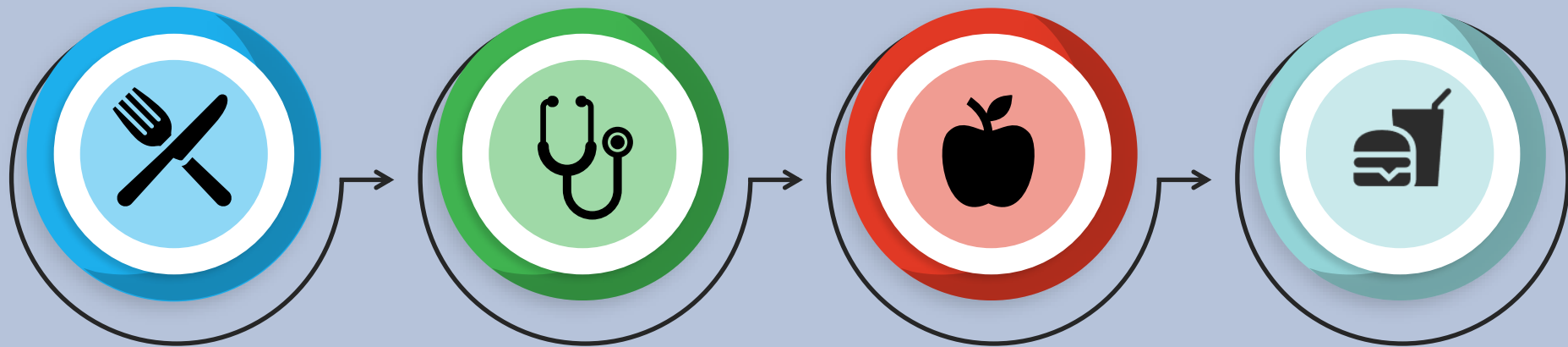# Tennessee Department of Human Services
Child and Adult Care Food Program and
Summer Food Service Program

Don't Stand Back, Fight BAC!

Learning Objectives

Describe the four steps of food safety

Identify practices that may cause foodborne illness

Devise a plan to utilize food safety

Adopt good food safety practices

CLEAN
SEPERATE
COOK
CHILL

4 Steps to Food Safety

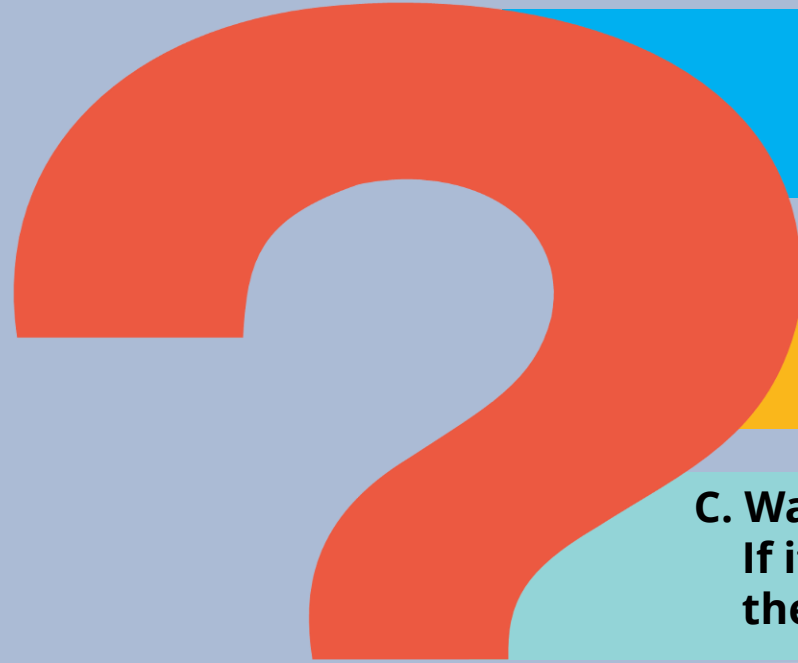**What's the first step you should take to lower your risk of germs while preparing food?**

A Wipe down kitchen counters and sweep the floor

B Wash hands with soap and water

C Read through the recipe carefully

D Rinse off any raw meat

What is the best way to clean raw produce and reduce your risk of food poisoning?

