

# **Welcome to the UCSC Dining Food Handler Card Training**

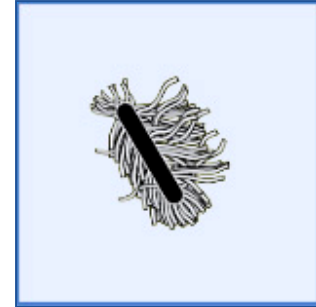
UC SANTA CRUZ

## **Instructions:**

**Please carefully review the following 33 slides. Once you are through, ask your manager for a username and password to take the on-line quiz. You must pass this quiz as part of your employment. Once you pass, you will be issued an official 'UCSC Dining Food Handler Certified' card.**

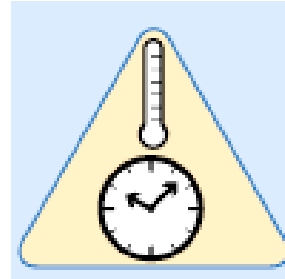
# Potential Hazards to Food Safety

- Biological Hazards
  - Bacteria, viruses, parasites, fungi
  - Toxins
- Chemical Hazards
  - Pesticides, food additives, cleaning supplies, toxic metals
- Physical Hazards
  - Hair, dirt, metal staples, etc.



# How Food Becomes Unsafe

- Time-Temperature Abuse



- Cross-Contamination



- Poor Personal Hygiene

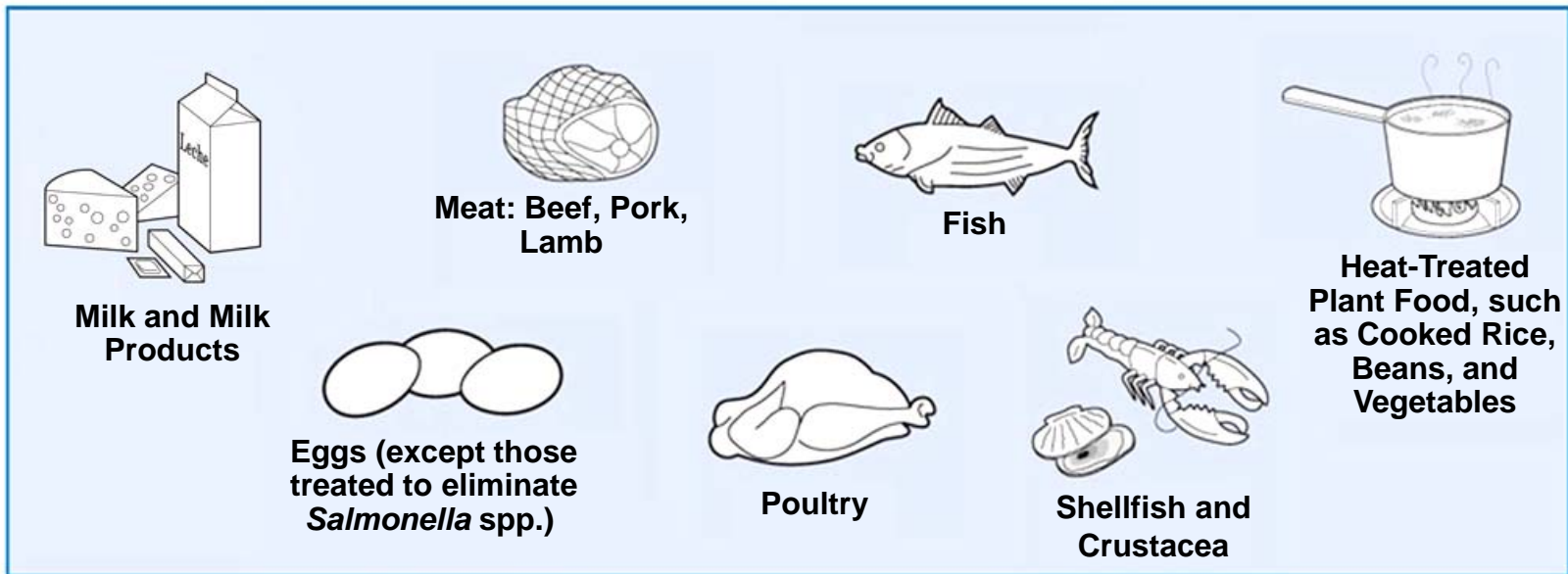


# Foodborne Illness

- Foodborne Illness
  - Illness carried or transmitted to people by food
- Foodborne-Illness Outbreak
  - Incident in which two or more people experience the same illness after eating the same food

