

Practical Food Safety

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To the Teacher

The United States Department of Agriculture estimates that 2,000,000 Americans are victims of food poisoning each year. Most of the cases are the result of improper food handling in the home.

Practical Food Safety introduces students to the major types of food poisoning, and outlines food-preparation practices that reduce the possibility of inadvertently poisoning themselves and others. Feeling confident that the food they prepare is safe and good to eat may encourage students to enjoy food preparation more.

This set of copy masters is *activity-based*. On most masters, students are presented with principles and facts and then asked to apply them to practical situations most people face daily in food handling and preparation.

The major topics include *Shopping for and Storing Food Safely*, *What Is Food Poisoning?*, *Cleanliness and Food Safety*, *Cooking and Food Safety*, and *Food-to-Go and Safety*. For each major topic there are several masters.

In addition, *Practical Food Safety* includes a pretest quiz, a two-part review, and a two-part achievement test.

About the Achievement Test

You will find the achievement test on the last two pages of this set. The first test item is based on the first master, the second item is based on the second master, and so on.

The achievement test is designed to provide scores that will help in assigning grades to students. Note that the pretest quiz is shorter and less demanding than the achievement test. The quiz is designed to interest students in the topic by showing them some important food safety information that they may not already know.

Sources

Information in the package is drawn from the U.S. Department of Agriculture's *The Safe Food Book* as well as the following other publications of the department:

Safe Food to Go
Pork in Family Meals
Storing Perishable Foods in the Home
How to Buy Canned and Frozen Fruits
How to Buy Dairy Products
Keeping Food Safe to Eat
Meat and Poultry

Home Freezing of Fruits and Vegetables
Turkey on the Table
Home Freezing of Poultry
Home Care of Purchased Frozen Foods
Talking About Turkey
Food Allergies

Food Safety Quiz

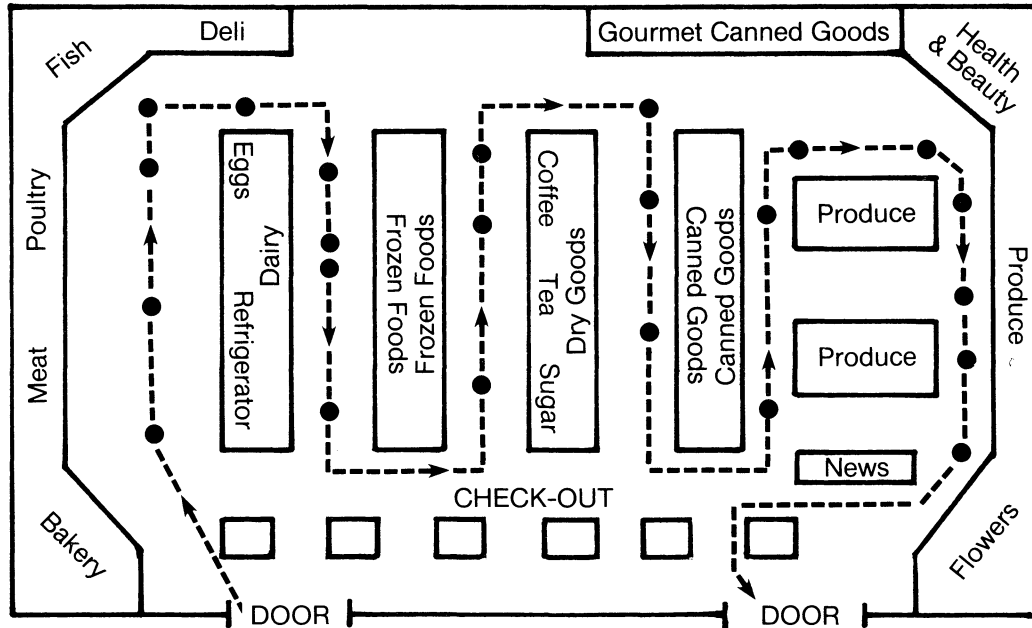
Directions: Answer each question by circling the answer.

1. Which of the following procedures would be *most likely* to cause food poisoning if you performed it on a Monday evening, refrigerated the food overnight, then cooked the food on Tuesday morning?
 - (A) Marinating a steak in Italian salad dressing
 - (B) Stuffing a turkey with bread dressing
 - (C) Seasoning some chicken breasts with salt and green herbs
 - (D) Mixing a can of tuna fish with celery and mayonnaise
2. Which of the following would be *most likely* to cause food poisoning if you let some lettuce for a salad come into contact with it and then ate the lettuce?
 - (A) Hard-boiled eggs
 - (B) Lemon juice
 - (C) Fresh raw chicken
 - (D) Some ketchup
3. "If you are very observant, you can almost always identify potentially dangerous foods by their odd color and bad odor." This statement is:
 - (A) True
 - (B) False
 - (C) Don't know
4. Which of the following is *potentially most dangerous*?
 - (A) A bulging can of mixed vegetables
 - (B) A can of tuna with a surface dent on the side
 - (C) A can that has part of the label missing
 - (D) A can that has gotten dusty and dirty during storage
5. Which of the following is *most dangerous* if undercooked?
 - (A) Tomato sauce
 - (B) A pork roast
 - (C) Zucchini squash
 - (D) Dried pasta shells
6. Which of the following is *least likely* to need refrigeration after being opened?
 - (A) A can of peas
 - (B) A jar of salad dressing
 - (C) A bottle of apple juice
 - (D) A jar of red vinegar
7. What should you do if you think a jar of food you just opened might be spoiled?
 - (A) Taste just a tiny amount to see if it is really spoiled.
 - (B) Boil the contents for at least two minutes before eating it.
 - (C) Cover it back up and throw it away or return it to the store.
 - (D) Store it in your refrigerator to see if it develops mold.
8. A carton of milk is marked with "sell by Aug. 3." You bought it on August 1 and kept it unopened and refrigerated. It is now August 5. Is it *probably* safe to drink it now?
 - (A) Yes
 - (B) No
9. Which of the following would be *most dangerous* to do for several hours with a large amount of baked beans you have prepared for a party?
 - (A) Keep it warm with a small candle under the serving bowl.
 - (B) Keep it simmering in a pot on the stove top.
 - (C) Divide it into several small containers, mix in cooked bacon, and refrigerate it until company arrives.

