2.2/2.3 Hygiene & Flow of Food Notetaker

Name _____ Culinary Arts 1

2.2: Good Personal Hygiene

Food Handlers & Contamination

- Good personal hygiene is a key factor in the prevention of _____ illnesses.
- _____managers make personal _____ a _____.
- Food-handlers can contaminate food in a variety of situations.
- Food-handlers are not just the people who prepare food.
  - _____ and even _____ are considered food-handlers.

Contamination Prevention

- To prevent food-handlers from contaminating food, managers must create personal hygiene policies.
  - These policies must address:

Personal Cleanliness and Work Attire

Pathogens can be found on _____ that aren't kept clean.

- All food-handlers must bathe or shower _____ and keep their _____ clean.
- _____ may carry pathogens that can cause food-borne illnesses.
- To avoid spreading food-borne illnesses, food-handlers should:
  - Always cover their _____
  - _____ and store them in the right place when _____
  - Wear _____clothing every day.
  - Remove _____ from hands and arms before preparing food or when working around prep areas.

Hand-washing

Hand-washing is the most important part of personal hygiene.
Food-handlers must wash their hands before they start work.

- Food-handlers must also wash their hands after:
  - Using the _____
  - Handling _____
  - _____ the hair, face, or body
  - Sneezing, coughing, or using a tissue
  - Eating, drinking, smoking, or chewing gum or tobacco
  - Handling _____ that might affect food safety
  - Taking out _____
  - Clearing tables or busing _____
  - Touching clothing or _____
  - Handling _____
  - Touching anything else that may contaminate hands

Bare-Hand Contact/Illness Work Requirements

- Restaurant and foodservice operations have a responsibility to ensure that their employees do not spread food-borne illnesses.
- Food-handlers who are sick can _____ to food. Depending on the illness, they might not be able to work with food until they recover.
- Using bare hands to handle ready-to-eat food can increase the risk of contaminating it.
  - _____can help keep food safe by creating a barrier between hands and food.
  - Change gloves frequently. _____ use only.

2.3: Preventing Hazards in the Flow of Food

Flow of Food

- The steps that an operation takes to buy, store, prepare, cook, and serve food is known as the flow of food.
- _____ in the flow of food pose risks to _____
- Understanding where contamination_____in this flow and how_____ are critical tasks for restaurant and foodservice professionals.

Time-Temperature Abuse

Most food-borne illnesses happen because TCS food has been time-temperature abused.

- Food is time-temperature abused any time it is:
  - Stored at the _____ during any part of the flow of food
  - Cooked to the wrong _____ temperature
  - _____ at the wrong temperature
  - _____ incorrectly

Thermometers

Three types of thermometers are commonly used in operations—bimetallic stemmed, thermocouples, and thermistors.

- A **bimetallic stemmed thermometer** can check temperatures from _____˚F.
  - Useful for checking both hot and cold types of food.
- **Thermocouples** and **thermistors** are also common in restaurant and foodservice operations.
  - Measure temperatures through a _____ and display them _____
- **Infrared thermometers** measure the temperatures of food and equipment surfaces.
  - _____ to check its temperature

Steps in the Flow of Food

Purchasing

- Restaurant and foodservice purchasers must make sure that their _____use good food safety practices along the _____.
- An operation's supply chain can include:
  - _____
  - Shippers
  - _____
  - Manufacturers
  - Distributors (_____)
  - Local markets
- All the food used in a restaurant or foodservice operation should come from approved, reputable suppliers.
  - An approved food supplier is one that has been _____ by appropriate agencies and meets all applicable _____ laws.

Receiving

- To keep food safe during receiving, an operation needs to have enough _____ available to receive, _____, and store the food.
- Use thermometers to check food temperatures during receiving.
- The _____ of food and nonfood items should be intact and clean.
- Reject any items with packaging problems or with signs of _____
  - Poor food quality is sometimes a sign of time-temperature abuse.
- Shellfish can be received either _____
  - Make sure that raw shucked shellfish are packaged in containers for _____ only.
- Eggs must be _____ when you receive them.
- Milk and dairy products must be received at _____˚F or lower unless otherwise specified by law.
  - Must be pasteurized and meet FDA Grade ____standards.

Storage

Food can become unsafe if stored improperly. Store all ____ food at ___°F or lower, or at _____°F or higher.

- Rotate food in storage to use the oldest inventory first using the first-in, first-out (_____)method.

CROSS CONTAMINATION: The spread of_____ from one _____or food to _____.

- The most basic way to prevent cross-contamination is to separate _____ food and _____ food.
- Store refrigerated raw meat, poultry, and seafood _____from ready-to-eat food.
- Store raw meat, poultry, and seafood in coolers in _____ order based on the _____ of each food.
  - Meat cooked to _____temperatures is always _____ meat cooked to lower temperatures.

Preparation

To avoid time-temperature abuse, remove from the refrigerator only as much food as can be prepared in _____

- Prepare food in _____ so that ingredients don't sit out for too long in the temperature danger zone.

Freezing & Thawing

- Freezing & Pathogens
  - Freezing _____ kill pathogens.
  - When food is thawed and exposed to the TDZ, any pathogens in the food will _____
- To reduce pathogen growth:
  - Never _____

Cooking

Cooking food to the correct _____ is critical for keeping it safe.

