

Name: _____

Period: _____

Sanitation Notes

Vocabulary:

Personal Hygiene- Individual cleanliness, clothing and habits that contribute to the safety and efficiency of food preparation.

Spoilage- A change in food caused by enzymes and microorganisms.

Microorganisms- Tiny living things that can be poisonous or that can cause changes in food. While some of these changes are desired (yeast is a microorganism that makes bread rise), other can make you ill.

Guidelines based on Food Service Industry Rules:

1. Keep your hands clean- **Before** you begin food preparation but also **After** coughing, sneezing, and using the bathroom and handling raw meat, fish and poultry.
2. Avoid touching your face or hair while working in the kitchen. If you do, rewash your hands.
3. Use separate towels for drying hands and for wiping dishes.
4. If you have an open cut or sore on your hands use plastic gloves for handling food.
5. Tie your hair back.
6. Be sure your clothes are clean. Avoid loose items that can accidentally touch foods.
7. Wear an apron to keep your clothes clean.
8. If dish towel or utensil falls on the floor, do not use it again until it is rewashed.
9. Use a separate spoon for each tasting.

To Avoid Food-Borne Illnesses:

1. Wash counter tops, tables and other work surfaces with an antibacterial soap.
2. Keep work surfaces and utensils clean. Wipe up spills right away. Wash cutting boards with hot, soapy water after each use.
3. Wash utensils that have been used on raw foods before you reuse them for cooked food.
4. Wash pots and pans with hot soapy water.
5. Change dish clothes often.
6. Dispose of all food wastes.
7. Kitchen should be thoroughly cleaned after food preparation.