🧼 Food Worker Notes · ANSWER KEY

Culinary 1 · Unit 1 Safety & Sanitation · Level 2 guided notes. Use with the Food Worker video and slides.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

⚠️ A. Food Safety Basics

1. Getting sick from food or drink is called a food-borne **illness**.
2. 🦠 Germs are a **biological** hazard. 🧴 Cleaners are a **chemical** hazard. 🩹 Hair or a bandage is a **physical** hazard.
3. The people most likely to get sick: young children, **older** adults, pregnant people, and ill people.
4. When germs move from one food or surface to another, it is called **cross**-contamination.

Word bank: illness · biological · chemical · physical · older · cross

🧼 B. Clean Hands & Gloves

5. Scrub your hands for **20** seconds. Sing the **ABC** song.
6. Wash your hands after you use the **restroom** and after you touch raw **meat**.
7. Dry your hands with a paper **towel**. Don't wipe hands on your apron or clothes.
8. The best way to stop germs is to **wash** your hands.
9. Wash your hands **before** you put on gloves.

Word bank: 20 · ABC · restroom · meat · towel · wash · before

🌡️ C. Hot & Cold Temperatures

10. FATTOM: Food, Acid, Time, **Temperature**, Oxygen, Moisture.
11. Foods that grow germs fast (milk, meat, eggs, cooked rice) are called **TCS** foods.
12. The Temperature Danger Zone is 41°F to **135** °F.
13. Check the inside of food with a food **thermometer**.

Word bank: Temperature · TCS · 135 · thermometer

14. Draw a line from the food to its cooking temperature. **(Key: fish/steak → 145°F · burgers → 155°F · chicken and leftovers → 165°F)**

🐟 Fish and steak	165°F
🍔 Ground meat (burgers)	145°F
🍗 Chicken and leftovers	155°F

🧊 D. Store, Thaw & Clean

15. The safest way to thaw food is in the **fridge**. Never thaw on the counter.

16. Dishes: scrape, wash, rinse, **sanitize**, air dry.

17. Our class sanitizer is called **quat**.

18. Raw meat goes on the **bottom** shelf of the fridge.

19. Store food **6** inches off the floor.

20. Use an ice **scoop** to get ice. Never use your hands or a glass.

21. FIFO means First In, First **Out**.

Word bank: **fridge** | **sanitize** | **quat** | **bottom** | **6** | **scoop** | **Out**

🥜 E. Food Allergens

22. Circle the **8** foods that are the Big 8 allergens.

🥛 **milk** 🥚 **eggs** 🍎 apples 🐟 **fish** 🦐 **shellfish** 🍚 rice

🌰 **tree nuts** 🥜 **peanuts** 🥕 carrots 🌾 **wheat** 🫘 **soy** 🍗 chicken

Good to know: since 2023, sesame is also on the list (the Big 9).

🦠 F. Germs and Where They Come From

23. Draw a line from each germ to its common source. **(Key: Salmonella → raw chicken and eggs · E. coli → undercooked ground beef · Norovirus → a sick food worker · Hepatitis A → not washing hands after the restroom · Botulism → bulging or damaged cans)**

Salmonella	🥫 Bulging or damaged cans
E. coli	🤧 A sick food worker
Norovirus	🐔 Raw chicken and eggs
Hepatitis A	🚽 Not washing hands after the restroom
Botulism	🍔 Undercooked ground beef

Level 2 version of the gen ed “Food Worker Video Notes.” Turn in the same as the class assignment.