



Food Safety

Participant Handouts

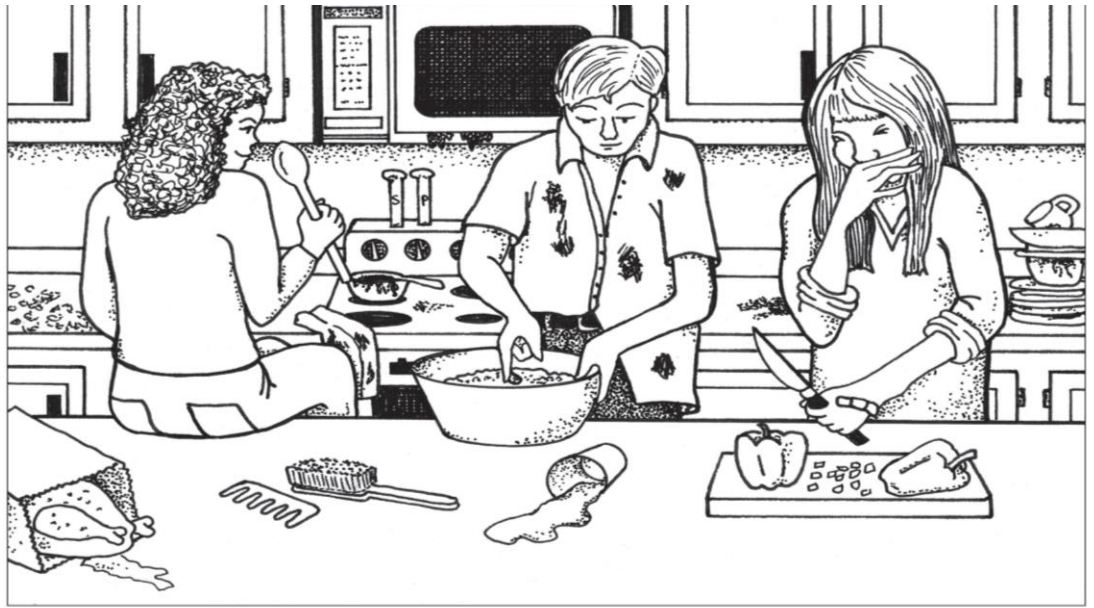


Curriculum Questionnaire

Directions: Below is a list of statements about food safety. Please circle Y (yes) if you agree with the statement, and circle N (no) if you disagree with the statement. If you don't know (DK) the answer, please circle DK.

	Yes	No	Don't Know
1. It could take only a small number of harmful bacteria to make a person sick.	Y	N	DK
2. All bacteria found in food can make you sick.	Y	N	DK
3. Microorganisms are so small you can't see them with just your eyes.	Y	N	DK
4. You can see, smell and/or taste when food is unsafe.	Y	N	DK
5. Bacteria need food and water to survive.	Y	N	DK
6. Most microorganisms multiply most rapidly when the food is in the refrigerator.	Y	N	DK
7. People may have harmful bacteria on their hands.	Y	N	DK
8. You should wash your hands at least 15 seconds with warm water and soap before preparing food.	Y	N	DK
9. It is important to wash hands after touching raw meat.	Y	N	DK
10. Countertops should be cleaned before preparing food on them.	Y	N	DK
11. After washing your hands, it is ok to dry them on your apron.	Y	N	DK
12. It is important to wash a cutting board after using it to cut up raw meat.	Y	N	DK
13. It is safe to use a cloth towel to clean up spills on kitchen counters and then use it to dry off fresh vegetables.	Y	N	DK
14. Sponges and/or dishcloths used to wipe up juices from raw meat, fish or poultry can be used to wash dishes if they have been rinsed in hot water.	Y	N	DK
15. Cutting boards used to cut up raw meat, fish or poultry should be cleaned before using with any other foods.	Y	N	DK
16. It's okay to store raw meat, fish or poultry wherever there is room in the refrigerator.	Y	N	DK
17. It is safe to place cooked hamburgers on the same unwashed plate that was used to bring the uncooked meat out to the grill.	Y	N	DK
18. When grocery shopping you can just put tomatoes and bananas in the same bag with raw chicken and hamburger.	Y	N	DK
19. It is not safe to use the same spoon to taste and then stir the food without washing the spoon.	Y	N	DK
20. Dishwashing detergent can be stored with dry food ingredients (i.e., flour and sugar as long as it is kept in the container it came in).	Y	N	DK
21. It's okay to store fresh produce any place in the refrigerator there is room.	Y	N	DK
22. Always rotate food cooked in a microwave to avoid "cold spots" in the food.	Y	N	DK

