**Basic Food Safety Hand Booklet**

**Chapter 1: The importance of Food Safety**

1. How many Americans are affected by food borne illnesses Nationwide?
2. What is the most important factor in food safety?
3. What does (PIC) stand for? What is their responsibility?
4. What does (YOPI) stand for and why is it important? (5 Marks)
5. When does extra caution need to be exercised in regards to the people that fall into the category (YOPI)? (5 Marks)

**CHAPTER 2: Health & Hygiene**

1. Of all the types of hazards in the food industry, which one is the most common or biggest threat? (1 Mark)
2. When your sick what is the rule that you should follow? (1 Mark)
3. What are 5 personal hygiene rules that people dealing with food need to follow? (5 Marks)
4. When should you wash your hands? (3 Marks)
5. When should you wear gloves? (1 Mark)

**Fun Fact:** After eating tainted food, abdominal [cramps](http://www.webmd.com/pain-management/muscle-spasms-cramps-charley-horse), [diarrhea](http://www.webmd.com/digestive-disorders/diarrhea-10/zzexpired-slideshow-foods-to-avoid), and [vomiting](http://www.webmd.com/children/ss/nausea-vomiting-remedies-treatment), can start as early as one hour in the case of [staph](http://www.webmd.com/children/back-to-school-10/mrsa) and as late as 10 days in the case of campylobacter.

**Chapter 3: Temperature Control**

1. Howdo you know you have cooked your food to the proper temperature?

2. What is the temperature known as the danger zone for bacteria to grow?

1. Hazardaous foods should not be at room temperature for longer than how many hours?
2. What is Hot holding?
3. What is cold holding?
4. What are 3 main methods for thawing frozen food? What is the best/safest method?
5. If you make a hot soup or chili do you wait for it to cool down to room temperature before storing it in the fridge?

**Chapter 4: Avoiding Cross Contamination**

1. What is cross-contaminaion?
2. What should you do after handling raw meat?
3. Should you use the same cutting board or same work service to work with raw meat and other food products such as vegetables?
4. Besides cross-contamination in the kitchen, where else can cross-contamination occur?

**Chapter 5: Cleaning & Sanitizing**

1. What is the difference between cleaning and sanitizing? (2 Marks)
2. Should soap be added to sanitizers? (1 Mark)
3. What steps should you take to wash your dishes in the sink? (6 Marks)
4. How should cups, pots, bowls and pans be stored?