# Potentially Hazardous Food

- Food Favoring the Rapid Growth of Microorganisms:



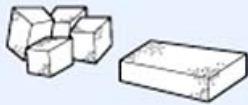
# Potentially Hazardous Food

- Food Favoring the Rapid Growth of Microorganisms:

*continued*



**Baked Potatoes**



**Tofu or Other Soy-Protein Food**



**Untreated Garlic-and-Oil Mixtures**



**Raw Sprouts and Sprout Seeds**



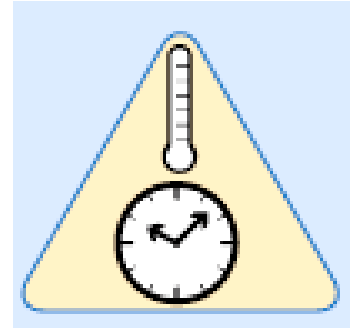
**Sliced Melons**



**Synthetic Ingredients, Such as Textured Soy Protein in Meat Alternatives**

# Time-Temperature Abuse

- Food has been abused:
  - Any time it has been allowed to remain too long at temperatures favorable to the growth of food borne microorganisms
  - *Temperature danger zone is between 41°F and 135°F*



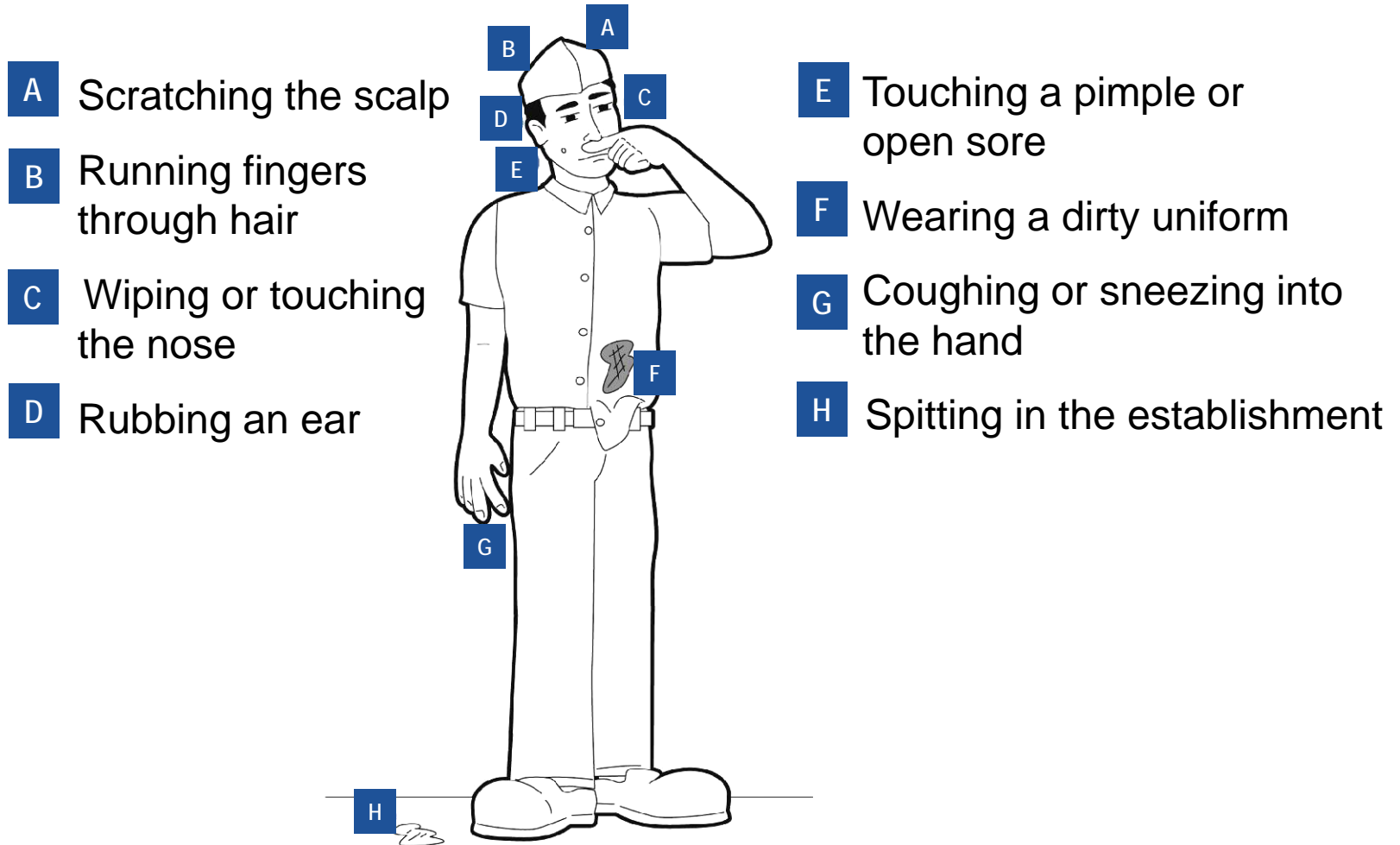
# Cross-Contamination

- Cross-contamination occurs when:
  - Microorganisms/pathogens are transferred from one food or surface to another



# How Foodhandlers Contaminate Food

- Behaviors That Can Contaminate Food



# Hygienic Hand Practices: When to Wash Hands

- Foodhandlers must wash hands **BEFORE** starting work
- Foodhandlers must wash their hands after:
  - Using the restroom
  - Handling raw meat, poultry, and fish (before and after)
  - Touching the hair, face, or body
  - Sneezing, coughing, or using a tissue
  - Smoking, eating, drinking, or chewing gum or tobacco



# Hygienic Hand Practices: When to Wash Hands

- Foodhandlers must wash their hands after: *continued*
  - Handling chemicals that might affect food safety
  - Taking out garbage
  - Clearing tables or bussing dirty dishes
  - Touching clothing or aprons
  - Touching anything else that may contaminate hands, such as unsanitized equipment, work surfaces, or washcloths



