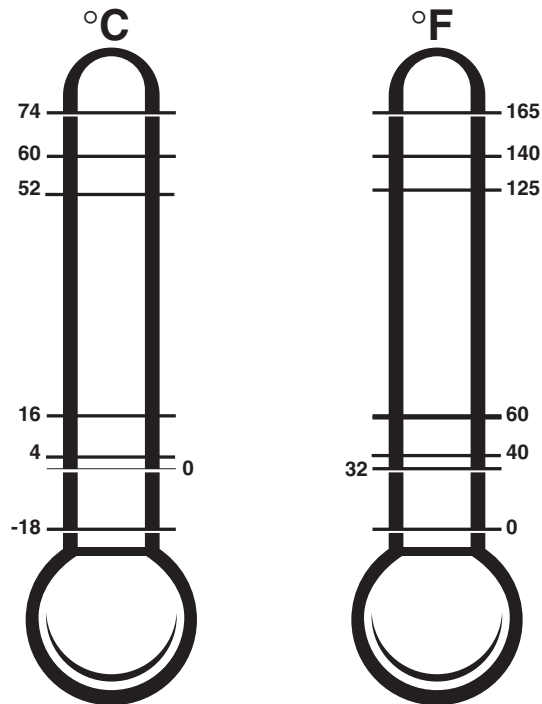


ACTIVITY

Times, Temperatures, and Danger Signs of Foodborne Illness

Directions: Some bacteria can survive in refrigerator temperatures and some can survive the temperature of very hot water. The temperature at which bacteria grow fastest is called the danger zone. On each of the thermometers below, draw a box around the temperature zone at which bacteria grow fastest. Label the boxes “Danger Zone.”



Directions: At room temperature, bacteria can double every 30 minutes. Complete the table below to calculate the number of bacteria that could result from a beginning cluster of 1,500 bacteria.

| Time | Number of Bacteria | Time | Number of Bacteria |
|------------|--------------------|-----------|--------------------|
| Noon | 1,500 | 2:30 P.M. | |
| 12:30 P.M. | 3,000 | 3:00 P.M. | |
| 1:00 P.M. | | 3:30 P.M. | |
| 1:30 P.M. | | 4:00 P.M. | |
| 2:00 P.M. | | 4:30 P.M. | |

Continued

Times, Temperatures, and Danger Signs of Foodborne Illness continued

Directions: Complete the following statements by filling in the missing words.

The amount of time varies for symptoms of a foodborne illness to appear. Symptoms can occur between _____ and _____ after eating contaminated food. However, most symptoms appear within _____.

Directions: Complete the two lists by filling in the missing items.

Danger Signs of Foodborne Illness

1. bloody diarrhea
2. _____
3. _____
4. _____
5. _____

If Foodborne Illness Strikes

1. Rest and drink lots of fluids.
2. If symptoms last more than two days or you experience any of the Danger Signs, _____.
3. If part of the suspect food is available, _____.
4. If the food was packaged, _____.
5. If the suspect food came from a restaurant or other food service facility, was a packaged food sold at a store, or was eaten at a large gathering, _____.

ACTIVITY

Preparing and Serving Food Safely

Directions: On the lines provided, answer each of the following.

1. Briefly explain what is meant by the two-hour rule.

2. List three basic rules for keeping prepared foods safe by controlling temperatures.

3. What should you do before cleaning a small appliance?

4. Why should you keep paper towels and food packages away from the range?

5. Why is it important to keep the containers of household chemicals in their original containers?

6. List the steps you should follow for a fire on the range top or in an electric skillet.

Continued

Preparing and Serving Food
Safely *continued*

7. List the steps you should follow for a fire in the oven, broiler, microwave oven, or toaster oven.

8. What should you never put on a kitchen fire? _____

Why should you not use this substance? _____

9. What is the purpose of putting a lid on food burning in a pan or shutting a microwave or conventional oven when food is burning inside?

10. On the lines below, list some ways that you can prepare yourself to meet kitchen emergencies.

11. What do you consider the most important thing to remember in an emergency?

Safety in the Kitchen

Priority Storage

Directions: Read the case example described below. Then answer the questions on the lines provided.

The phone is ringing as Brittany arrives home from the supermarket. Her neighbor needs her to babysit immediately so she can take the baby to the doctor. Brittany has two bags of groceries to put away, but now has only a moment before she needs to hurry next door. The food in the bags includes: 2 fresh tomatoes, a head of cabbage, a box of macaroni, a bag of marshmallows, a carton of milk, three cans of soup, a carton of ice cream, fresh pears, a can of frozen grape juice, a package of ground beef, a box of frozen green beans, a carton of eggs, a carton of yogurt, a box mix for a cake, American cheese slices, and a box of breakfast cereal.



1. Which foods should Brittany put away before going to babysit? Where should these foods be stored?

2. Imagine that Brittany returns home two hours later and discovers that she forgot to put the ground beef away. What should she do? Why?

3. Explain where Brittany should store the foods remaining in the grocery bags.

4. Brittany is hungry and would like to heat something for supper. In the refrigerator, there is some chili left from either four or five days earlier. Would you recommend that she eat the chili? Explain.
