

## Chapter 15 – Review and Important Areas of Knowledge from the *Idaho Food Code*

\*This chapter is a review of the critical information contained in this manual. Reviewing this chapter alone will **not** prepare someone to take and pass the accompanying exam. However, review of this chapter will provide basic information necessary to provide safe food.

Some or all of these questions might be asked during a regular inspection of the food establishment. These questions are also found in the *Idaho Food Code* Section 2-102.

(1) Describe the relationship between the prevention of foodborne disease and the PERSONAL hygiene of a FOOD EMPLOYEE.

This item deals with handwashing. Bacteria are found everywhere, including our hands, nose and throat, and clothing. Some of these germs on our hands can cause "food poisoning." Proper handwashing helps to remove these germs from our hands. Hands must be washed throughout the work shift and especially after using the restroom, working with raw meats, coughing, sneezing, touching the face or hair, and touching dirty dishes. Using clean gloves or other utensils when touching food also helps stop these germs from getting into food, but hands must be properly washed before wearing gloves.

(2) Explain the responsibility of the PERSON IN CHARGE for preventing the transmission of foodborne disease by a FOOD EMPLOYEE who has a disease or medical condition that may cause foodborne disease.

It is the responsibility of the person in charge to make sure that food workers who are sick not be allowed to work with the food while that person is sick. Workers who are sick can easily spread germs through food and that might make someone else sick. If a worker is diagnosed with any of the four following sicknesses, he or she must not be allowed to work in the food establishment:

- Hepatitis A
- E. coli
- Shigellosis
- Salmonellosis

(3) Describe the symptoms associated with the diseases that are transmissible through food.

Common symptoms include nausea, vomiting, diarrhea, fever, jaundice, sore throat with fever, and/or abdominal pain.

(4) Explain the significance of the relationship between maintaining the time and temperature of POTENTIALLY HAZARDOUS FOOD and the prevention of foodborne illness.

Some germs grow well when left at temperatures between 41°F and 135°F. If foods like meats, salads, cooked rice, casseroles, soups or cooked vegetables are left out at these temperatures for four hours or longer, eating that food could make you sick.

(5) Explain the HAZARDS involved in the consumption of raw or undercooked MEAT, POULTRY, EGGS, and FISH.

Foods that are undercooked might not have all of the dangerous germs in the raw food destroyed. This means that undercooked foods can increase your risk for "food poisoning".

(6) State the required food temperatures and times for safe cooking of POTENTIALLY HAZARDOUS FOOD including MEAT, POULTRY, EGGS, and FISH.

<u>Food</u>	<u>Properly Cooked Temperature</u>
Poultry	165°F
Ground Meats	155°F
Eggs, fish, all other meats	145°F

These temperatures must be reached for a minimum of 15 seconds.

(7) State the required temperatures and times for the safe refrigerated storage, hot holding, cooling, and reheating of POTENTIALLY HAZARDOUS FOOD;

Hot foods must be held at or above 135°F. Cold foods must be held at or below 41°F. Foods must not be left between these temperatures for more than 4 hours. When cooling foods, the

foods must be cooled from 135°F to 41°F within 4 hours. All foods must be reheated to 165° within a 2-hour time frame.

(8) Describe the relationship between the prevention of foodborne illness and the management and control of the following.

(a) Cross contamination.

Food workers must be careful to not allow any raw meats to come into contact with other foods. This means that raw meats must be stored below vegetables or other foods that won't be cooked.

(b) Hand contact with READY-TO-EAT FOODS (RTE).

Food workers must use gloves, utensils, or other devices to prevent bare hand contact with RTE foods. This is because germs from the hands can be easily spread to the RTE food and those germs could make other people sick.

(c) Handwashing.

Handwashing is very important even though you are also supposed to use gloves or other devices to avoid bare hand contact with food. Putting on gloves without washing your hands first only results in dirty gloves. Handwashing helps to make sure that germs are removed from the hands. Without proper handwashing, these germs could get into the food and make other people sick.

