Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Unit 2**

**Safety & Sanitation**

**Plus**

 **Microwave Cooking**

**Safety and Sanitation**

**When working with ELECTRIC APPLIANCES:**

1. Keep your hands dry.
2. Stand on a dry surface.
3. Keep electric appliances away from water
4. Avoid using metal objects on electric appliances.
5. Unless absolutely necessary, avoid using an extension cord.
6. Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ too many appliances into the same outlet. It could get over-loaded and explode or get overheated and cause a blackout.
7. When cleaning appliances make sure they are unplugged.
8. If someone is getting shocked by an appliance, first \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, then unplug the appliance before approaching the injured person.

**To avoid CUTS:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ knives are safer than dull ones.
2. Do not put knives in a drawer full of knives.
3. Store knives in a knife block or a knife rack.
4. Clean up any broken glass immediately.
5. In the case of someone getting cut, the general rule is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by using a clean cloth covering the wound and pressing directly on the wound.
6. Sometimes, you will need to apply pressure on the wound and on the nearest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**To avoid getting BURNED:**

1. Stand to the side of the oven when opening it.
2. Use hot pads for handling hot pans, etc. (This includes those coming out of the microwave.)
3. Lift the lids off of foods so the steam goes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and your face.
4. Pull the rack of the oven out rather than having to reach in.
5. Turn the pan handles toward the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the stove.
6. If it is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ degree burn, it will be red, but there will not be any blisters. In this case, you should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. If it is a second degree burn, it will have blisters and be red. In this case you can cover with a cool cloth, or have a doctor check it if it is a large area.
8. If it is a third degree burn, the skin will be discolored or melted away. In this instance, you should determine how large of an area is burnt, then call for help. Avoid touching the burnt area and lightly cover the area with a cool cloth.

**How to avoid FALLS:**

1. Use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to reach things in high places.
2. Clean any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as soon as they happen.
3. If there is a fall, assess the injures:
	1. Make sure they are breathing.
	2. Check for bleeding.
	3. Make them comfortable.
	4. Remove them from activity path.

**To help prevent FIRES:**

1. Keep all flammable objects away from direct heat.
2. Never put paper towels on the range.
3. Watch your stove carefully. Never leave it unattended.
4. If it is a grease fire:
	1. Put a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on it
	2. Pour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on it
	3. Use a fire \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Do **NOT** ever use:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CLEANING and CLEANING SUPPLIES:**

1. You should keep all surfaces and equipment clean.
2. Wash the counter with a disinfectant before you begin to cook.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It will keep the area clean and will make the clean-up much easier.
4. To properly wash dishes:
	1. Throw away or rinse any food left on dishes
	2. Fill one sink with hot soapy water
	3. Fill the other sink with plain hot water
	4. Wash dishes in soapy water, then rise all soap away in the plain hot water
	5. Place dishes in dish rack or dry with a clean towel
5. When you are doing the final clean-up, you should wash the dishes in the following order:
	1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	4. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	5. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**To prevent POISIONING and CONTAMINATION by cleaning supplies:**

1. Keep all chemicals away from the food. Store them in a different place than you store your food.
2. Keep supplies in their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and make sure they are labeled with their contents, what they are there for, and how to use them.
3. The safest rule as far as mixing cleaning supplies is: **DO NOT MIX THEM**!
4. Combinations like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ will produce a deadly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

**Sanitation Rules:**

1. Always wash hands for a minimum of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Wash your hands:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cooking
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cooking
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cooking or Handling Raw Meat
3. Wear gloves while cooking if you have a cut or open sore on your hands.
4. Pull back or cover hair while working in the kitchen.
5. Use plastic cutting boards, not wooden ones.
6. When tasting foods, use a clean spoon every time.
7. Keep foods out of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
8. Foods should be stored within two hours.
9. Always check the internal temperature of foods with a food thermometer.
10. Seafood, beef, veal, lamb and pork should be cooked to at least \_\_\_\_\_\_\_\_\_\_\_\_.
11. Ground meats, such as ground beef, should be cooked to at least \_\_\_**\_\_\_\_\_**\_\_\_.
12. All poultry should be cooked to at least \_\_\_**\_\_\_\_\_\_\_**\_\_\_.
13. When reheating food, make sure the internal temperature is at least \_\_\_**\_\_\_\_**\_\_\_.
14. Keep hot foods \_\_\_**\_\_\_\_**\_\_\_ and cold foods \_\_\_**\_\_\_\_**\_\_\_.
15. When in doubt, \_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_!
16. The best ways to \_\_\_**\_\_\_\_\_**\_\_\_frozen food:
	1. \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_
	2. \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_
	3. \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

Food Borne Illness

1. **What is a food borne illness?**
	* An illness caused by eating food contaminated with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. **How common is Food Borne Illness?**
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ common! There are millions of cases each year.
3. **What are some general symptoms of Food Borne Illness?**
	* Nausea • Headaches • Abdominal Cramps • Fatigue
	* Vomiting • Fever • Diarrhea • Body Aches
4. **How serious is Food Borne Illness?**
	* It can be very mild or potentially \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
5. **What four things do bacteria need to be able to grow?**
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_• \_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. **What does a virus need to be able to grow?**
	* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (something to live and multiply in)
7. **How are most Food Borne Illnesses spread?**
	* When food is left in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for too long
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food handling practices
8. **How can most food borne illnesses be prevented?**
	* Using \_\_\_\_\_\_\_\_\_\_\_\_\_\_ food handling practices
	* Keeping food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the temperature danger zone
9. **What is the temperature danger zone?**
	* ANY temperature BETWEEN \_\_\_\_\_\_°F and \_\_\_\_\_\_\_\_\_°F
10. **SALMONELLA**

**Found In:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **E. COLI**

**Found In:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **STAPHYLOCOCCUS (STAPH)**

**Found In:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Sneezing, Coughing, etc.)

1. **BOTULISM**

**Found In:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **HEPATITIS A**

**Found In:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (usually from improper hand washing after using the restroom)

**Based on the information you’ve learned so far, list TEN ways to prevent the spread of a food borne illness:**

1. \_\_\_\_\_When in Doubt, Throw it Out!\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Microwave Cooking

**1. Microwaves are ATTRACTED to:**

 a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_\_\_\_\_

**2. Microwaves are REPELLED by:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_

**3. What materials or containers are microwave safe?**

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_\_\_\_\_

**4. What part of the microwave oven generates the microwaves?**

**5. Which container cooks more evenly-Round or Square? WHY?**

**6. What is standing time and WHY is it important?**

**WHAT:** The amount of time food is allowed to sit \_\_\_\_\_\_\_\_\_\_\_\_\_ microwave cooking in order to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**WHY:** If you don’t allow for standing time, you will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**7. Why should you stir or rotate food when microwave cooking**?

**8. What part of the microwave will rotate the food *while* it is cooking?**

**9. Why is it best to cover most foods when microwave cooking?**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10. Why do foods NOT brown in the microwave?**

**11. How can you prevent burns when microwave cooking?**

 a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



