

Food Safety

1. **Wash your HANDS!** (no seriously...really...wash them)

Washing your hands before preparing food requires the following steps:

- a. _____ and _____
- b. rub all surfaces of your hands for _____ seconds. (hmmmm Happy Birthday).
- c. _____ yo'self.
- d. _____ your hands using a clean towel or paper towel.

2. Hand _____ with at LEAST _____ % rubbing _____
is okay - but it does not eliminate all germ types.

3. **Food Science Common Sense Rule #1:** Don't have _____
and cook Mr. Sapora (or anyone) a burger (or anything).

4. Raw or cooked food should be kept at _____ temperature for no more than
_____ hours.

5. **Contamination:** the state of being _____ or unfit for use due to the
introduction of unwholesome or _____ elements. Occurs when
something not normally found in food is accidentally added.

Define contamination in your own words:

6. **3 main sources** of contamination are:

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7. **Physical Contaminates** are items that are _____ with the _____ themselves but do not _____ or _____ how the food _____. These can still be _____ if consumed.
8. What are some types of physical contamination that you can think of? Give x2 examples.
9. **Chemical Contaminates** - two main types are:
10. Chemical Contaminates also enter the _____ supply through _____.
11. **Biodegradable** - in _____, biological systems will _____ them down into _____ parts that nature can safely _____.
12. **Food Spoilage** - a change in food that makes it unfit or undesirable for consumption. Occurs when contaminated or naturally occurring enzymes cause the food to deteriorate or change in undesirable ways. Often enzymes and microorganisms work together to spoil food.
13. Microbial Contaminates - small, generally single-celled _____ that can cause _____ in food that can cause _____. Or, the organisms themselves can _____ cause the illness.

Micro: small - very, very small. Organism: an individual living thing (you, a cat, a plant, a tiny bacteria)

14. Microbial Contaminates are usually two things _____ and _____.