# Hygienic Hand Practices: Handwashing

## Proper Handwashing Procedure

The whole process should take 20 seconds



- 1** Wet hands with running water as hot as you can comfortably stand (at least 100°F/38°C) in a designated handwashing sink



- 2** Apply soap



- 3** Vigorously scrub hands and arms for ten to fifteen seconds Clean under fingernails and between fingers



- 4** Rinse thoroughly under running water



- 5** Dry hands and arms with a single-use paper towel or warm-air hand dryer Use a paper towel to turn off the faucet.

# Hygienic Hand Practices: Gloves

- When to Change Gloves
  - As soon as they become soiled or torn
  - Before beginning a different task
  - At least every four hours during continual use and more often when necessary
  - After handling raw meat and before handling cooked or ready-to-eat food



# Proper Work Attire

## Foodhandlers should:

- A** Wear a clean hat and/or hairnet
- B** Shower and wear clean clothing daily
- C** Remove aprons when leaving food-preparation areas
- D** Remove jewelry and keep fingernails short and clean
- E** Wear clean, closed-toe shoes
- F** Wear long pants and nametag



# Apply Your Knowledge:

- *What's Wrong with This Picture?*



# General Storage Guidelines

- Label Food
- Potentially hazardous, ready-to-eat food prepared on-site must contain a label that includes:
  - The name of the food
  - The date by which it should be sold, consumed or discarded



# General Storage Guidelines

- Rotate products to ensure the oldest inventory is used first
- One way to rotate products is to follow FIFO:
  - Identify the use-by or expiration date of products
  - Shelve products with the earliest dates in front of those with later dates
  - Use products stored in front first