23. Leftovers could be reheated to at least 140 degrees F.	Y	N	DK
	Yes	No	Don't Know
24. When cooking eggs, it's ok if the yolk is runny.	Y	N	DK
25. It is safe to taste raw cookie dough that contains raw eggs.	Y	N	DK
26. It is safe to use raw eggs in recipes that will not be cooked.	Y	N	DK
27. You can tell that baked chicken is thoroughly cooked by the color of the juices.	Y	N	DK
28. Using a food thermometer is the best way of knowing that food is thoroughly cooked.	Y	N	DK
29. You should always bring soup to a boil when it is reheated.	Y	N	DK
30. Leftovers after a meal can be safely left on the counter for 4 hours.	Y	N	DK
31. The safest place to defrost frozen chicken is on the kitchen counter.	Y	N	DK
32. The temperature of a refrigerator should be 40 degrees F or lower.	Y	N	DK
33. It is safe to leave hot cooked food on the counter to completely cool at room temperature before putting it in the refrigerator.	Y	N	DK
34. It's okay to defrost food in the microwave and cook it immediately.	Y	N	DK
35. If a green bean casserole is left on the kitchen counter overnight, it's safe to eat if it is properly reheated.	Y	N	DK
36. A very large pot of chicken soup will cool very quickly in the refrigerator and be safe to eat.	Y	N	DK



Clean Up Worksheet

Directions: In the spaces after each step in the baked chicken recipe, list the clean-up steps that should be added to each step in the recipe.

Baked Chicken:

Serves: 4

Ingredients:

4 chicken breasts

“coating” mixture of 1 cup flour, 1 tsp onion powder, ¼ tsp pepper, and 1 tsp paprika

Large plastic bag

Oil or spray oil

Preparation:

1. Preheat oven to 375F.

2. Add “coating mixture” ingredients in a large plastic bag. Shake to combine.

3. Take chicken out of the refrigerator, open package. Place chicken on cutting board, remove skin.

4. Use tongs or other cooking utensil to place chicken pieces in the bag.

5. Shake until all the chicken pieces are coated.

6. Use tongs or other cooking utensil to remove the coated chicken pieces and place in a 9”x13” baking dish, cooking surface sprayed with oil or covered with a thin coating of oil.

7. Bake 20-30 minutes until internal temperature reads 165F.

Recommended Internal Temperatures

Product	Degrees Fahrenheit
Eggs and Egg Dishes	
Eggs	160
Egg dishes	160
Ground Meat and poultry Mixtures	
Turkey, chicken (including patties)	165
Veal, beef, lamb, pork (including patties)	160
Fresh Beef	
Medium rare	145
Medium	160

Product	Degrees Fahrenheit
Fresh Lamb	
Medium rare	145
Medium	160
Well done	170
Fresh Pork	
Medium	160
Well done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140

Product	Degrees Fahrenheit
Poultry	
Chicken whole	165
Turkey whole	165
Poultry breast, roasts	165
Poultry thighs, wings	165
Stuffing (cooked alone or in bird)	165
Duck and goose	165

Luncheon Planning Worksheet

Sample Menu:

Baked chicken

Tossed Salad

Fruit Salad

1. How many people will be attending?
2. How long do we have to prepare food?
3. What kitchen facilities do we have to use?
4. Do any people have food allergies that we need to consider?
5. What else might we need to know to plan this event?

