Name: Period:

Kitchen Safety & Sanitation

Grease Fires

Three GOOD ways to put out a grease fire: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , &\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Two BAD ways to put out a grease fire: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Cooking Surfaces

Turn \_\_\_\_\_\_\_\_\_\_ away from the front of the range.

When cooking hot foods, lift **lids** away from you.

Oven

Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or oven mitts for handling hot pans.

Knives

 \_\_\_\_\_\_\_\_\_\_\_ knives are \_\_\_\_\_\_\_\_\_\_\_ dangerous and less efficient than sharp knives.

First Aid

Burns: Place burned area under \_\_\_\_\_\_\_\_\_ running water. Cut: Apply \_\_\_\_\_\_\_\_\_\_\_\_ over wound.

Sanitation Rules

Always wash hands for a minimum of \_\_\_\_ seconds with hot soapy water.

Wash your hands \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ handling raw meat, poultry, or eggs.

Cross Contamination

The \_\_\_\_\_\_\_\_\_\_\_\_\_ of harmful bacteria from one person, object or place to another.

Bacteria

Disease causing organism that needs four conditions for bacterial growth:

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food Borne Illness

Food-borne illness results from eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods containing poisonous toxins.

 Fever, headache and digestive troubles are symptoms of food-borne illness.

When in \_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_ it out!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sources: Improperly canned foods, honey, low acid foods. Symptoms: Affects nervous system, double vision, not able to speak or swallow.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sources: undercooked ground beef, un-pasteurized milk, fruit juice, fresh fruits & vegetables, fecal matter and infected soil. Symptoms: cramps, diarrhea, nausea, vomiting, & fever.

 \*E-coli will be killed by cooking to a high enough temperature.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Source: Toxins from fecal bacteria; changing diapers/going to the bathroom and NOT washing hands. Symptoms: fever, loss of appetite, nausea, vomiting and jaundice.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sources: fresh poultry, raw eggs. Symptoms: cramps, diarrhea, nausea, chills, fever, and headache.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Source: spread through human mucous contact to food source; sneezing/coughing not washing hands. Symptoms: nausea, vomiting and diarrhea.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Most often been associated with unpasteurized dairy products, contaminated water, poultry and produce.

Danger Zone \_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_

Food should NOT be in the danger zone for more than \_\_\_\_\_\_\_ hours!

Keep hot foods \_\_\_\_\_ and cold foods \_\_\_\_\_\_\_\_ !

Reheating: Heating, reheating and serving foods: \_\_\_\_\_\_ degrees.

Internal Food Temperatures

Seafood, beef, veal, lamb, pork: \_\_\_\_\_\_ degrees.

Ground meats (pork, beef, lamb): \_\_\_\_\_\_ degrees.

All poultry (whole or ground): \_\_\_\_\_\_ degrees.

Safe Ways to Thaw Food

In the \_\_\_\_\_\_\_\_\_ for 2-3 days.

Under \_\_\_\_\_\_\_\_\_\_ running water, or a sink full of cold water, change water every 30 minutes, in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. NEVER defrost foods at \_\_\_\_\_\_\_\_\_\_\_ temperature.