# General Storage Guidelines

- Store food in designated storage areas
- Do not store food:
  - Near chemicals or cleaning supplies
  - In restrooms
  - In locker rooms
  - In janitor closets
  - In furnace rooms
  - Under stairways or pipes



**Never store food near chemicals or cleaning supplies**

# Refrigerated Storage

- Refrigerated Storage
  - Used to hold potentially hazardous food at 41°F (5°C) or lower
  - Slows the growth of microorganisms



# Refrigerated Storage Guidelines

- Keep refrigerator doors closed as much as possible
  - Frequent opening lets warm air inside
- Use cold curtains to help maintain temperatures

# Refrigerated Storage Guidelines

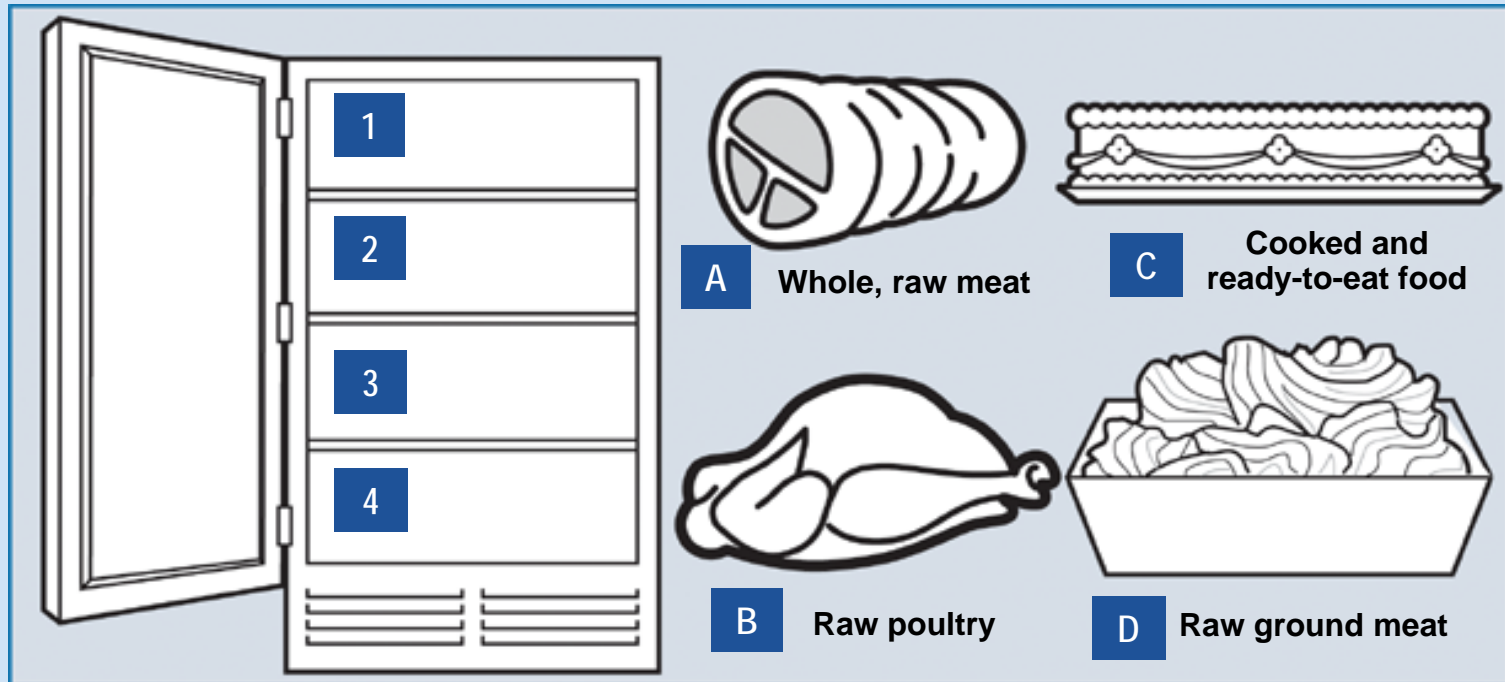
- Store raw meat, poultry, and fish:
  - Separately from cooked and ready-to-eat food
- OR
- Below cooked and ready-to-eat food



