Culinary 1 · Unit 1 · Level 2 (modified)

Food Safety & Sanitation



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- ⚠️ 3 Hazards
- 🦠 Germs & Getting Sick
- 🧼 Clean Hands & Gloves
- 🌡️ Hot & Cold Temps
- 🧊 Store, Thaw & Clean
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time: Kitchen Rules



1️⃣ Why do we put **phones away** in the kitchen? 📵

2️⃣ Name 1 thing we do **before** we cook. 🧼

3️⃣ Who do you tell if something goes wrong? 🙋

Answers: phones carry germs and pull our eyes off knives and hot stoves · wash hands · tell the teacher.

Learn

Words to Know (1 of 2)



🍽️ **Food-borne illness** = getting sick from food or drink.

🦠 **Contamination** = something harmful gets into food.

🔀 **Cross-contamination** = germs move from one food or surface to another.

⚠️ **Hazard** = something that can make food unsafe.

Learn

Words to Know (2 of 2)



🌡️ **Temperature Danger Zone** = 41°F to 135°F. Germs grow fast here.

🥛 **TCS food** = food that needs Time and Temperature Control for Safety.

🧽 **Sanitize** = kill germs on a clean surface.

🥜 **Allergen** = a food that makes some people very sick.

Learn

3 Hazards That Make Food Unsafe

🦠 **Biological** = germs (bacteria, viruses, mold).

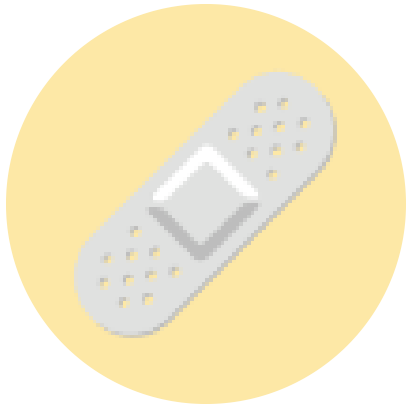
🧴 **Chemical** = cleaners, sanitizer, sprays.

🩹 **Physical** = hair, bandages, glass, metal, dirt.



Biological hazards cause the most sickness.

🃏 Check 1 of 5



A bandage falls into the soup. What kind of hazard is it?

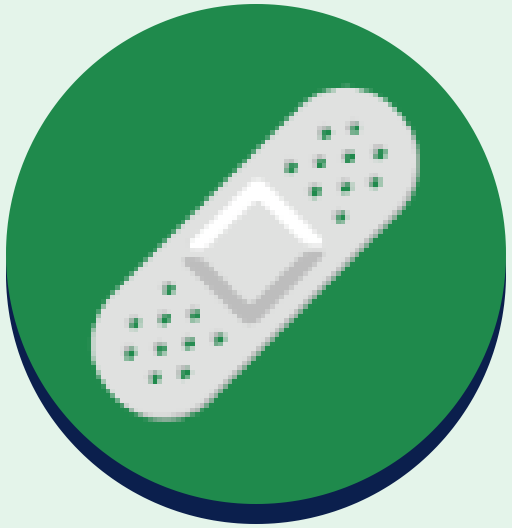
Hold up 1, 2, or 3:

1️⃣ Biological

2️⃣ Chemical

3️⃣ Physical

✅ Answer · Card 1 of 5



Physical

A bandage is an object you can see. Objects in food are physical hazards.

Learn

Pests in the Kitchen



🐭 Mice and bugs bring **germs** and **dirt** into food.

👀 Signs: droppings, nests, chewed boxes or bags.

🙋 See a sign? **Tell the teacher or manager** right away.

