



**What do you
already know?**



**What do you want
to learn?**

Food Safety

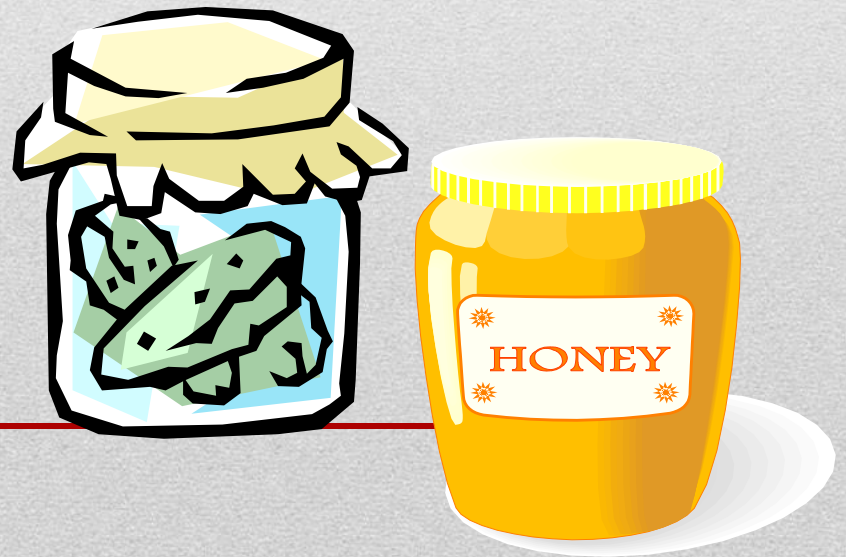


- **Illnesses resulting after eating contaminated foods.**
 - Botulism
 - E-Coli
 - Salmonella
 - Staphylococci

Food Borne Illnesses

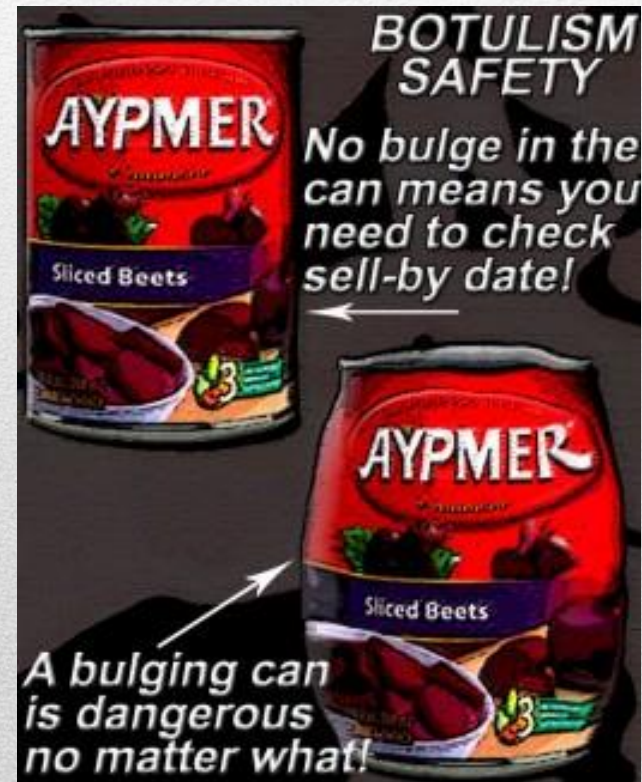
Sources	Symptoms
<ul style="list-style-type: none">-Improperly canned foods-Honey	<ul style="list-style-type: none">-Abdominal-Cramps-Double vision-Not able to speak or swallow (dry mouth)-Nausea

Botulism





Honey usually only effects infants under 1





Sources

- Undercooked ground beef
- Un-pasteurized milk & juice
- Fecal matter & infected soil

Symptoms

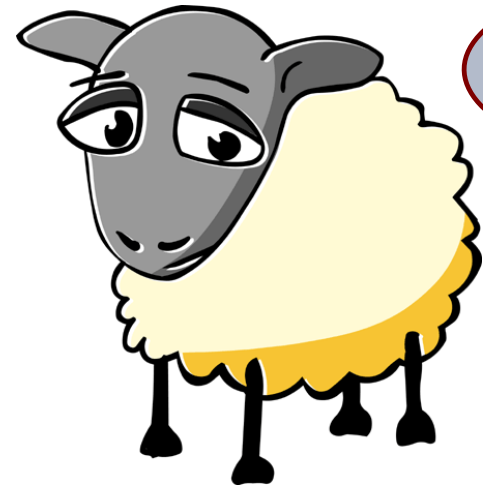
- Cramps
- Diarrhea
- Nausea
- Vomiting
- Fever

E-Coli



VS

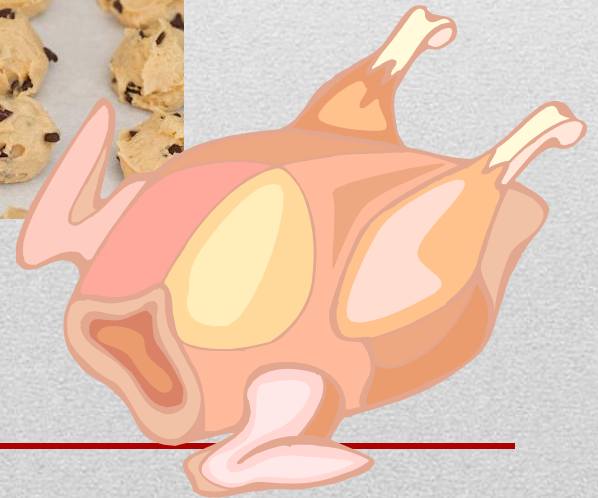




Hi, I have the
E Coli
bacteria.