(d) Maintaining the FOOD ESTABLISHMENT in a clean condition and in good repair.

Maintaining the food establishment in a clean condition helps employees to realize and practice other cleanliness practices. In addition, many customers will judge the quality of your food establishment when they first walk in. If a customer thinks that your food establishment is not clean and the equipment is not in good repair, it is likely that customer will not return.

(9) Explain the relationship between FOOD safety and providing EQUIPMENT that is:

(a) Sufficient in number and capacity.

Having the right equipment for the job is more economical and results in an easier ability to keep the equipment clean.

(b) Properly designed, constructed, located, installed, operated, maintained, and cleaned.

Equipment must be designed and constructed correctly so that it is easy to operate and do the necessary job.

Equipment must be cleaned frequently to make sure that leftover food particles don't stay on the equipment and contaminate other foods.

(10) Explain correct procedures for cleaning and SANITIZING UTENSILS and FOOD-CONTACT SURFACES OF EQUIPMENT.

All equipment including forks, knives, spoons, plates, and other food contact surfaces such as counter tops and cutting boards must be cleaned in the following way: wash (with soap and warm water), rinse (with clear warm water), sanitize (use manufacturer's instructions) and air dry. Even though equipment might look clean, it still needs to be sanitized and allowed to air dry.

(11) Identify the source of water used and measures taken to ensure that it remains protected from contamination such as providing protection from backflow and precluding the creation of cross connections.

Food establishments must have approved water sources. In most cases, this will be a municipal water system such as the City of Boise. In some cases, the water supply might be an approved well. Hoses used for filling sinks or mop buckets must not be left in the sink, bucket, or on the floor. This will result in a "cross connection" and can result in whatever else is on the floor or sink to be siphoned back into the water supply.

(12) Identify POISONOUS OR TOXIC MATERIALS in the FOOD ESTABLISHMENT and the procedures necessary to ensure that they are safely stored, dispensed, used, and disposed of according to LAW.

Toxic materials might include cleaning agents, sanitizing agents, and first aid items. These types of items must be stored separate from foods. These types of items, if accidentally added to the foods, can cause immediate sickness. If you use any spray bottles, they MUST be labeled. Even if it's only just plain water, label it!

(13) Identify CRITICAL CONTROL POINTS in the operation from purchasing through sale or service that when not controlled may contribute to the transmission of foodborne illness and explain steps taken to ensure that the points are controlled in accordance with the requirements of this Code.

Critical control points are factors that must be controlled in order to serve safe food. Critical control points might include cooking temperatures, cooling procedures, personal hygienic practices, and holding temperatures.

(14) Explain the details of how the PERSON IN CHARGE and FOOD EMPLOYEES comply with the HACCP plan if a plan is required by the LAW, this Code, or an agreement between the REGULATORY AUTHORITY and the establishment.

A HACCP plan is required for food processors. A HACCP plan will involve identifying the critical control points and implementing Active Managerial Controls for those points.

(15) Explain the responsibilities, rights, and authorities assigned by this Code to the:

(a) FOOD EMPLOYEE.

The food employee has the responsibility of delivering safe, quality food to the person eating it. This means the food employee needs to know how to correctly wash hands, cook and prepare food, cool food, clean and sanitize surfaces and utensils, etc.

(b) PERSON IN CHARGE.

The person in charge has the same responsibilities as the food employee. In addition, the person in charge needs to be responsible for training the food employees to know the information contained in this chapter. That means that the

person in charge also needs to know the information in this chapter.

(C) REGULATORY AUTHORITY.

The regulatory authority has the responsibility of conducting inspections to make sure that the food is safe for the people eating it. Part of that inspection might include asking you, the food worker or person in charge, some or all of these questions. The regulatory authority also has the responsibility of providing necessary information, if requested, in order to keep foods safe.