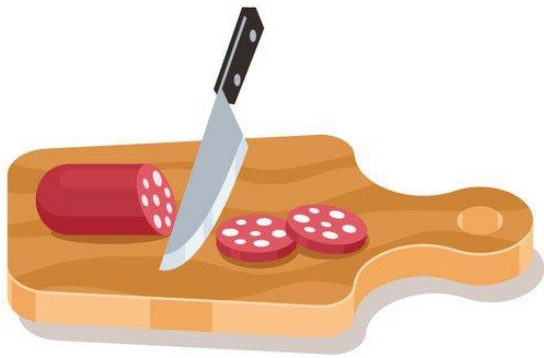


# Kitchen-Cooking Safety & Sanitation



# Objectives

- Analyze conditions and practices that promote safe food handling.
- Analyze safety and sanitation practices.
- Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention.
- Analyze current consumer information about food safety and sanitation.
- Practice standard personal hygiene and wellness procedures.
- Analyze current types of cleaning and sanitizing materials for proper use.

# Watch This!

On a sheet of paper, take notes of the FIVE KEYS according to the video.

*5 Keys to Food Safety - Have a Safe Meal*

<https://www.youtube.com/watch?v=m-dfSLm9a4I>

*How Does Cross-Contamination Happen?*

[https://www.youtube.com/watch?v=Xm\\_X5LJmrbw](https://www.youtube.com/watch?v=Xm_X5LJmrbw)

# Why Safety First?

Because of:

- over 5,000 deaths...
- 76 million illnesses...
- 325,000 hospitalizations...



**from foodborne illness  
each year!**

# Food Borne Illness: Disease carried or transmitted to people by food

## Food Based Hazards

- Contaminated ingredients
- Biological
- Chemical
- Physical

## People Based Hazards

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

# 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.

# 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

# 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.
- 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

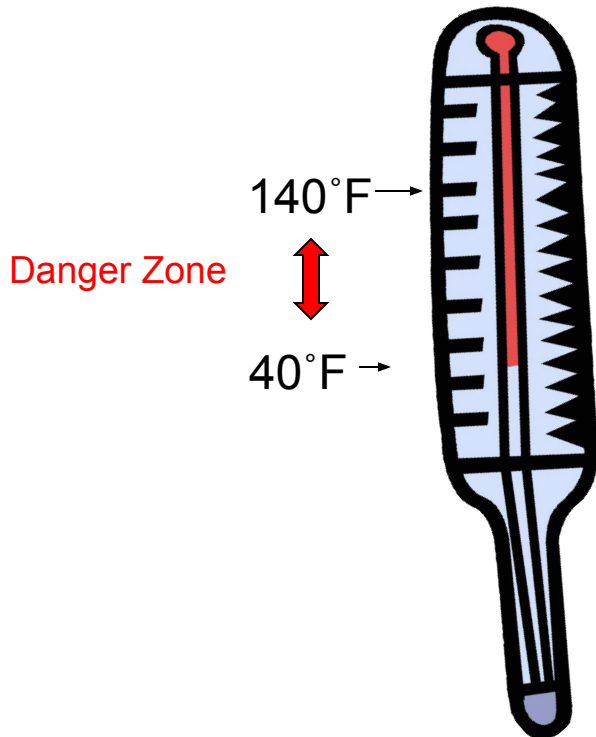
# Danger Zone

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



# Watch This!

On your notes, briefly list the THREE ways to properly thaw meat.

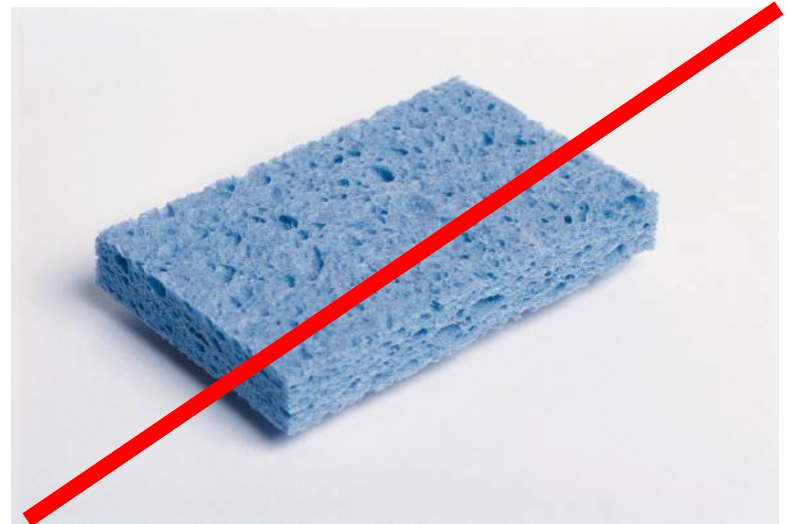
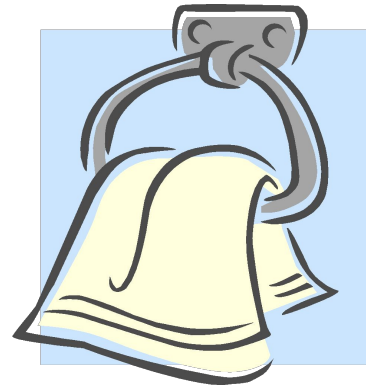
*How to Thaw Foods Properly*

