

2.1 Introduction to Food Safety Notetaker

Name _____ Culinary Arts 1

What is a Food-borne Illness?

- All restaurant and foodservice operations must keep food safe. _____ in the operation must work toward this goal.
- A **food-borne illness** is a disease transmitted to _____ by _____
- A **food-borne illness outbreak** is when _____ people get the same illness

- The **Centers for Disease Control and Prevention (CDC)** estimates that there will be _____ cases of food-borne illness in the United States each year.

Who is most at risk?

- **High-risk populations** have a higher risk of getting a food-borne illness than others.
 - _____
- The _____ is the body's defense against illness. When the system is weak, it cannot fight off illness as easily as a healthy system.

Forms of Contamination

- A _____ is something with the potential to cause harm.
- In the preparation of food, hazards are divided into three categories:
 - _____
- Contamination means that harmful things are present in food, making it unsafe to eat.
- To prevent food-borne illness, it is important to recognize the hazards that can make food unsafe.

Unsafe Practices

- Food can become unsafe through:
 - Poor _____
 - _____ abuse
 - _____-contamination
 - Poor cleaning and _____
 - Purchasing from _____

Biological Contamination

- _____ are small, living organisms that can be seen only through a microscope.
- The four types of pathogens that can contaminate food and cause food-borne illness are:
 - _____
 - _____
 - _____
 - _____
- Biological **toxins**, another form of biological contamination, are made by _____, or they come from a _____ or _____

Biological Contamination: Bacteria

- Pathogens need six conditions to grow. An easy way to remember these conditions is by remembering the phrase FAT TOM:
 - **F** _____
 - **A** _____
 - **T** _____
 - **T** _____
 - **O** _____
 - **M** _____

TCS Foods

- **TCS Food:**
 - Food that is most vulnerable for pathogen growth is food that needs _____
- To control temperature, food handlers must keep TCS food out of the **temperature danger zone:** _____ °F

Ready to Eat Foods

- **Ready-to-eat food:**
 - Food that can be eaten without further _____
 - Needs careful handling to prevent contamination
 - Wear _____ when working with these foods

Other Biological Contamination:

Viruses

- **Viruses** are the _____ of food-borne illness.
 - Can survive _____ temperatures
 - _____ in food but can grow inside a person's _____
 - Can be transferred from:
 - Person to _____
 - People to _____
 - People to _____
 - Stay home if you've been _____
 - As a whole, avoid using _____ on ready to eat foods

Parasites

- **Parasites** _____ grow in food.
 - They must **live in a _____ organism** to grow.
 - A **host** is a person, animal, or plant on which another organism lives and feeds.
 - Examples:
 - Purchase food from _____ **suppliers**

Fungi

Fungi can cause illness, but usually they cause food to spoil.

- Found in:

Mold that is visible to the human eye is actually a tangled mass of _____

- Can grow in any condition but grow especially well in _____ foods with _____

Yeast can spoil food quickly.

- The signs of spoilage include:
 - Grow well in _____ foods with little moisture.

Chemical Contamination

- Come from everyday items that are found in restaurant and foodservice operations and may cause FB illnesses.

Prevention:

- Store chemicals in a separate area away from _____ used for food.
 - Foodservice chemicals can contaminate food if they are used or _____ in the wrong ways.
 - Includes:
 - To prevent _____ **poisoning:**
 - Only use utensils and equipment, including kettles, pots, serving-ware and pans, that are _____

Physical Contamination

- Physical contamination happens when _____
- Contaminants can be _____ occurring, such as the bones in fish, or result from _____ mistakes.
- Common physical contaminants include:
 - _____ from cans
 - Glass from broken _____
 - Fingernails, _____, and bandages
 - Jewelry
 - Fruit _____
 - Most physical contamination _____ by inspecting food closely, practicing _____, and following _____.

Food Defense

Restaurant and foodservice employees also must take steps to prevent people from _____ food.

1. Prevent tampering by _____ to the operation's food _____ and _____ areas.
2. All employees in an operation, from busser to executive chef, should _____.

Allergens

A **food allergy** is the body's _____ to a food _____

- Employees should be aware of major allergens and the _____ that contain them.
- When serving customers with food allergies, servers must be ready to _____ about any menu item.
- Servers should _____ about what a menu item contains. If they don't know, they should ask someone who does.
- _____ occurs when allergens are _____ from food containing an allergen to the food served to the customer.

U.S. Regulation of Food Safety

- Most regulations that affect restaurant and foodservice operations in the United States are written at the _____, but federal, state, and local governments are all involved.
- The Food and Drug Administration (FDA) writes the _____, which recommends **specific** _____ for the restaurant and foodservice industry.
- An _____ is a _____ or examination conducted to see if an operation is following _____
- Successful restaurant and foodservice managers understand local food safety requirements and _____ that address them.