🧼 Food Worker Notes

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 _____.
2. 🦠 Germs are a _____ hazard. 🧴 Cleaners are a _____ hazard. 🩹 Hair or a bandage is a _____ hazard.
3. The people most likely to get sick: young children, _____ adults, pregnant people, and ill people.
4. When germs move from one food or surface to another, it is called _____-contamination.

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

🧼 B. Clean Hands & Gloves

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

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

🌡️ C. Hot & Cold Temperatures

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

Word bank: Temperature · TCS · 135 · thermometer

14. Draw a line from the food to its cooking temperature.

🐟 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 _____. Never thaw on the counter.
16. Dishes: scrape, wash, rinse, _____, air dry.
17. Our class sanitizer is called _____.
18. Raw meat goes on the _____ shelf of the fridge.
19. Store food _____ inches off the floor.
20. Use an ice _____ to get ice. Never use your hands or a glass.
21. FIFO means First In, First _____.

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.

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.