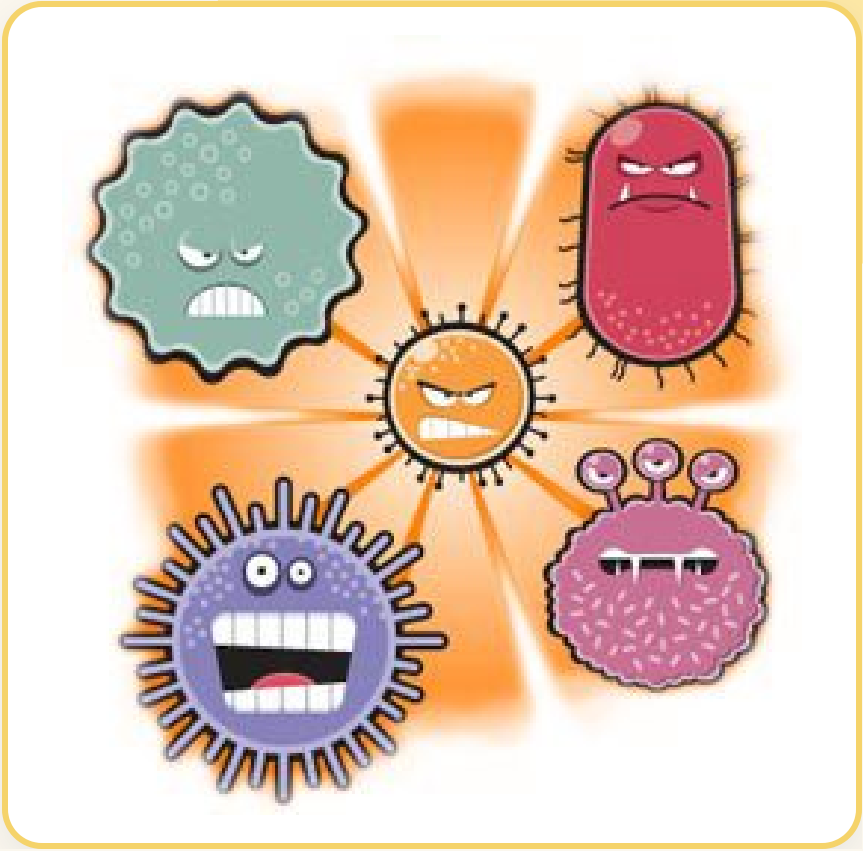
Learn

How Food Makes People Sick

🍽️ **Food-borne illness** comes from food with germs in it.

🦠 3 kinds of germs: **bacteria**, **viruses**, **fungi** (yeast and mold).

🌱 Bacteria grow when they get what they need: **FATTOM**.



Learn

FATTOM: What Bacteria Need to Grow

F · A · T

- 🍗 **F**ood
- 🍋 **A**cid (a little)
- ⏰ **T**ime

T · O · M

- 🌡️ **T**emperature (Danger Zone)
- 💨 **O**xygen (air)
- 💧 **M**oisture (water)

We control TIME and TEMPERATURE to keep food safe.

Learn

Signs of Food-Borne Illness



How it feels



Upset stomach, throwing up
Diarrhea, cramps
Fever, headache, tired

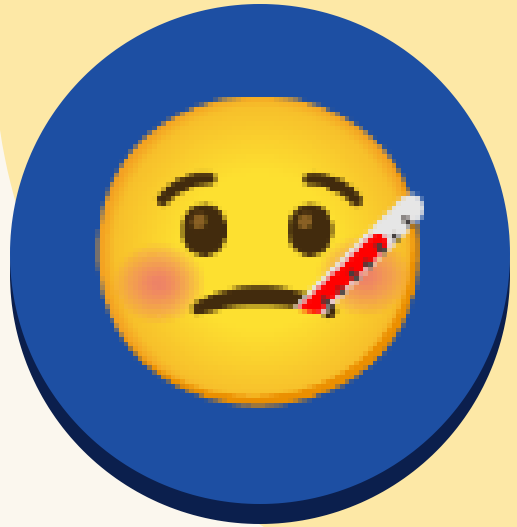
Who gets sicker (YOPI)



Young children
Older adults
Pregnant people
Ill people (weak immune system)

Learn

Sick? Stay Out of the Kitchen



🙋 Tell the manager if you have **throwing up**, **diarrhea**, **yellow skin or eyes**, or a **sore throat with a fever**.

🏠 The manager may send you home.

👩‍🍳 Sick workers spread germs to food.

Learn

5 Germs and Where They Come From

Germ	Common source
Salmonella	🐔 Raw chicken and eggs
E. coli	🍔 Undercooked ground beef
Norovirus	🤧 A sick food worker
Hepatitis A	🚽 Not washing hands after the restroom
Botulism	

🃏 Check 2 of 5



Raw chicken and raw eggs are the common source of which germ?