A. Spray the produce with a solution of 1 cup vinegar to 4 cups water, then rinse

B. Soak the produce in cold water for 10 minutes, then rinse in warm water

C. Wash the produce with soap and warm water. If it is firm, scrub with a clean vegetable brush, then wash with soap and warm water.

D. Gently rub the produce under cold running water. If it is firm, scrub with a clean vegetable brush under running water.
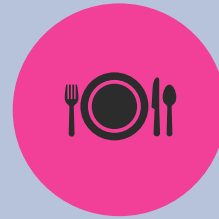
FOOD SAFETY STEP: CLEAN

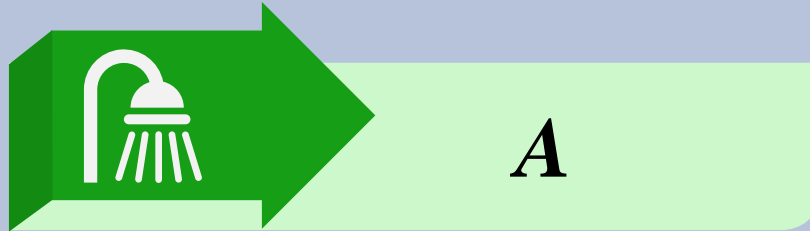**Wash hands**

Clean surfaces
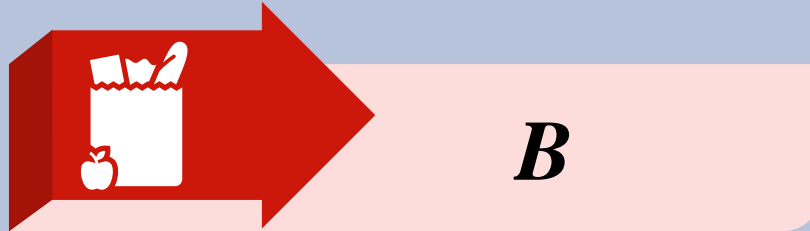
Clean utensils and appliances

Rinse fruits and vegetables

Which of the following actions does **NOT** help prevent cross-contamination – germs spreading from one food or surface to another?

A — Rinse raw meat and poultry before preparing food

B — Keep raw meat, poultry, seafood, and eggs apart from other foods in your shopping cart, grocery bags, and refrigerator capture your audience's attention

C — Wash dishes and utensils that have been used for raw meat, poultry, seafood, or eggs before using them again for other foods

D — Discard and do not reuse any sauce or marinade that has be used on raw foods

You can use the same cutting board to cut vegetables and raw meat because they will be cooked together

