

Utah Health Department

Additional items to teach with
ServSafe Food Handler for students
seeking Food Handler Permit

How Food Becomes Unsafe

- Caused by Microorganisms – tiny forms of life so small you can't see, taste or smell.
- Microorganisms include bacteria, viruses, parasites, fungi & mycotoxins.
- Growth is affected by 6 conditions: Food, Acidity, Temperature, Time, Oxygen & Moisture (FAT TOM)
- Time and Temperature are most easily controlled.
- To control bacterial growth in TCS food, minimize the time the food is in the danger zone.
- Some bacteria produce toxins and spores – these may not be destroyed by normal cooking temperatures.

High Risk Populations

- Those at a higher risk for getting a foodborne illness include:
 - Preschool-age children
 - Elderly
 - People with compromised immune systems



Foodborne Illness

- FDA has identified 5 pathogens that are highly contagious and can cause server illness:
 - Salmonella Typhi
 - Escherichia coli (E-coli)
 - Shigella
 - Hepatitis A
 - Norovirus



Report Infected Wounds

- Always tell your manager if you have an infected lesion on your hands or wrists, unless covered by a finger cot and glove.
- Cover wounds on the arm with an impermeable cover such as a bandage. It must be completely covered.



How and When to Wash Your Hands

- Double hand washing is required when using the restroom.
- Employees must wash their hands in the restroom and wash them a second time before returning to food handling.



Cover Hand Wounds

- A hand cut or sore must be cleaned, bandaged, covered with a finger cot and a glove to prevent contamination.
- Any wound not covered, must be reported to a manager.



Where you Can Eat, Drink, Smoke and Chew Gum or Tobacco

- Eating, drinking, chewing gum or tobacco should be away from food prep areas.
- Smoking is only permitted outdoors at least 25 feet away from any entrance.



Date Marking

- When date marking food, remember that ready-to-eat TCS foods (foods greatly affected by time and temperature) may be held for 7 days if kept at 41F or lower.



Holding Food without Temperature Control

- Cold Food may be held without temperature control for up to 6 hours if the following conditions are met:
 - The food is held at 41F or lower before removing from refrigeration.
 - The food is labeled with discard time (6 hours after removed from refrigeration)
 - Food temperature does not exceed 70F.
 - Sold, served or discarded within 6 hours



Holding Food without Temperature Control

- Hot food may be held without temperature control for up to 4 hours if you met these conditions:
 - Food is held at 135F or higher before removing it from temperature control.
 - The food is labeled with a discard time (4 hours after removal from temperature control).
 - The hot food must be sold, served or discarded within four hours.



Cooking TCS Foods

- Shell eggs for immediate service must be cooked to 145F
- Shell eggs that will be hot-held for service must be cooked to 155F
- Stuffed foods must be cooked to 165F



Cooking Requirements for Specific Types of Food

- Once the correct temperature has been reached, you must hold the food at this temperature for a specific amount of time.
 - Roasts cooked to lower temperatures must maintain those temperatures for a longer period of time to ensure safety.



Chemical Sanitizing

- Three common types of chemical sanitizers
 - Chlorine 50-99 parts per million (ppm)
 - Iodine 12.5-25 ppm
 - Quats – varies, follow directions
- Effectiveness determined by concentration, temperature, contact time, water hardness and pH.
- Follow directions



Dishwasher Operation

- Check temperature, pressure, sanitizer levels and concentration.
- Use test strips to check sanitizer concentration on chemical sanitizing machines.
- Follow directions



Approved Suppliers

- Food must be purchased from approved, reputable suppliers.