<https://www.youtube.com/watch?v=T5C335jleZA>

# 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.



# What is the correct way to disinfect a sponge?

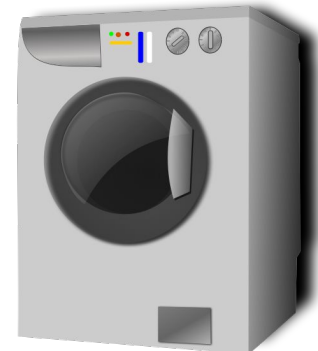
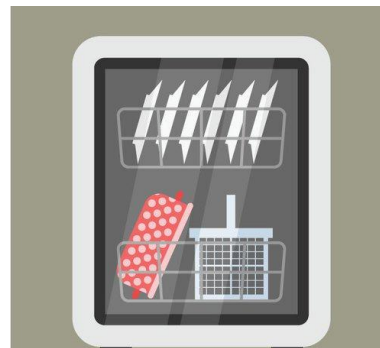
- A. Wash it in the sink
- B. Throw it in the dishwasher
- C. Throw it in the microwave
- D. Let it dry out



# According to Multiple Sources...

You can sanitize a sponge one of 3 ways:

- microwave (sanitized in water, 1 min. on high heat)
- dishwasher (set to steam dry)
- washing machine (hot water, detergent, and bleach)



# The difference between Clean & Sanitize

## CLEAN

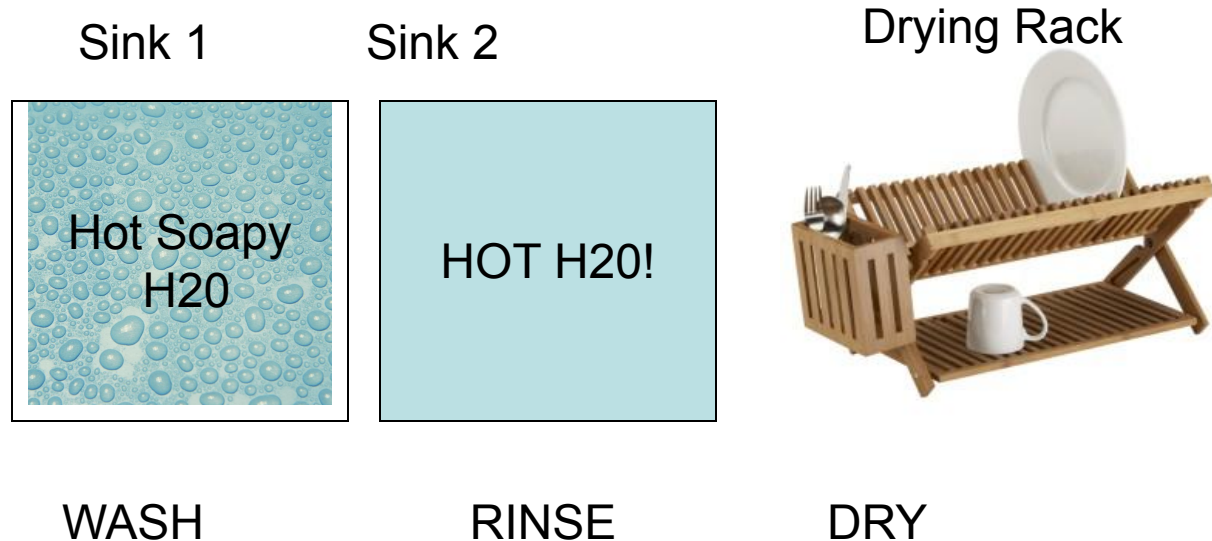
- NO visible dirt or gunk
- wash surface with soap & water.

## 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

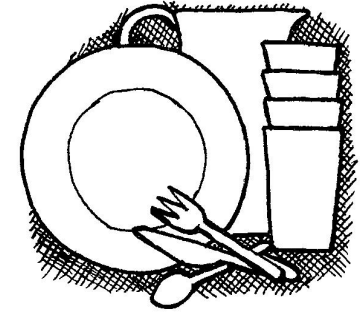


\*Note: The hotter the water the faster the dishes will dry because hot water evaporates quicker



# How to Wash Dishes

- Scrape Dishes to clear food
- Lightly rinse dishes and stack by category
- Wash dishes by category
- Rinse dishes
- Put in drying rack
- Dry dishes
- Put away dishes
- Let water go down & empty food particles from sink
- Clean sink and put washing & drying towels in washer



# WATCH THIS!

While watching the video on what *not* to do, **write down as many don'ts as you can see.**

Complete your assignment *Kitchen Safety & Sanitation Notes* on the Google Form.

- The 5 Keys
- The 3 ways to thaw meat properly
- ALL the don'ts you see from “what not to do...”

***What not to do in the kitchen - Jamie Oliver***

<https://www.youtube.com/watch?v=IA8IW5abQTg>