True

False ✓

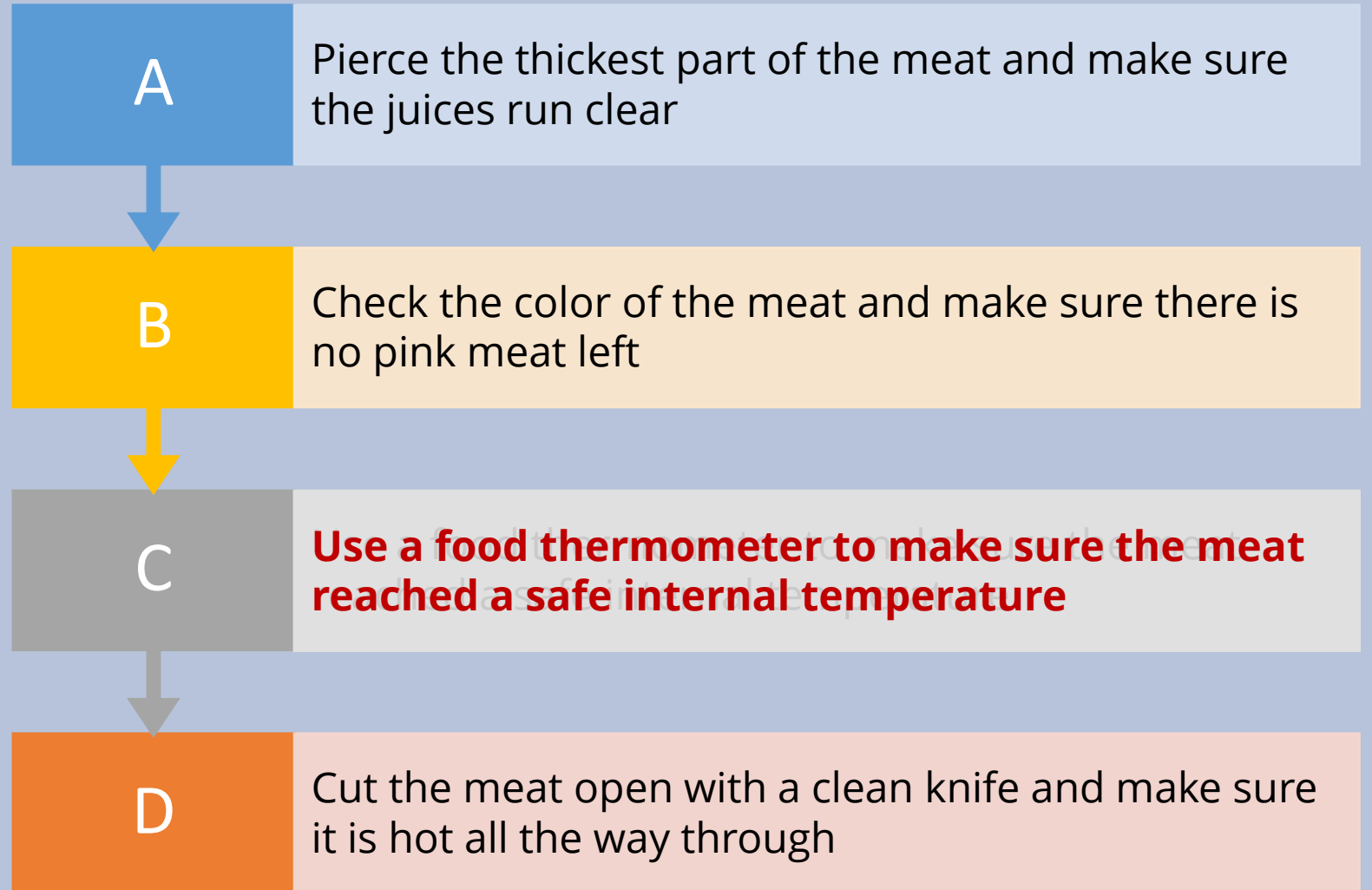# FOOD SAFETY STEP: SEPARATE

Separate foods when shopping

Separate foods when preparing and serving

Separate foods in the refrigerator

How can you tell when raw meat or poultry have finished cooking and are safe to eat?

A — Pierce the thickest part of the meat and make sure the juices run clear

B — Check the color of the meat and make sure there is no pink meat left

C — **Use a food thermometer to make sure the meat reached a safe internal temperature**

D — Cut the meat open with a clean knife and make sure it is hot all the way through

All raw meats, poultry, eggs, and seafood need to be cooked to the same internal temperature, 160° F, to make sure they are safe to eat
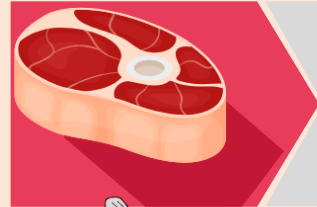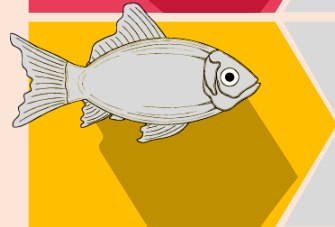
True False