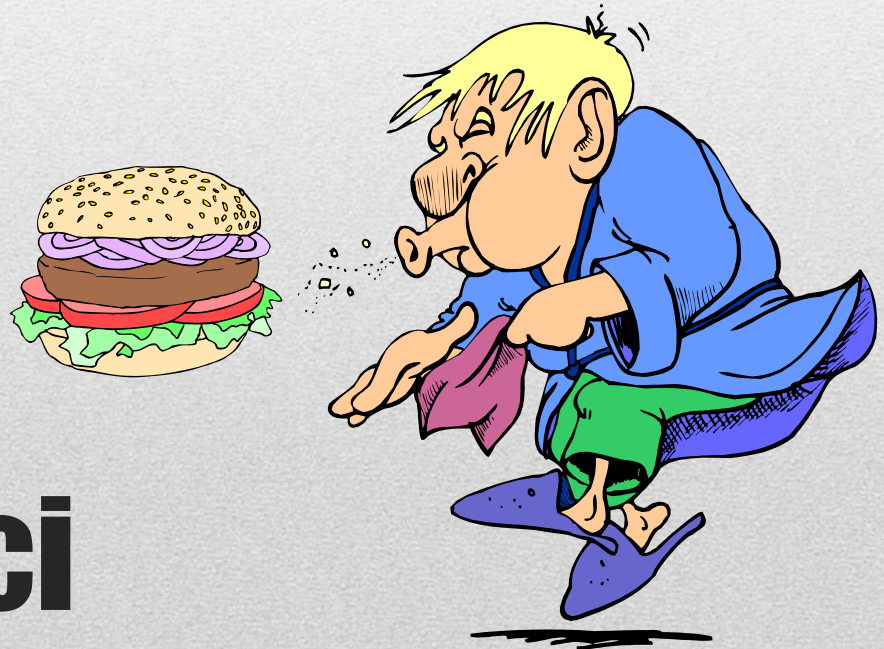


Sources	Symptoms
<ul style="list-style-type: none">-Raw eggs-Fresh Poultry	<ul style="list-style-type: none">CrampsDiarrheaNauseaChillsFeverHeadache



Salmonella

Sources	Symptoms
Human Sources	Nausea Vomiting Diarrhea

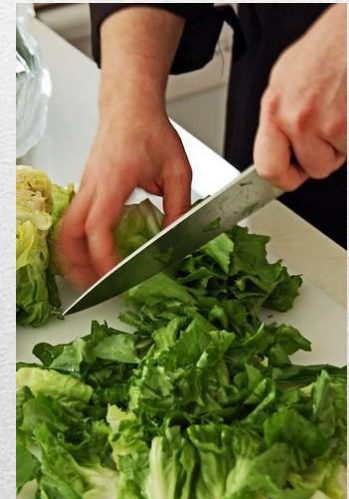


Staphylococci

- Kitchens can potentially be a breeding ground for germs and danger.
- We must follow certain safety and sanitary practices in order to be safe.

Safety in the Kitchen

- Spread of harmful bacteria from one food to another using unsanitary practices.



Cross Contamination

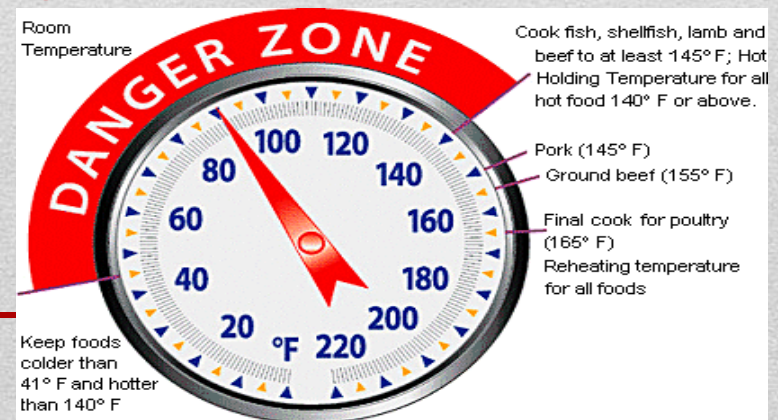


**How do you avoid
cross-
contamination?**

- 41*-135*
- A temperature zone that is preferred for bacteria growth.
- We want to keep foods out of this temperature zone because **bacteria can grow rapidly during this temperature range.**

2 hour rule!

Danger Zone!





Which one is ok?

- Wash hands for 20 seconds before, during and after cooking!
- Clean and sanitize work surfaces
- Wash dishes clean and efficiently
- Use salt or baking soda for grease fires, NEVER WATER!
- Keep pan handles turned in on the range
- Wear a clean apron or lab coat

Tips for in the kitchen...

- <http://www.ksl.com/?nid=148&sid=18366485>





AMERICA'S MOST UNWANTED

Directions: You are a FBI agent and your mission is to create awareness about a new villain that is out and about! Create a "Wanted Poster" for one of the food borne illnesses we discussed in class today, on the back of this sheet. Be sure to do the following:

- 1) Pick just one food borne illness, and research it so you understand how you get it and what happens if you get it.
- 2) Draw a picture that illustrates your food borne illness and color before you turn in.
- 3) Include 5 researched facts about your food borne illness, reasons why it is a villain to your health.
- 4) Have fun and be creative!

