up with a damp folded paper towel. Wrap the broken glass in paper before placing it in a trash bag.
23. Keep foods refrigerated to prevent the growth of bacteria. Foods should not be left at room temperature for more than two hours. Heat left over foods thoroughly to destroy bacteria.
24. Wash your hands in hot soapy water immediately after handling raw meat or eggs.
25. Never use any can that is bulging or leaking. This indicates the growth of bacteria.
26. Wash cutting boards after each use to prevent the spread of bacteria.
27. Wear gloves if you have an open cut or sore on your hand.
28. Keep the kitchen area as clean as possible to prevent attracting pests.