✓

Food Safety Step: Cook

- Cook foods to the right temperature
- Use a Food Thermometer
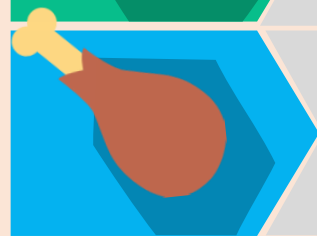
145°F: Fresh beef, veal, lamb and pork
01

145°F: Fish with fins
02

160°F: Ground meats
03

165°F: Poultry
04

What is the safest way to thaw food?

In the refrigerator

Cold water

Microwave

✓ All the above

Perishable Foods can be left out on the counter at room temperature before placing in the refrigerator

True

False ✓

Food Safety Step: Chill

Chill

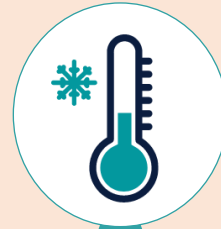Refrigerate and store food properly

Multiply

Bacteria can multiply rapidly if left at room temperature

Refrigerate
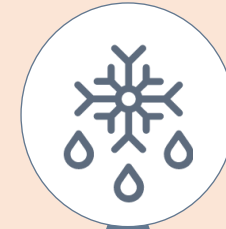
Refrigerate perishable food within 2 hours

Keep

Keep your refrigerator at 40°F or below

Thaw

Thaw frozen food safely

What is A foodborne illness/Food poisoning?

An illness or disease that results from eating contaminated food

Causes of Foodborne Illnesses

- Bacteria and Viruses

- Parasites

- Harmful toxins and chemicals

- Allergens

Symptoms of Foodborne Illnesses
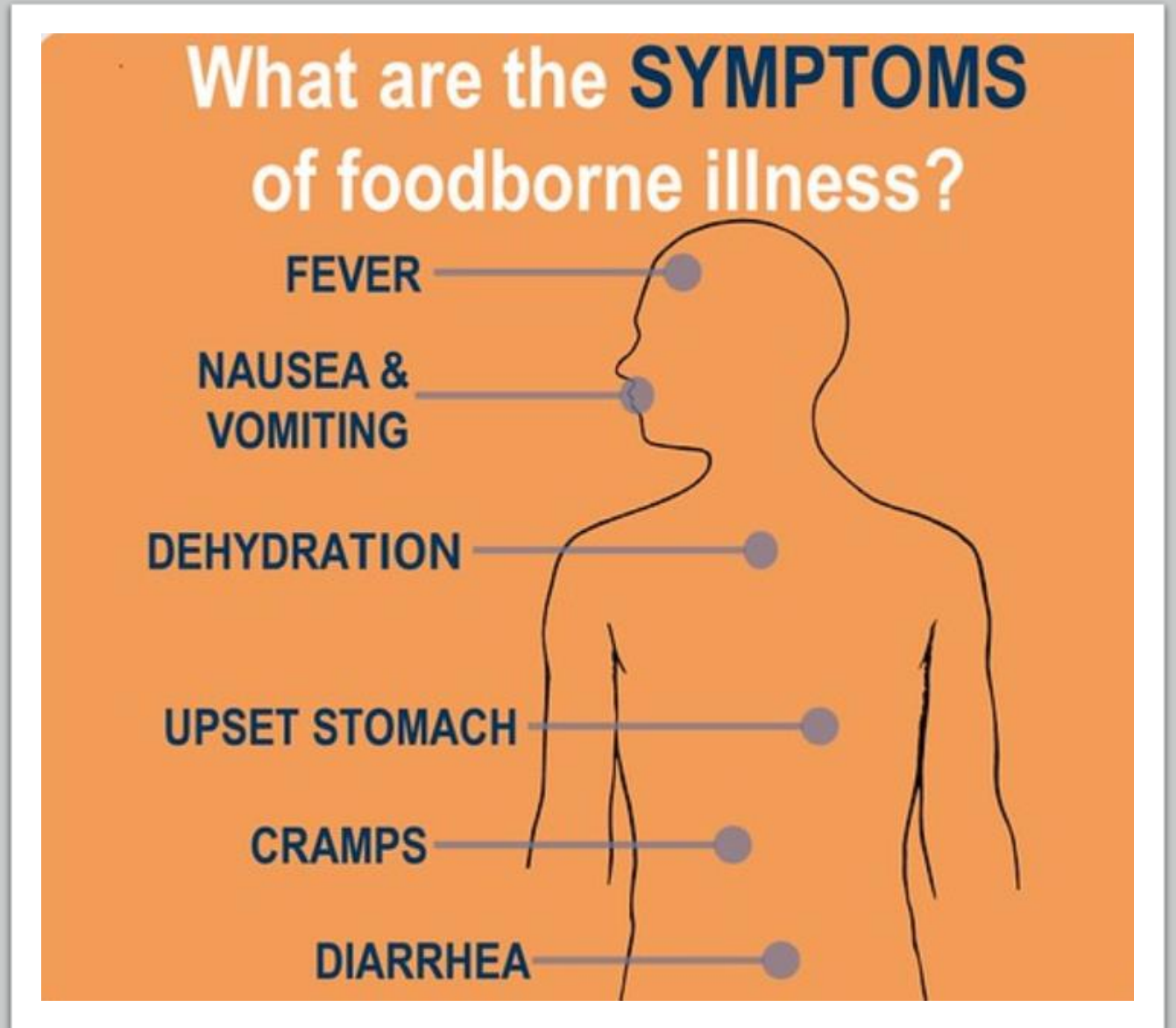
What to do if you have a Foodborne illness