Hold up 1, 2, or 3:

1️⃣ Botulism

2️⃣ Salmonella

3️⃣ Hepatitis A

✅ Answer · Card 2 of 5



Salmonella

Cook chicken and eggs all the way. Wash hands after touching them.

Learn

Wash Your Hands: 6 Steps

1. **Wet** hands with warm running water. 💧
2. Add **soap**. 🧴
3. **Scrub** 20 seconds: sing the ABC song. 🎵
4. **Rinse** well. 🚿
5. **Dry** with a paper towel. 🧻
6. Turn off the water with the **towel**.

Wash after you…

🚽 use the restroom

🍗 touch raw meat

🤧 cough, sneeze, or touch face or hair

🗑️ take out trash

🍽️ clear tables

📱 touch your phone

Learn

Gloves

🧼 **Wash hands first**, then put on gloves.

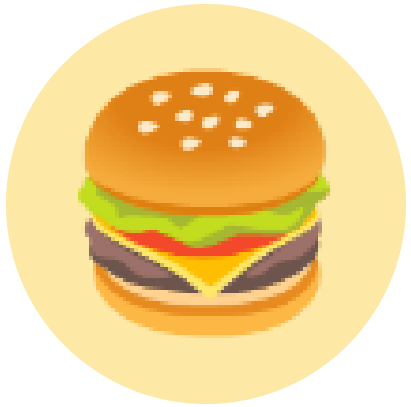
🔄 **Change gloves** when they are dirty or torn, after raw meat, and when you start a new task.

🩹 Cut? Bandage + finger cover + glove.

🥪 Use gloves or tongs for **ready-to-eat** food.



🃏 Check 3 of 5



A cook wears gloves to make raw burger patties. Then he slices the buns. What should he do first?

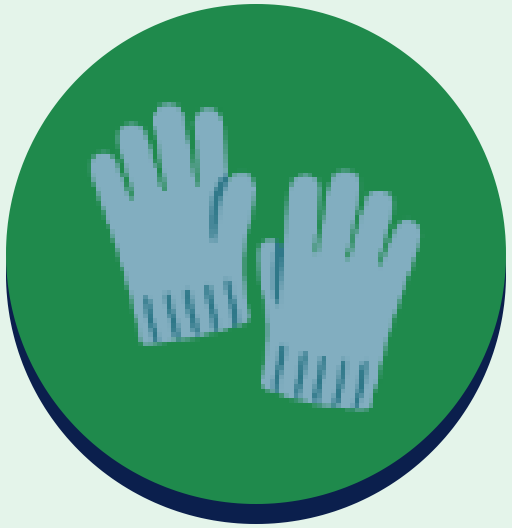
Hold up 1, 2, or 3:

1️⃣ Keep the same gloves

2️⃣ Wash hands + new gloves

3️⃣ Rinse the gloves

✅ Answer · Card 3 of 5



Wash hands + new gloves

Raw meat germs are on the old gloves. New task = clean hands and new gloves.

Learn

Stop Cross-Contamination

🍗 Raw meat germs can **move** to other food.

🧽 After raw meat: **wash, rinse, and sanitize** the board, knife, and counter.

🍽️ Never put cooked food on a plate that held **raw meat**.

🧊 Use an **ice scoop**, never your hands or a glass.



Learn

Food Allergens

🥜 An **allergen** can make some people very sick.

📋 The Big 8: **milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy**.

➕ Since 2023, **sesame** makes it the Big 9.

🧽 **Cross-contact** = an allergen gets onto other food. Use clean tools.



Learn

TCS Foods: Watch Time & Temperature



- 🥛🥚 Milk and dairy, eggs
- 🍗🐟 Meat, chicken, fish, shellfish
- 🍚🥔 Cooked rice, baked potatoes, beans, tofu
- 🍉🍅 Cut melon, cut tomatoes, cut lettuce, sprouts

These foods grow germs fast. Keep them out of the Danger Zone.