- Every type of TCS food has a minimum internal temperature that it must reach.
  - Once reached, be sure that it stays at that temperature for a specific _____ (dependent on the food item)

Cooking for High-Risk Populations

- Operations that primarily serve high-risk populations such as _____, *cannot serve* certain items such as:

Holding

If cooked food isn't served immediately, it must be kept out of the temperature danger zone by _____quickly, _____it correctly, and/or _____ it correctly.

- To hold TCS food safely:
  - Hold hot food at _____°F or higher and cold food at ____°F or lower

Time-Temperature Abuse in Holding Food

- Food has been time-temperature _____ when it remains at _____˚F
- The longer food stays in the temperature danger zone, the more time _____
- If food is held in this range for ___or more hours, _____

Cooling

Cool TCS food from _____°F or lower within _____ hours.

- Cool food from _____°F to _____°F within ___ hours
- Then cool it to ____°F or lower in the next ___hours

Reheating

If food-handlers plan to reheat leftover or previously prepared TCS food so that it can be held for service:

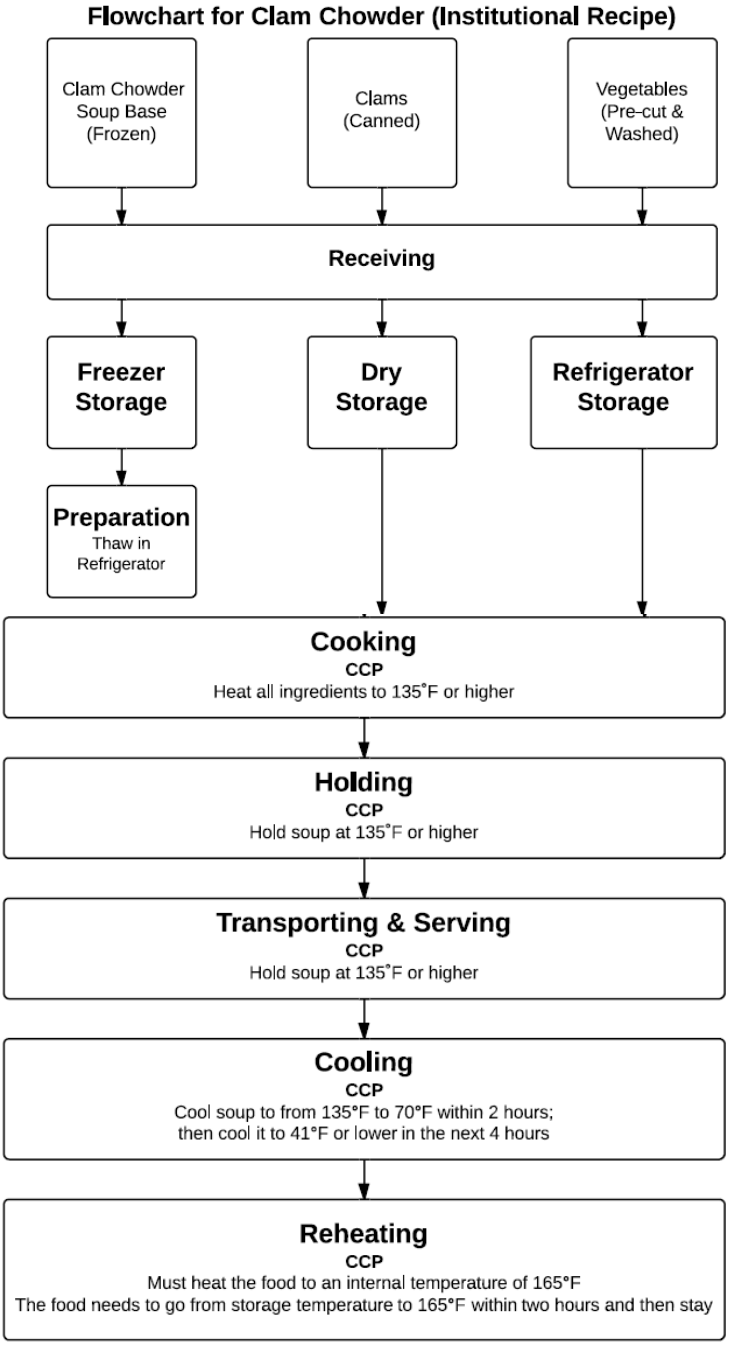
- Must heat the food to an internal temperature of 165°F
- The food needs to go from storage temperature to 165°F within two hours and then stay at that temperature for 15 seconds.

Flowcharts & Critical Control Points

A flowchart representing the _____ should contain **Critical Control Points** (_____)

- The points in a process where identified _____ can be _____, _____, or _____d to safe levels.

  Flow of Food Example:



Assignment:

As a ***group***, select a recipe to prepare in class that includes **frozen, dry, & refrigerated products, *one of which is an animal protein.***

- Approve the recipe with your instructor
- Complete the on-line grocery order
- Begin a recipe template in Google Docs
  - Share with your group members; we will be adding to this in an upcoming lesson)
- Use the LucidChart Google add-on to create a flowchart for your recipe.