

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

### Safety & Sanitation in the Kitchen Notes

1. A food-borne illness is caused by \_\_\_\_\_ contaminated \_\_\_\_\_ and \_\_\_\_\_.
2. What are the typical symptoms of a food-borne illness?
3. Why is it important to learn about food-borne illnesses?
4. List and describe the most common causes of food-borne illnesses.
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5. True or False: What you cook or store your food in can contaminate your food with harmful toxins?



6. A trick to knowing what foods are potentially more hazardous to getting sick is knowing FATTOM. Explain what each of the letters mean.

- F
- A
- T
- T
- O
- M

7. What is the danger zone range and why is it important to know?

8. In order to check if your food is safe to eat, use a \_\_\_\_\_  
\_\_\_\_\_ for protein foods and a \_\_\_\_\_  
\_\_\_\_\_ for liquids.

9. Give 3 examples of how cross-contamination can occur.

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10. Go to the 4 steps to food safety website, as listed on the PPT and write down 5 guidelines for each of the 4 steps below.

- Clean

1.

2.

3.

4.

5.

- Cook

1.

2.

3.

4.

5.

- Separate

1.

2.

3.

4.

5.

- Chill

1.

2.

3.

4.

5.

11. Who are most at risk of getting food-borne illness?