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1. Define foodborne illness.

2. List the 4 criteria that define a foodborne illness outbreak.

- 1.
- 2.
- 3.
- 4.

3. There are costs to foodborne illness.

1. _____ million cases each year
2. _____ out of _____ Americans
3. _____ hospitalizations
4. _____ deaths

4. Foodborne Illness and how it impacts operation include the following:

1. Loss of _____ and _____
2. Loss of _____
3. _____ media exposure
4. Lowered staff _____
5. _____ and legal fees
6. staff _____
7. increased _____ premiums
8. staff _____

5. Victims may experience what things from foodborne illness.

1. _____ of _____
2. _____ costs
3. Long-term _____
4. _____

6. There are populations at high risk for foodborne illness

1. Weakened _____ system
2. Cannot _____ illness

7. Define what is your immune system

8. There are several populations that are at a higher risk for foodborne illness. Name them.

1. _____ people
2. _____ age children
3. _____ immune _____ including _____ or chemotherapy
Patients and _____ and _____ recipients and _____



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. What is a hazard?

10. There are 3 categories of contamination which are

_____, _____, _____

11. What are 2 forms of contamination?

1. _____ items present in _____
2. _____ to eat

12. Biological contamination from microorganisms. What are microorganisms?

1. _____ living organisms
2. only _____ through a _____
3. _____ can _____ them
4. cause _____ = _____
5. _____ - food _____ threat

13. Name the 4 types of pathogens:

a. _____ b. _____ c. _____ d. _____

14. Viruses have certain characteristics as defined below

1. _____ cause of _____ illness
2. survive _____ and _____ temperatures
3. _____ grow in _____
4. _____ in _____ intestines
5. _____, _____, contaminated _____ and _____
6. _____ A and _____

15. There are ways to prevent the spread of viruses:

1. _____ home if _____, diarrhea and _____
2. wash _____
3. _____ using _____ hands



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Characteristics of Bacteria:

1. can _____ rapidly
2. can _____ toxins
3. _____ does not _____ toxins
4. _____ cause _____
5. Name 3 examples of Bacterias
 - i. _____ Typhi
 - ii. Nontyphoidal _____
 - lii. _____

16. List the 6 conditions bacteria need to grow.

- a. _____ b. _____ c. _____
d. _____ e. _____ f. _____

17. What is the acronym used to remember the 6 conditions? _____

18. What 3 things are needed for the food to grow bacteria?

- A. _____ b. _____ c. _____

19. What does pH measure? _____

20. What is the pH scale _____ to _____

21. What is the best range for bacteria to grow? _____ to _____

22. What is Fahrenheit temperature danger zone for bacteria to grow? _____ to _____

What is the centigrade temperature danger zone for bacteria to grow? _____ to _____

23. What is an example of a food with high moisture? _____

24. There are several foods that must be controlled for temperature safety. Name them:

1. Baked _____ b. _____ c. heat treated plant food like _____,
cooked _____ and _____ d. Meat such as
_____, _____, _____



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e. _____ and _____ products f. _____ g. _____
 h. _____ and _____ i. Sliced _____ and cut _____
 and Cut leafy _____ j. _____ and _____ k. _____
 l. untreated _____ and _____ mixtures

25. Why should you be careful of ready-to-eat food? Fill in blanks below

1. Careful _____ b. _____ eaten without further
 _____,
 and _____ c. Examples of food to be careful of _____,
 _____ and _____

26. Parasites can also be in food. What should you watch for? Fill in blanks below

1. Do not _____ in _____
 2. Not as _____
 3. Hosts include
 _____,

27. Name the four foodborne parasites

1. _____ b. _____ c. _____
 d. _____

28. Fungi can cause _____. Fungi can _____ food. Name the 5 places
 fungi found.

1. _____ b. _____ c. _____ d. _____
 e. _____

29. Mold can grow under any _____ in _____ food with little
 _____.

Name three examples of foods mold like to grow in:

_____ , _____ , _____
 30. Mold can _____ food. Mold can produce _____. Cold temps
 _____ kill mold.
 Mold also used intentionally as _____.



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31. Yeast _____ food quickly. Yeast has _____ or _____ of alcohol. Yeast can have a _____ or _____ discoloration. Yeast also looks like _____ or _____.

32. Yeast can grow in _____ food with little _____ so discard _____ food.

Examples of 3 foods yeast can grow in include _____, _____ and _____.

33. Biological toxins are contained in _____ or _____.

Biological toxins contain natural _____ and are _____ in _____ chain.

Biological toxins make people _____.

34. 34. Chemical contamination also can happen from being _____ or _____ incorrectly.

_____, _____, _____ should be stored in a _____ area

away from _____, _____ and _____. Always

Manufacturer's _____.

35. Physical contamination can also occur by

1. _____ in food
2. _____ occurring
3. _____ and _____

36. There are many common physical hazards found in food.

1. _____, _____, _____
2. Fruit _____
3. _____ from broken _____ bulbs
4. _____ shavings from _____



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38. It is possible to have a food allergy. Define food allergy.

39. Define food allergens.

40. When you a food allergy your _____ system attacks _____ which then causes an _____ reaction.

41. Define cross-contact

- a.
- b.

42. There are 8 main food allergens. Name them.

- a. _____ such as _____, lobster and _____
- b. _____
- c. _____ such as _____ and _____
- d. _____
- e. _____
- f. _____
- g. _____ such as almonds, _____ and _____
- h. _____

43. There are 6 things you should do when serving someone with food allergies. Name them.

- 1. _____ how _____ is made.
- 2. state _____ ingredients
- 3. suggest _____ items
- 4. identify _____ order
- 5. hand _____ order
- 6. never _____ - _____ the _____



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44. Explain the four ways to prepare food for guests with allergies.

1. don't _____ allergens
2. cannot _____ food _____ again.
3. set _____ aside.
4. do _____ serve.

45. There are several steps to avoid cross-contact. Fill in blanks.

1. check _____ and _____ labels.
2. no _____ present.
3. wash, _____ and _____
4. _____-prep _____
5. separate _____
6. keep _____ separate
7. food and _____
8. utensils, _____ and _____
9. wash _____
10. change _____
11. _____ equipment
12. separate _____ and _____

Food Defense. Fill in blanks.

- a. _____ purposeful _____
- b. _____ former _____ and _____
- c. _____ with _____
- d. can _____ anywhere
- e. make it _____ to _____

47. There are 4 main food defense things to know for prevention. Fill in blanks below.

1. control _____
2. _____ and name _____
3. security _____
4. _____ suspicious _____



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48. What does FDA stand for? _____ and _____

49. The FDA Food Code does the following:

- a. recommends _____
- b. _____ is not _____
- c. States _____
- d. _____ or _____ health _____ enforce

50. The U.S. Regulation of Food Inspection requires an inspection. Fill in blanks.

1. _____ review or _____
2. _____ following _____ safety
3. all _____ serving _____ inspected
4. some may _____ close
5. _____ at _____
6. out of _____

51. Successful managers do the following. Fill in blanks.

1. understand _____
2. create _____
3. conduct _____-inspections
4. ensure _____ is _____ prepared