Safe Food Shopping

PART I: Directions: Examine this floor plan of a supermarket. The dotted line shows the route Mr. James took while shopping for a large variety of items. At each dot, he stopped to buy some things.

1. Keeping in mind that perishable foods should be kept under refrigeration as much as possible, what did he do wrong? _____
2. Draw a solid line showing a better route to take through the supermarket if you need to select items from a variety of areas.



PART II: Directions: Answer the following questions, using your best hunches. Your teacher will discuss your answers with you.

3. How does a “use by” date on food differ from a “sell by” date on food? _____
4. Some jars have indentations in their lids. When they are opened, the indentations pop up and stay up. How does this help you? _____
5. Mrs. Solis plans to go to the dry cleaners, hardware store, and the supermarket to buy food for the week. Should she go to the supermarket first or last? _____
Why? _____
6. While checking out of a supermarket, Mr. Jones notices that someone has changed his or her mind about buying a carton of milk and has put it aside, out of sight of the clerk. What should Mr. Jones do? _____ Explain your answer.

7. While selecting packaged chicken, one of the packages leaked on Mrs. Black’s hand. What should she do? _____ Why? _____

Clean-Kitchen Detective

Directions: Use this checklist to inspect your own kitchen with the help of your parents. Check off all the things that are true of your kitchen. *Remember:* No kitchen is perfect all the time—sometimes things are overlooked, or sometimes a family does not have time to inspect and fix things on a daily basis.

Volunteer to help your parents fix anything that is not checked on this list. Then, on a separate piece of paper, write a report on what you did to help out and, if your parents agree, bring it to school to share with others.

Note to Parents: *This exercise is designed to help students become more aware of clean kitchen practices. Please help your child fill it out. Returning the sheet to school is entirely voluntary.*

- _____ 1. All the corners of the kitchen floor are perfectly clean.
- _____ 2. The kitchen towel has been changed within the last few days and is still clean.
- _____ 3. The grout between the tiles on the countertop (or, if you have Formica, around the edges and at any seam) is perfectly clean.
- _____ 4. Knives, forks, and spoons are perfectly clean—without any traces of dried food on them.
- _____ 5. Refrigerator shelves and inside walls are free of any food residue or spilled liquids.
- _____ 6. Shelves on which dishes are stacked are free of dust and dirt.
- _____ 7. Kitchen cabinet doors close securely and are free of large cracks that might let in dirt.
- _____ 8. Dish rag or sponge has been thoroughly rinsed after its last use and is free of food debris.
- _____ 9. No foods that should be refrigerated have been left standing out on a counter or stove.
- _____ 10. The kitchen is free of any signs of pests such as roaches and mice.
- _____ 11. Food on lower shelves in the refrigerator has been covered, wrapped in plastic, or otherwise protected from possible spills from items on upper shelves.
- _____ 12. Hand soap is near the kitchen sink so it is convenient to wash hands frequently while working with food.

Principles for Safe Cooking

Directions: In the box are some food preparation principles. Answer each question with a *yes* or *no* on the first line, and write the letter of the principle(s) that helped you arrive at the answer on the second line.

- A. Meat and poultry should be cooked thoroughly since they are likely to contain bacteria that can reach toxic levels.
- B. Don't interrupt cooking since a cooling period may allow bacteria to grow.
- C. The tip of a meat thermometer should be inserted in the thickest part of a piece of meat and **not** touch the bone. Insert it in the thickest part of the thigh of chicken, next to the body.
- D. When reheating leftover gravy, bring it to a full boil.
- E. It is best to thoroughly reheat leftover meat and poultry in a covered pan or dish.
- F. If you want to hold food that has just been cooked, keep it hot—at least 140 degrees.
- G. Even if you are holding food in steam tables or other appliances designed to hold hot food, eat the food within two hours of cooking.

1. Mr. Kemp was baking a piece of chicken for himself when company unexpectedly arrived. He left the chicken in the oven but shut it off so the chicken would not overcook while he entertained his company. Did he do the right thing? _____ , _____
2. Because she was very busy getting ready for a dinner party she was giving at 8 P.M., Ms. Albright put out a dish of beef stew on a warming tray at 5 P.M. Did she do the right thing? _____ , _____
3. Before putting a whole chicken in the oven, Mrs. Hope put the thermometer in the thickest part of the breast. Did she do the right thing? _____ , _____
4. Mr. Smith likes his meat rare, so he just warms it up a bit. Is this a good idea? _____ , _____
5. When Ms. Lilly has company for dinner, she cooks meat and poultry as close to dinnertime as possible. Is this a good idea? _____ , _____
6. Mrs. Klein believes that if she buys the best quality of chicken, it is not necessary to cook it thoroughly, since it doesn't contain toxic bacteria. Is this a good idea? _____ , _____
7. When cooking fresh pork roast, Mr. Franklin always inserts a meat thermometer in the thickest part of the roast. Is this a good idea? _____ , _____