Sample Recipes

Baked Chicken

Ingredients:

4 chicken breasts (or thighs or drumsticks, whatever you prefer)

“coating mixture” of 1 cup flour and 1 tsp onion powder

¼ tsp pepper and 1 tsp paprika

Large plastic bag

9x13 baking dish

Directions:

1. Preheat the oven to 375F
2. Combine “coating mixture” ingredients in a large plastic bag and shake.
3. Use tongs or other cooking utensil to place chicken pieces in the bag.
4. Shake until all the chicken pieces are coated.
5. Use tongs to remove the coated chicken pieces and place in a 9x13 baking dish.
6. Bake 20-30 minutes until internal temp is 165F.

Tossed Salad

Ingredients:

1 head of romaine or iceberg lettuce, washed and torn into small pieces

3 medium ripe tomatoes, sliced into sections

1 small cucumber, sliced

Italian dressing

Directions:

1. Place all ingredients in a clean bowl, toss lightly with Italian dressing.

Serves 4

Fruit Salad

Ingredients:

2 bananas, peeled and sliced

2 apples, cored, cut into bite-sized pieces

3 oranges, peeled, sectioned, cut into bite-sized pieces

1 small bunch of grapes, stems removed, sliced in half

2 tablespoons orange juice

Directions:

1. After slicing bananas and apples, place in a bowl, sprinkle with orange juice to prevent browning. Set aside.
2. Just before serving, toss all ingredients together.

Serves 4

Job Assignment Worksheet

Job Assignment	Participant Name	Food Safety Principles Important to the Job			
Planning					
Shopping					
Putting Food Away					
Preparing Food					
Serving					
Cleaning Up					

Food Safety Questionnaire

1. What is a foodborne illness? Check the correct answer.
 - An illness which makes you too sick to eat.
 - An illness caused by eating too much food.
 - An illness caused by eating foods that are high in fat and cholesterol.
 - An illness caused by disease causing microorganisms in food.

2. What is the "temperature danger zone"? Check the correct answer.
 - The temperature range where food is too hot to eat safely.
 - The temperature range where bacteria can multiply rapidly.
 - The temperature range where food will get freezer burn if you keep it too long.
 - The temperature range where food will dry out, resulting in poor quality.

3. For the past four hours, leftovers from your family's big holiday dinner have been sitting out in the kitchen for guests to eat. Check the foods that are still safe to eat.
 - Fudge
 - Roasted turkey
 - Mashed potatoes
 - Whole wheat buns
 - Baked ham
 - Sliced watermelon

4. Unsafe food will always have a strange appearance and odor. Check the correct answer.
 - True
 - False

5. Last night it was your turn to clear the dinner table and clean up the kitchen. At midnight, you work up and realized that you had forgotten to refrigerate the leftover potato salad. If the potato salad had been left out since 7pm, what should you do with the potato salad? Check the correct answer.
 - Put the potato salad in the refrigerator immediately. Refrigeration will kill any bacteria that grew in the salad.
 - Tast the salad and see if it tastes okay, it is safe to refrigerate it and eat it the next day.

Throw the salad away, because there is no way to make it safe to eat again.

Feed it to the dog, and if he likes it, it is still safe.

6. When refrigerating raw chicken, where should you store it to prevent cross-contamination of other foods? Check the correct answer.

On the top shelf inside the refrigerator

On the bottom shelf inside the refrigerator

In the drawer with your other meats, such as salami and leftover ham

7. If you were preparing submarine sandwiches for your friends, which one of the following activities would you do first?

Wash and cut the lettuce and tomatoes

Wash your hands

Cut the bread

Lower the periscope on the submarine

8. If your friend was grilling hamburgers and asked how you want your hamburger cooked, how should you respond?

Rare

Medium rare

Well done

9. When you were helping make chocolate chip cookies, you ate a large spoonful of the raw cookie dough. The next day you were sick with diarrhea and stomach pain. Why do you think you became sick?

Because the flour wasn't cooked and formed a ball of dough in your stomach

Because the cookie dough had too much sugar in it

Because the cookie dough had uncooked eggs in it

Because the cookie dough had uncooked margarine in it

10. After you use a cutting board for cutting raw meats, what do you do with it? You wash it with soap and water. Circle your answer.

Always

Sometimes

Rarely

Never

11. Recommended thorough handwashing takes how long?

20 seconds

1 minute

2 minutes

12. Freezing food will:

Kill all bacteria

Not kill all bacteria