- Preserve the evidence

- Seek treatment

- Contact the local health department

- Contact the USDA Meat and Poultry hotline

People Who Are High Risk For Foodborne Illnesses

Activity
What's the Solution?

10 Dangerous Food Safety Mistakes (1-5)

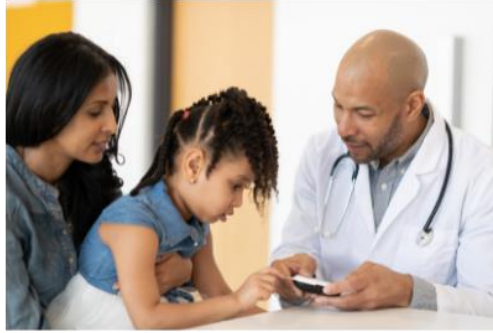| Mistake 1	Mistake 2	Mistake 3	Mistake 4	Mistake 5
Eating risky foods, if you are more likely to get food poisoning	Not washing your hands	Washing meat, chicken, or turkey	Peeling fruits & vegetables without washing them first	Putting cooked meat back on a plate that held raw meat

10 Dangerous Food Safety Mistakes (6-10)

Mistake 6	Mistake 7	Mistake 8	Mistake 9	Mistake 10
Not cooking meat, chicken, turkey, seafood, or eggs thoroughly	Eating raw batter or dough	Tasting or smelling food to see if it is still good	Thawing or marinating food on the counter	Leaving food out too long before putting it in the refrigerator

Creating a Food Safety Plan

- Who is your target audience?

- What resources will you share?

- Are there training opportunities for agency/provider staff?

- What procedures will you put in place to ensure food safety?

- How will you keep track of what is done?

Resources

- Centers for Disease Control and Prevention

- Don't Stand Back, Fight BAC Video

- FoodSafety.gov

- Partnership for Food Safety Education

- Tennessee Department of Health

- U.S. Food & Drug Administration

- United Sates Department of Agriculture - Food Safety and Inspection Service

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What questions do you have?

Thank you!