Cheatography

Food Safety Cheat Sheet

by bayo1111bayo via cheatography.com/177259/cs/37007/

Knife Safety

Sharp Knife	Be sure to get a sharp knife rather than a dull knife. A dull knife needs more force to cut food, this could lead to a higher chance of cutting yourself.
Walking With Knife	When walking with a knife carry it pointed straight down, with the blade turned towards your thigh.
Cutting With Knife	Hold the knife with a comfortable grip and use a smooth, slicing motion to cut through the item, keeping your fingers curled under and away from the blade.

Wash Safety

Wash Hands	Wash your hands before handling raw food to prevent the spread of harmful bacteria and wash thoroughly after handling raw food to remove any transferred bacteria.
Wash Utensils	Wash utensils thoroughly after each use and before switching tasks such as cutting meat and mixing dough to maintain kitchen sanitation and prevent cross--contamination.

Wash Safety (cont)

Wash Kitchen Area	clean kitchen surfaces and areas to prevent the spread of harmful bacteria. Clean after each use, especially after handling raw food.
Wash Fruits and Veg	Washing fruits and vegetables before eating them helps remove any, bacteria, or chemical residues that may be on their surfaces.
Cutting Board	It is very important to wash cutting boards thoroughly after each use to prevent cross-contamination and the spread of harmful bacteria, especially from raw meat, poultry, or seafood. This helps ensure that the food prepared on the board is safe to eat and free from harmful contaminants.

Storing Foods

Fridge Temp	The best temperature for a refrigerator is between 0°C and 4°C. This temp slows the growth of bacteria, keeping food fresh and safe to eat.

Storing Foods (cont)

Freezer Temp	The best temperature for a freezer is -18°C or lower. This temp helps prevent the growth of bacteria and keep food fresh and safe to eat for a long period of time.
Danger Zone	The danger zone is the temperature range between 4°C and 60°C, in which bacteria can grow rapidly. Food that is kept in this temperature range for more than 2 hours is at a high risk of contamination.
Foods in the Danger Zone	Food that is kept in the danger zone for more than 2 hours is at a high risk of contamination and should be discarded to prevent foodborne illness.

At the Grocery Store

Damaged packages	Do not to buy food in damaged packages/containers as it may have been contaminated by bacteria. Food in damaged packages may also indicate improper storage or transport, leading to reduced quality and safety.

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At the Grocery Store (cont)

Seperate Foods	When shopping, separate raw and ready-to-eat foods to avoid cross-contamination. Keeping raw foods in separate bags or containers and storing them separately from ready-to-eat foods can help reduce the risk of foodborne illness.
Frozen Foods	Purchase frozen foods at the end of your shopping trip to minimize their exposure to the danger zone temp range (4°C to 60°C).

FoodBorne Illnesses

Botulism	A serious and potentially fatal illness caused by the consumption of food contaminated with a toxin produced by the bacterium Clostridium botulinum.
Salmonella	A type of bacteria that can cause foodborne illness, with symptoms including fever, diarrhea, abdominal cramps, and vomiting.
E. Coli	A type of bacteria that can cause foodborne illness, often resulting in symptoms such as abdominal cramps, diarrhea, and vomiting.

FoodBorne Illnesses (cont)

Listeriosis	A serious illness caused by the bacteria Listeria monocytogenes, which can be found in contaminated food, and can lead to symptoms such as fever and muscle aches.
Clostridium Perfringens	A type of bacteria that can cause foodborne illness, often resulting in symptoms such as abdominal cramps and diarrhea.

Preventing Foodborne Illnesses

Botulism	Keeping food at safe temperatures, properly canning low-acid foods, avoiding cross--contamination, and refrigerating or discarding leftovers promptly.
Salmonella	Washing hands and surfaces often, thoroughly cooking raw meat and poultry, avoiding cross-contamination, and refrigerating or discarding perishable food items within a safe time frame. Also, avoiding raw or undercooked eggs, raw milk, and certain types of raw fish can also reduce the risk of salmonella.

Preventing Foodborne Illnesses (cont)

E. Coli	Washing hands thoroughly, avoiding cross-contamination, and cooking meat and poultry to a safe temperature. Also, avoid eating raw or undercooked ground beef and unpasteurized dairy products, which can also be causes of E. coli.
Listeriosis	Washing raw produce, properly storing and cooking raw meat, and avoiding cross-contamination. Avoid eating unpasteurized dairy products and refrigerated smoked seafood, which can also be causes of Listeriosis.
Clostridium Perfringens	Properly store and reheat food, especially large portions, at safe temperatures to slow the growth of the bacteria. Avoid keeping hot foods in the danger zone for too long.

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