

# Skills for Living

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# Topic 14-2

## Safety and Sanitation

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- In this topic, you will learn about safety and sanitation in the kitchen, as well as
  - ❖ **Make it safe**
  - ❖ **Keep it sanitary**

# Safety and Sanitation

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## **Objectives for Topic 14-2**

After studying this topic, you will be able to

- follow safety practices in the kitchen when preparing foods
- list specific guidelines that fall under the steps *clean, separate, cook, and chill* for keeping foods safe to eat

# Topic 14-2 Terms

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- ❖ sanitation
- ❖ foodborne illness
- ❖ cross-contamination

# Make It Safe



- *Sanitation* is the process of maintaining a clean and healthy environment

# Using Appliances and Utensils Safely

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- Follow all manufacturer's use and care instructions carefully
- Know how to use utensils, cookware, and bakeware correctly
- Practice safety procedures

# Did You Know...

- According to the National Fire Protection Association (NFPA), cooking equipment is the leading cause of home fires in the United States



# Keep It Sanitary

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- *Foodborne illnesses* are sicknesses caused by eating contaminated food
- Food safety involves four basic steps
  - ❖ clean
  - ❖ separate
  - ❖ cook
  - ❖ chill



# Clean Hands, Utensils, and Surfaces

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- Keep utensils and work area clean
- Pay attention to personal cleanliness
- Wash hands with warm water and soap
- Don't touch food with your hands if you can avoid it
- Do not lick fingers or cooking utensils
- Wash dishes with warm soapy water
- Wash fruits and vegetables under running water

# Separate Raw and Cooked Foods

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- ***Cross contamination*** is the spread of bacteria from a contaminated food to other food, equipment, or surfaces
- Handle perishable protein foods with care
  - ❖ Place them in individual plastic bags at the grocery store
  - ❖ Wash cutting boards and other equipment immediately after using
  - ❖ Never serve food on the same plate that held it before cooking

# Cook Foods Thoroughly

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- Use a food thermometer to be sure foods are cooked to the recommended temperatures
- Do not partially cook meats, poultry, or fish
- Stuff foods just before baking and remove stuffing promptly after baking
- Set the oven to at least 325°F when cooking meats
- Keep hot foods above 140°F
- Reheat leftovers to at least 165°F

# Chill Foods Promptly

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- Store frozen and refrigerated foods promptly
- Wrap foods properly for storage
- Use thermometers to monitor storage temperatures
- Thaw in the refrigerator or microwave, not at room temperature
- Marinate foods in the refrigerator
- Never leave perishable foods out over two hours
- Keep cold foods below 40°F

# Did You Know...

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- An estimated 76 million cases of foodborne illnesses occur in the United States each year

Source: Centers for Disease Control and Prevention

# Summary for Topic 14-2

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- Good safety and sanitation habits must be a high priority when you cook
- Following the steps of clean, separate, cook, and chill when handling food will help you avoid foodborne illness
- Your health and the health of others depends on the way you practice these habits