Learn

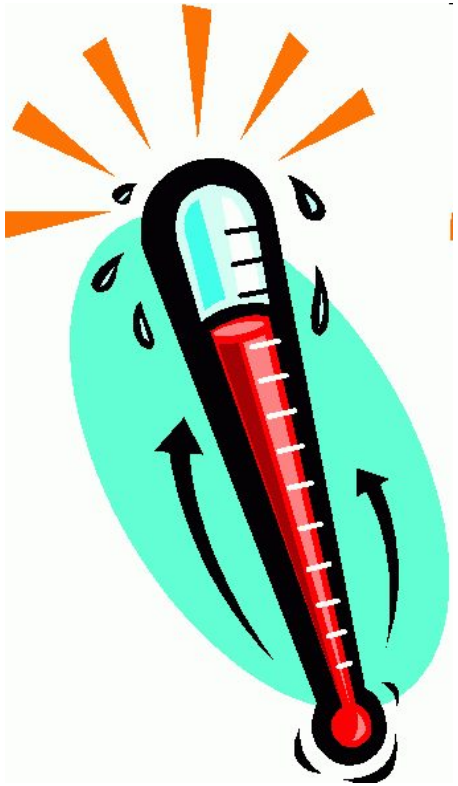
Temperature Danger Zone

🌡️ The Danger Zone is **41°F to 135°F.**

🧊 Keep cold food **colder than 41°F.**

🔥 Keep hot food **hotter than 135°F.**

⏰ **2 hours** max in the zone. **4 hours** = throw it out.



Learn

Cook to the Right Temperature



145°F
Fish, steak, pork chops



155°F
Ground meat (burgers)



165°F
Chicken and turkey



165°F
Leftovers (reheating)

Use a food thermometer in the thickest part of the food.

🃏 Check 4 of 5



You cook chicken. What temperature must it reach inside?

Hold up 1, 2, or 3:

1️⃣ 135°F

2️⃣ 145°F

3️⃣ 165°F

✅ Answer · Card 4 of 5



165°F

Chicken, turkey, and leftovers all need 165°F. Check with a thermometer.

Learn

Store Food Safely

❄️ Fridge **40°F or colder**. Freezer **0°F or colder**.

⬇️ Raw meat on the **bottom** shelf. Ready-to-eat food on **top**.

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

🏷️ **Label and date** it. **FIFO** = first in, first out.

🧴 Keep chemicals **away** from food.



Learn

Thaw Food Safely

1️⃣ In the **fridge** (safest).

2️⃣ Under **cold running water**.

3️⃣ In the **microwave**, then cook it right away.

4️⃣ As part of **cooking**.

🚫 **Never** thaw on the counter.



Learn

Wash Dishes by Hand: 5 Steps

1. **Scrape** off food. 🍴
2. **Wash** in hot soapy water. 🫧
3. **Rinse** in clean water. 💧
4. **Sanitize** in our sanitizer (quat). 🧪
5. **Air dry.** No towels! 🌬️

Good to know

🧽 Keep wiping cloths in sanitizer water.

🧪 Our class uses **quat** sanitizer.

⏰ Clean and sanitize surfaces in use every **4 hours**.

🃏 Check 5 of 5



What is the safest way to thaw frozen meat?

Hold up 1, 2, or 3:

1️⃣ On the counter

2️⃣ In the fridge

3️⃣ In warm water

✅ Answer · Card 5 of 5



In the fridge

The fridge keeps meat out of the Danger Zone while it thaws.

Wrap-Up

Recap: Keep Food Safe

🧼 Clean

- Wash hands 20 seconds
- New gloves for a new task
- Wash, rinse, sanitize

🔀 Separate

- Raw meat on the bottom
- Clean board after raw meat
- Watch for allergens

🌡️ Temps

- Danger Zone 41–135°F
- Chicken 165°F
- Thaw in the fridge

Wrap-Up · Real world

Food Worker Card (Washington)

Scan to open

🪪 Food workers in Washington need a **Food Worker Card**.

🧑‍🏫 Your class may take the online class and test together.

🙋 Ask your teacher about read-aloud supports.

https://www.foodworkercard.wa.gov/

Wrap-Up

Exit Ticket



1️⃣ Name 1 of the 3 hazards.

2️⃣ What is the Danger Zone? 41°F to ___°F

3️⃣ How long do you scrub your hands?

⭐ When in doubt, throw it out!