

Name: _____ Group: _____ Class Period: _____

Foods 1: Safety and Sanitation

SAFETY:

Avoid kitchen accidents through proper safety procedures!

	Prevention	First Aid	Extra Tips
Electric Shock			
Cuts			
Spills/Falls			
Burns			
Lifting			
Chemicals storage			

KNIFE SAFETY:

How to hold a knife:



WHY?

EXTRA SAFETY NOTES:

Food-Borne Illness (FBI's)



Important Vocabulary:

1. Microbes:
 - a. 3 types of microbes found in food:
2. NDV's:
3. Pathogens:

Who is most vulnerable to Foodborne Illness?



The _____ zone is the temperature range where bacteria grow freely in and on food. This temperature range is _____ -- _____ ° F.

To _____ is to defrost foods from their frozen state:

- 1) _____ (may take 2-3 days)
- 2) _____
- 3) _____ (be sure to change water every 30 minutes)

When cooking foods, you must cook to a proper _____ temperature, in order to kill off harmful bacteria.

Seafood, solid cuts of beef, pork, lamb and veal: _____ °F

Ground meats (beef, pork, etc...): _____ °F

All Poultry (chicken, turkey, etc..): _____ °F

Reheated foods: _____ °F

Frozen storage: _____ °F

Cold storage: _____ °F (or below)

EXTRA NOTES:
