Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gourmet Foods Foodborne Illness, Kitchen Safety and Cleanliness Assignment \_\_\_\_\_\_/30

<https://www.foodsafety.gov/>

<https://www.cdc.gov/foodsafety/index.html>

<http://www.fightbac.org/food-safety-basics/the-core-four-practices/>

The sites listed above will have all information needed.

1. Proper Hand Washing. Go to: <https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf>
   1. What is the duration of the entire procedure?
   2. What is the best way to avoid getting sick?
   3. Always wash your hands before what? (list 3)
   4. Is anti-bacterial soap more effective at killing germs than regular soap?
2. Proper Dish Washing. Go to: <https://www.cleaninginstitute.org/assets/1/Page/dish-care-fact-sheet.pdf>
   1. What is the three tips for hand washing dishes?
3. Microwave Cooking. Go to: <http://www.fsis.usda.gov/shared/PDF/Microwave_Ovens_and_Food_Safety.pdf>
   1. Does the microwave cook food less evenly than a regular oven?
   2. Why can’t you partially cook food and use it later?
   3. List 3 important factors of thawing food in the microwave.
   4. List 4 containers not safe to use in the microwave.
4. Foodborne Illness. Go to: <https://www.foodsafety.gov/poisoning/causes/bacteriaviruses/index.html>
   1. Click on the “***Salmonella***”.
      1. What is the incubation period?
      2. What are the symptoms?
      3. What are the complications?
   2. Click on the “***Listeria***”.
      1. What is the incubation period?
      2. What are the symptoms?
      3. What are the complications?
   3. Cooking temperatures <https://www.foodsafety.gov/keep/charts/mintemp.html>
      1. What is the proper cooked temperature for roasted poultry breasts? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. Ground beef?\_\_\_\_\_\_\_\_\_\_\_
      3. Ham?\_\_\_\_\_\_\_\_\_\_
5. Foodborne Illness food safety steps. Go to :<https://www.foodsafety.gov/keep/basics/index.html>
   1. List the 4 food safety steps:
6. Go to: <https://www.cdc.gov/foodsafety/outbreaks/multistate-outbreaks/outbreaks-list.html>
7. Click on one of the most recent outbreaks—
   * 1. What is the outbreak?
     2. Where is the outbreak?
     3. What food is affected?
     4. Who is affected and what should consumers do?
8. Click on the next most recent outbreak—
   * 1. What is the outbreak?
     2. Where is the outbreak?
     3. What food is affected?
     4. Who is affected and what should consumers do?
9. Go to: <http://www.fsis.usda.gov/wps/wcm/connect/18cece94-747b-44ca-874f-32d69fff1f7d/Basics_for_Safe_Food_Handling.pdf?MOD=AJPERES>
10. Storage. What temperature should your refrigerator be?
11. Storage. What temperature should your freezer be?
12. Thawing. List three ways to safely thaw food.
13. Serving. List the safe temperature for hot food.
14. Serving. List the safe temperature for cold food.
15. Leftovers. Discard any food left out at room temperature for more than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours. (1 hour if the temperature was above 90 °F)
16. Preparation. Don't \_\_\_\_\_\_\_\_\_--\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water