

Food Safety Made Easy



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Instructions

Slides for the Inservice:

- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter’s Notes for the Inservice:

- Review the presenter’s notes prior to presenting the slides.
- The presenter’s notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

Handouts for the Inservice:

- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.

Objectives



1. Outline major causes of foodborne illness (FBI)
2. Understand time and temperature controls that can help prevent foodborne illness
3. Learn how to help prevent foodborne illness in every step of the flow of food in a food service operation

Main Causes of FBI



1. Improper holding temperatures
2. Inadequate cooking temperatures
3. Contaminated equipment
4. Food from unsafe sources
5. Poor personal hygiene

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Although anyone can become ill from FBI, certain individuals are at higher risk for FBI: Older adults, people with chronic illness like cancer, COPD, or heart disease; people who have had recent surgery, are immuno-compromised (HIV or cancer, or transplant patients, for example); children/infants, and pregnant women. Because these highly susceptible populations are already compromised, FBI can result in severe illness, additional health complications and even death.

According to the Federal Food Code, there are 5 employee behaviors that create risk for FBI:

1. Improper holding temperatures
2. Inadequate cooking temperatures
3. Contaminated equipment
4. Food from unsafe sources
5. Poor personal hygiene

These are key points where we can keep food safe.

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Contamination

Biological hazards

**Bacteria/Viruses
Toxins/Spores
Parasites/Fungi**

Chemical hazards

Heavy metals,
pesticides, cleaning
compounds, etc.

Physical hazards

Foreign objects

Contamination Sources for Biological Hazards

Humans

Nose, throat, hands,
feces and clothing

Foods of animal origin

Poultry, meat, eggs,
fish/shellfish

Foods of Plant origin

Contamination on
plants from soils
or water

Bacteria Grow Rapidly

Food

•High protein; already contaminated

Acid

•pH 4.6-7.0

Time

•Avoid TDZ

Temperature

•Avoid TDZ

Oxygen

•Some bacteria need oxygen

Moisture

•Free moisture available in food