**Improper Storage**

# Apply Your Knowledge: *Load the Fridge*

- Store each item on the proper storage shelf



# Apply Your Knowledge: *What's Wrong With This Picture?*

- Find the unsafe storage practices in this picture:



# Preventing Cross-Contamination

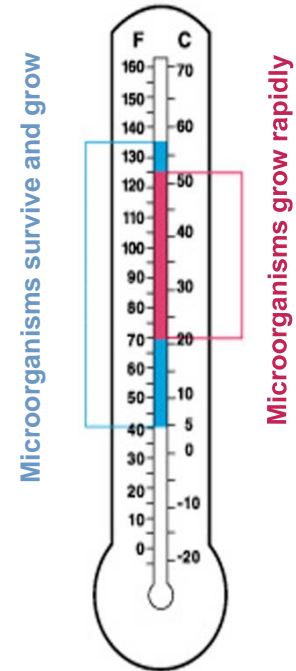
- Create *physical* barriers between food products:
  - Assign specific equipment to each type of food
  - Clean and sanitize work surfaces, equipment, and utensils after each task
  - Use gloves when serving ready-to-eat food
  - Wash garbage cans *outside* of the operation
  - Do not mix utensils on the serving line



# Preventing Time-Temperature Abuse

- This includes:
  - Minimizing the time food spends in the temperature danger zone
  - Determining the best way to monitor time and temperature
  - Making thermometers available
  - Regularly recording temperatures and the times they are taken
  - Notify a manager if a dish falls within the temperature danger zone

