



# Working in the Kitchen

## Chapter 21

# [ Food Borne Illness ]

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- Also known as Food Poisoning
- Food can become unsafe because of:
- Bacteria
- Parasites
- Viruses
- Chemicals
- fungi

# [Symptoms]

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- Flu like symptoms
- Diarrhea
- Nausea
- Vomiting
- Headache
- Muscle pain
- Fatigue
- Can appear within 4 to 48 hours after eating unsafe food

# [ Keep Food Safe ]

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- Contamination occurs when food becomes infected with harmful bacteria
- You can minimize your risk of food contamination by washing your hands before preparing food
- Freezer burn is NOT a form of food contamination
- If a can is bulging- do not eat the food because it is likely contaminated

# [ Food Borne Illness ]

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- E.coli- is the most deadly form of food poisoning
- Most commonly found in raw ground beef and unpasteurized milk
- Salmonella- bacteria often found in eggs, poultry, raw meat and fish
- \*\* to prevent food poisoning\*\*\* wash your hands, utensils, and other food preparation items with hot soapy water

# Perishable/Non perishable foods

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- Perishable food items are likely to spoil quickly
- Such as: meat, poultry, eggs, fresh fruits and veggie and leftovers
- Non-perishable- canned soup, cereal and tea bags
- Perishable foods will stay fresh for a few days in the refrigerator (not months)

# [ Danger Zone ]

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- Keep food out of the Danger Zone
- 40 F to 140 F

**Do not thaw food at room temperature**

# [ Storing Leftovers ]

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- Foods that have been cooked should not stand at room temperature for more than 2 hours
- To keep leftovers from spoiling, refrigerate or freeze them promptly after a meal
- Some items do not freeze well: lettuce and egg whites
- Store condiments in the door shelves
- Place raw meat, poultry and fish on a plate on the bottom shelf so they do not drip onto other foods



# [ Kitchen Safety- Falls ]

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- Falls
- Use step stools or stepladders to reach high
- Clean up spills promptly

# [ Burns ]

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- Use dry pot holders
- Turn pot handles toward the center of range

# [ Fires ]

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- Objects that burn easily are **flammable**
- **Never** use water to put out a grease fire
- Never put towels or pot holders near the stove
- Never put metal objects in a microwave

# [ Cuts ]

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- Keep knives sharp- they are safer
- If you drop a knife, let it fall
- Never put knives in wash water

# [ Electric Shocks ]

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- Are a common kitchen accident
- Disconnect appliances by pulling out the plug directly, not by tugging on it
- Always unplug a toaster before trying to pry food out
- Forks, knives and other metal objects, conduct, or carry, electricity

# [ Potential Hazards ]

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- Long hair
- Loose clothes
- Jewelry

# [ Kitchen Equipment ]

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- **Utensils**- a tool or container used in the kitchen
- A colander would be used to drain water from pasta
- **Convection Oven**- uses a high speed fan to circulate hot air throughout the oven
- It takes less time to cook in a convection oven