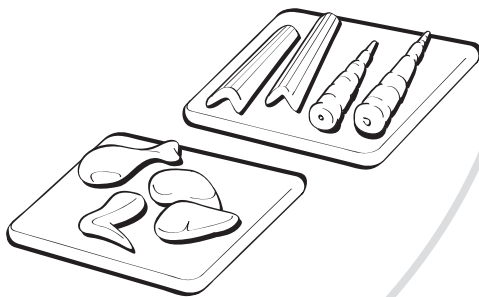


Preparing Food Safely

When preparing food:

Food preparation is a crucial step in foodservice operations. To prepare food safely, you must prevent cross-contamination, use proper time and temperature control, and always practice good personal hygiene.



Prevent cross-contamination. Cross-contamination is the transfer of microorganisms from one food or surface to another.

To prevent cross-contamination:

- Wash hands properly before working with food and between touching different types of food, especially potentially hazardous items such as raw meat or seafood.
- Use different cutting boards and utensils to keep raw and ready-to-eat food separate.
- Clean and sanitize all work surfaces and equipment after each task, especially after working with potentially hazardous food such as raw chicken.
- Prepare raw and ready-to-eat food items at separate times of the day. For example, you can prepare salads in the morning, clean and sanitize utensils and work surfaces, and then debone chicken in the afternoon.

Control time and temperature. Foodborne illness-causing microorganisms grow and multiply at temperatures between 41°F and 135°F (5°C and 57°C). This range is known as the temperature danger zone. You should minimize the amount of time food spends in the temperature danger zone.

The best way to avoid time-temperature abuse is to establish and monitor control procedures that employees must follow.

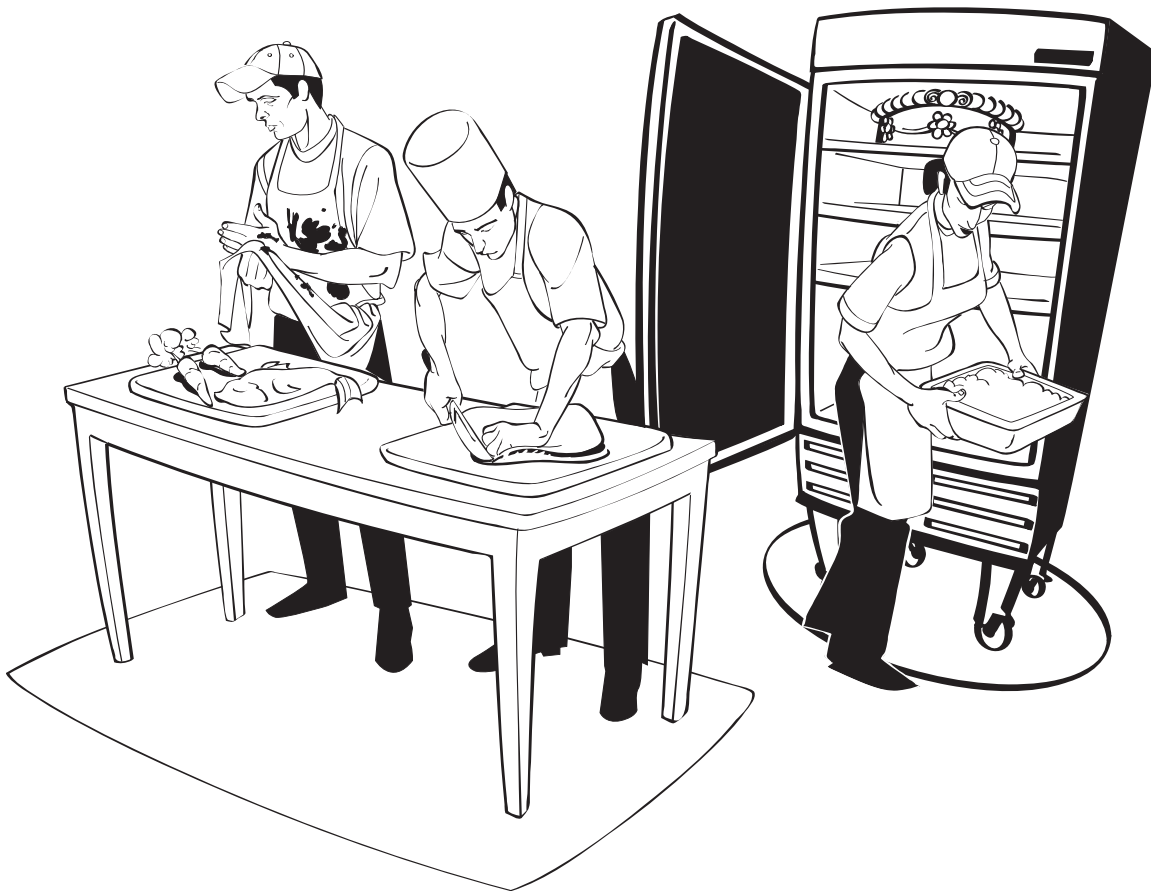
Some suggestions include:

- Removing from the refrigerator only enough product that can be prepared in a short period of time
- Preparing small batches of food at a time
- Refrigerating food if interrupted during preparation
- Refrigerating or cooking food as soon as prep is done



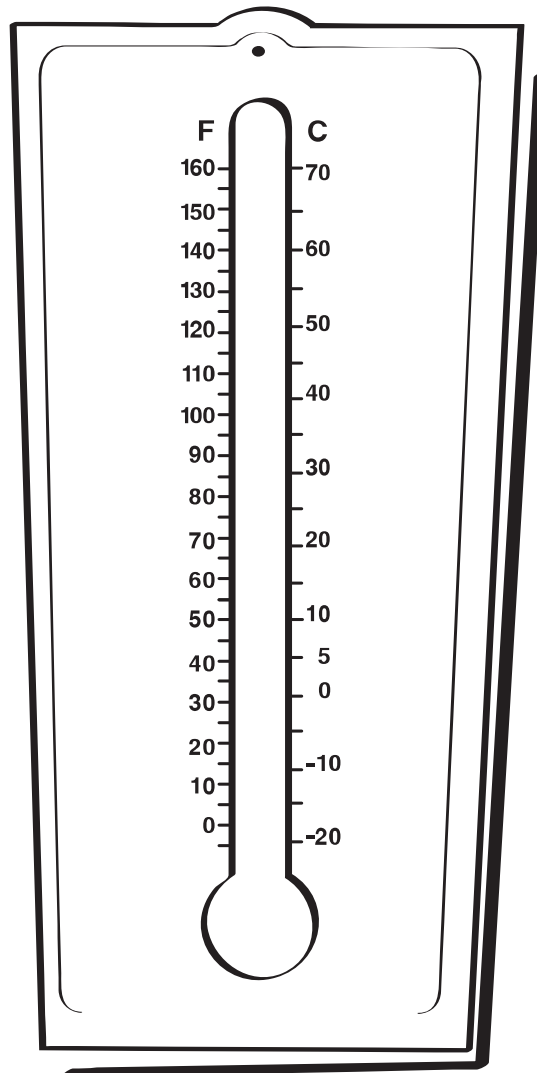
What's Wrong with This Picture?

Directions: The picture below contains unsafe preparation and handling practices. Circle the picture of the items that demonstrate incorrect preparation practices.



What's the Range?

Directions: Shade in the range of the temperature danger zone on this thermometer.



What's Wrong with This Situation?

Directions: Identify the mistakes made during food preparation in the story below.

John began preparing chicken salad sandwiches at 7:00 A.M. for the lunch service at 11:30 A.M. He took out enough ingredients to make all of the chicken salad sandwiches he was going to need for the rest of the day. He began by washing his hands. At 8:30 A.M., he was called away to help prepare salad ingredients for the salad bar. He came back at 10:00 A.M. and continued preparing the chicken salad sandwiches. At 10:30 A.M., he went to the bathroom. After going to the bathroom, he washed his hands and continued to prepare the chicken salad sandwiches. At 10:45 A.M., he was called away again to accept a fresh fish delivery. He returned to the chicken salad sandwiches and finished his work at 11:30 A.M. in time for the lunch service.