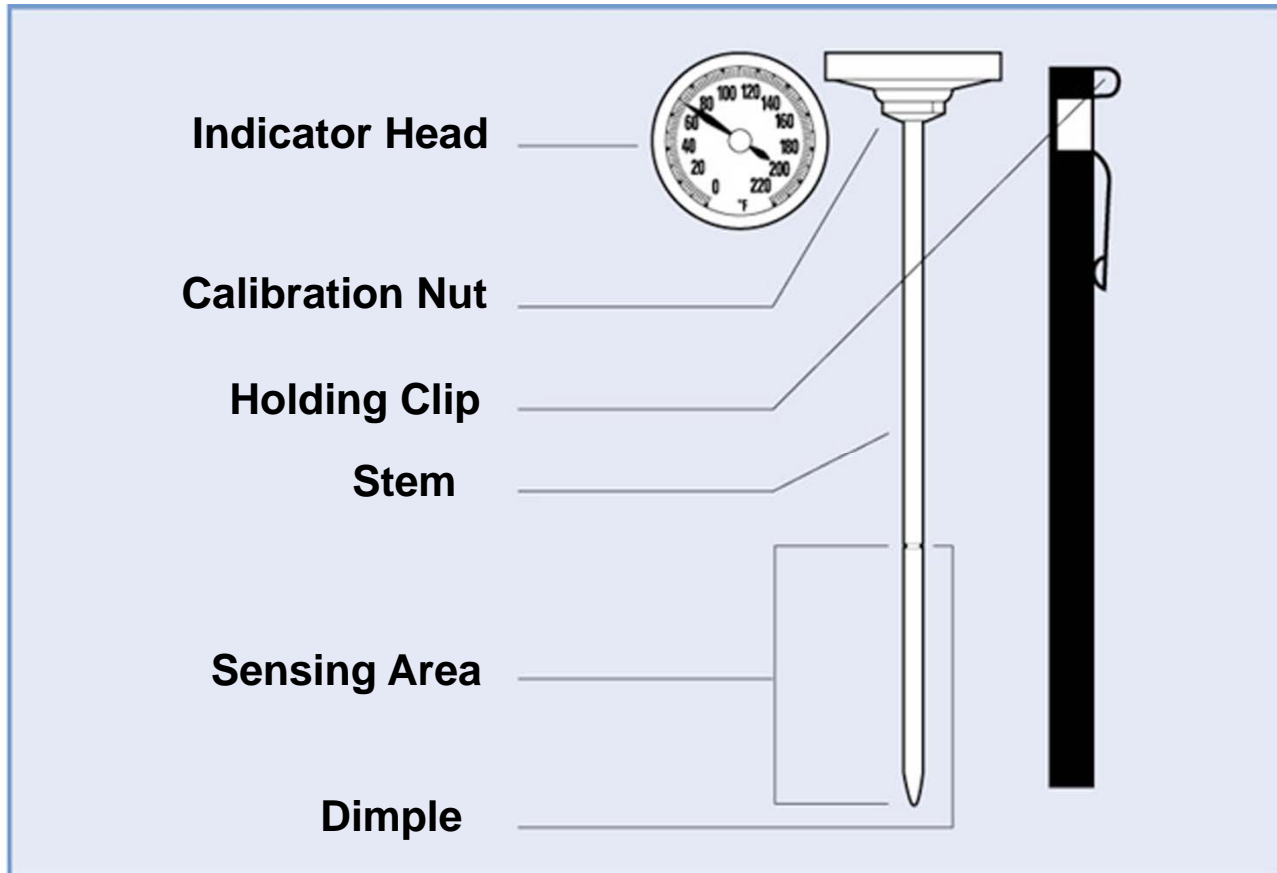
The Temperature Danger Zone



Temperature danger zone is between 41°F and 135°F

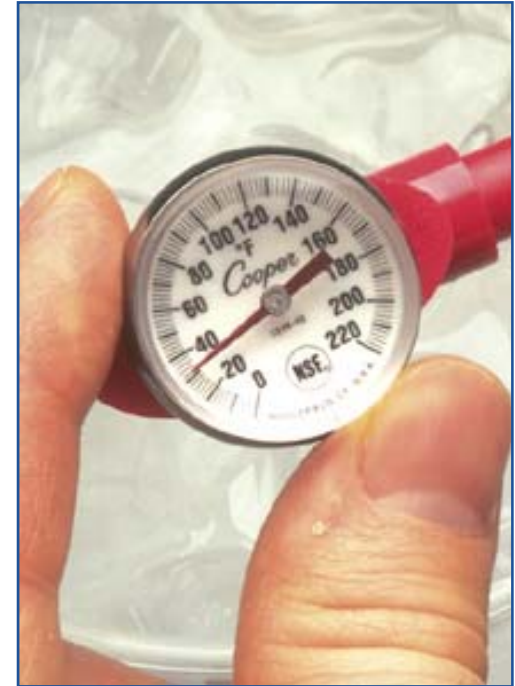
# Temperature-Measuring Devices

- Bimetallic Stemmed Thermometer



# Calibrating Thermometers

- Calibration
  - Adjusting a thermometer in order to get an accurate reading
- Two methods
  - Boiling-point method
  - Ice-point method

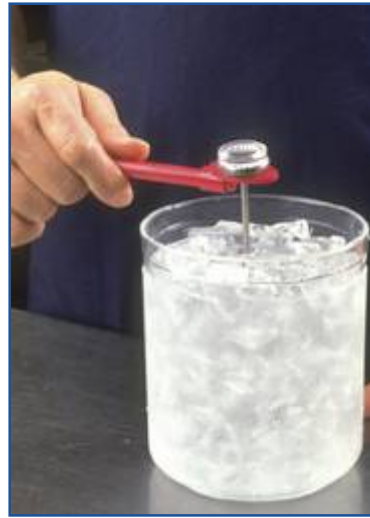


# Calibrating Thermometers

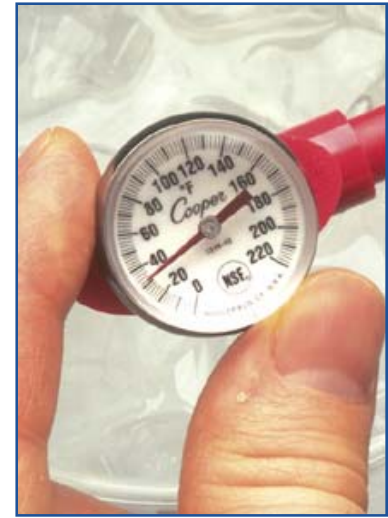
## Ice-Point Method



1. Fill a large container with crushed ice and water



2. Submerge the thermometer stem or probe in the water for thirty seconds



3. Hold the calibration nut and rotate the thermometer head until it reads 32°F (0°C)

# Minimizing Contamination during Service

To minimize the risk of contamination when serving food, kitchen staff should:

