

44 Safety and Sanitation

Use with text pages 438-443

Directions: As you read the chapter, answer the following questions. Later you can use this guide to study the chapter information.

1. What methods can be used to ensure sanitation in the kitchen?

2. What are two obvious kitchen dangers that can be readily seen?

3. What are three less obvious dangers?

4. What are two safety rules to prevent cuts?

5. What are two safety rules to prevent burns and scalding?

6. What are two safety rules to prevent fires?

7. What are two rules to prevent electrical shocks?

8. What should you do, and not do, if you smell gas?

9. What is an unseen danger in the kitchen?

10. What is contaminated food?

11. What is salmonella, and what are the symptoms of salmonella poisoning?

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12. How can you avoid botulism?

13. What are possible sources of E. coli?

14. What are three basic rules of personal hygiene to use when preparing food?

15. What is the temperature danger zone for perishable and cooked foods in which bacteria can multiply and present a health threat?

16. Why must pork be cooked until it is 170°F (77°C)?

17. Why should stuffing be cooked separately?

18. What are three foods that spoil quickly when they are left at room temperature?

19. How can you prevent spoilage of such foods?

20. How does freezing food affect bacterial growth?

21. How long does leftover cooked poultry last if stored in the refrigerator?

22. How long do raw egg yolks or whites last if stored in the refrigerator?

23. What cooking temperature destroys most bacteria?