- ▶ Store serving utensils properly
- ▶ Use serving utensils with long handles
- ▶ Use clean and sanitized utensils for serving
- ▶ Minimize bare-hand contact with food that is cooked or ready-to-eat
- ▶ Practice good personal hygiene



# Minimizing Contamination during Service

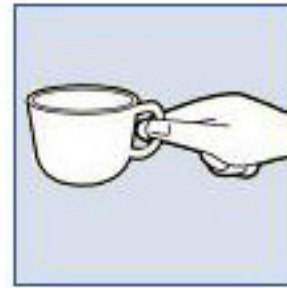
## Handling Food, Glassware, Dishes, and Utensils



RIGHT



WRONG



RIGHT



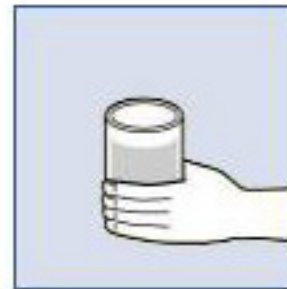
WRONG



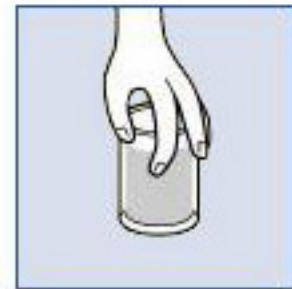
RIGHT



WRONG



RIGHT



WRONG

# Minimizing Contamination during Service

Handling Food, Glassware, Dishes, and Utensils *continued*



RIGHT



WRONG



RIGHT



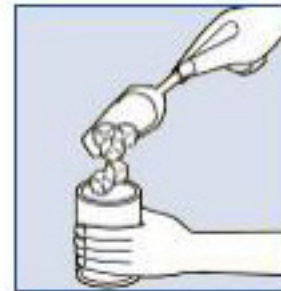
WRONG



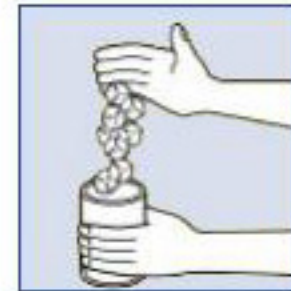
RIGHT



WRONG



RIGHT



WRONG

# CLEANING VS. SANITIZING

There's a big difference between cleaning and sanitizing. Cleaning removes food and other types of soil from a surface such as a countertop or plate. Sanitizing reduces the number of pathogens on that clean surface to safe levels. To be effective, cleaning and sanitizing must be a 4-step process. Surfaces must be cleaned, rinsed, sanitized, and allowed to air dry.

# 1



**Clean the surface.**

# 2



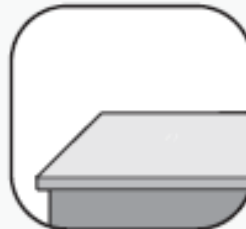
**Rinse the surface.**

# 3



**Sanitize the surface.**

# 4



**Allow to air dry.**

## *When to Clean and Sanitize*

Everything in your operation must be kept clean, but any surface that comes in contact with food must be cleaned *and* sanitized.

Surfaces that come in contact with food must be washed, rinsed and sanitized:

- Each time you use them
- When you are interrupted during a task
- When you begin working with a different type of food
- As often as possible, but at least every four hours if items are in constant use



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# Using Sanitizing Solution

1. Water must be at the right temperature (180-195° for final rinse stage)
  2. The right amount of sanitizer must be used (either automatically pumped in by a push-button or according to the proportions listed on the label)
  3. Use a test kit to make sure the sanitizer is the right strength.
- If the right proportions (water : sanitizer) and the correct temperature of water are not used, the sanitizer will NOT be effective.

