**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_**

**NC Food Handler Work Packet**

**Directions:** Use the web address **www.ncfoodhandlers.com** & bring this packet with you each day to class. You are responsible for keeping up with this packet. There are review questions at the end of each chapter. Questions in this packet are organized by chapter, though they may not be in the exact order of which they appear in the program. Be detailed in your responses as this packet becomes your study guide for the test at the end of the program.

To access the program after logging in click “Resume Training” and scroll down and click on “elearning course”.

If you need additional help completing this packet or missed the questions during the course, you can use this study guide: (It can be viewed online.) <http://core.efoodhandlers.com/StudyGuides/FlashManual/index.html>

**Chapter 1: Why food safety is important**

1. DATA: \_\_\_48,000,000\_\_\_\_\_\_\_ are sick each year

\_\_\_\_128,000 \_\_\_\_\_\_\_\_ are hospitalized each year

\_\_\_\_\_3,000 \_\_\_\_\_\_\_\_\_ deaths each year

1. Define: Foodborne Illness – a serious health problem that results from consuming contaminated food.
2. Identify and define 3 main food hazards that cause foodborne illness. Give examples of each.
   1. Biological – most common (bacteria) – E coli, Salmonella, Norovirus
   2. Chemical – poisonous substances added to foods
   3. Physical – Broken glass, jewelry, bandages
3. Which one of the food hazards above connects to the article that you read on Food Poisoning? Biological
4. What are the 8 most common Food Allergens?
   1. milk e. peanuts
   2. soy f. nuts
   3. eggs g. fish
   4. wheat h. shellfish

These allergens send someone to the emergency room every \_\_\_\_3 minutes\_\_\_\_.

1. What is the management’s (Person In Charge) role in helping prevent foodborne illness? (NOTE: 5 things should be listed) 1. Knows the food code, 2. On premises during all hours of establishment open, 3. Responsible for food safety & sanitation, 4. Safe food handling steps & training of staff, 5. Oversees storage of food.
2. When the health inspector visits a restaurant, why do they check cleanliness of the facility and whether there is a PIC present? Miscommunication, unorganized, and lack of effort – A dirty restaurant shows that they are less likely to be following good food safety practices.
3. Which 4 segments of the population are highly susceptible to foodborne illness? Remember you were told to remember it as an **acronym “YOPI”**.

a. Younger than 5 years old

b. Older than 65 years old

c. Pregnant Women

d. Immune Compromised People – Serious Illness

**Chapter 2: Health and Hygiene**

1. What is biological contamination in a restaurant? Caused by germs on our bodies and in our environment.
2. How does a food worker’s health affect food safety? A worker’s health can contaminate the food with germs.
3. What should food workers do if they are sick? (Be specific) They should call the PIC and tell them that they are sick and not coming into work. STAY HOME!!
4. The 24-hour rule is how long one should wait from last observed symptom to return to work. What **4 symptoms** are classified with the 24-hour rule?
   1. Vomiting
   2. Diarrhea
   3. Fever with a sore throat
   4. Jaundice (Yellow skin)
5. In addition to not working while sick, what **other 5 habits** promote good personal hygiene for food workers?
   1. Follow handwashing rules
   2. Keep fingernails trimmed
   3. Use hair restraints when needed
   4. Wear proper work clothing – no jewelry
   5. Always cover cuts & burns with bandages and gloves.

1. When is it appropriate for food workers to wash hands? In other words, under which circumstances should you wash your hands? (**list 4 circumstances**)
   1. Wash your hands throughout the day.
   2. Always wash before prepping food or after possible contamination.
   3. Always wash hands prior to putting on service gloves.
   4. If not sure, wash your hands.
2. Name **at least 5** sources of germ contamination in which a food worker **must wash** their hands.

a. Using the bathroom f. Money

b. Touching face or nose g. Using chemicals

c. Handling Raw Meat h. After taking a break, eating,

d. Sneezing, Coughing, or Blowing your Nose or smoking

e. Handling garbage or animals

1. What are the ‘Big 6’ Food Borne Illnesses?

a. Nontyphoidal Salmonella

b. Salmonella Typhi

c. Shigella

d. Shiga Toxin Producing E. Coli

e. Hepatitis A

f. Norovirus

1. What is the 6 step process for washing hands (per this video)?

Step 1: Get hand wet with warm water

Step 2: Apply soap & scrub.

Step 3: Scrub your hands together for 10-15 seconds (preferably 20 sec – length of

Happy Birthday song.)

Step 4: Scrub backs of hands and in between fingers and forearms.

Step 5: Rinse hands with warm water for 5 seconds.

Step 6: Dry hands & forearms with disposable towel.

1. Why are cloth dishtowels unacceptable for drying dishes? Because there could be germs from the dishes on the dish towel and you will transfer those germs back to your hands.
2. Can hand sanitizer be a substitute for handwashing? Why or Why not? Hand Sanitizer is helpful on clean hands but is NOT a substitute for handwashing.

1. Why should food handlers keep short unpolished finger nails? Short nails so that they can be easily cleaned underneath. Also, polished or artificial nails – you need to have gloves on at all times including when using utensils.
2. What types of jewelry is acceptable for food handlers to wear? You can only wear a wedding band as long as it is covered by gloves.
3. Can food service gloves be used as a substitute for hand washing? Why or Why not?

No, because you must wash your hands before you put gloves on. Gloves are not protecting your hands from the food. They are protecting the food from germs. When you touch the gloves to put them on and you have not washed your hands, then you have transferred germs from your hands to the gloves and then possibly to the food.

1. \_\_70\_\_\_ % of all Food borne illness are caused by \_\_\_improper \_\_ \_handwashing\_\_.
2. What are 5 suitable items to help prevent bare hand contact with ready-to-eat food?
   1. Tongs
   2. Scoops
   3. Utensils
   4. Deli Papers
   5. Single Use Gloves

**Chapter 3: Temperature Control**

1. Why is temperature control important in food safety? Bacteria can grow rapidly between 41˚ F and 135˚ F and can cause food borne illnesses. Therefore, temperature control is a strong defense against food borne illness.
2. What does “**temperature danger zone**” refer to and what is the temperature range for this? The temperature range where bacteria can grow very rapidly. 41˚F - 135˚F
3. What are potentially hazardous foods? Foods that have been left out for more than 4 hours. THROW THEM OUT!!!!
4. What are the 6 main types of potentially hazardous foods? Overlooked as dangerous
   1. Meat d. Seafood Cooked Starches/Pasta
   2. Fish e. Eggs Cooked Vegetables
   3. Poultry f. Dairy
5. After how many hours (when known when the time started) can potentially hazardous food be left out prior to being thrown out? \_\_\_\_4 hours\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Internal Cooking Temperatures** | **Raw Animal Foods** |
| \_\_\_145˚F\_\_ for \_\_15\_\_ seconds | Raw Eggs cooked for immediate service  Fish/Seafood (Fresh or Frozen)  Meat (Pork or Beef steaks)  EXCEPTION: Beef or Pork Roast – for \_3\_ minutes instead. |
| \_\_\_155˚F\_\_ for \_\_15\_\_ seconds | Meats injected with liquids (to enhance flavoring or texture)  Tenderized meats  Raw eggs for later service  Ground beef, ground pork, sausage, or flaked fish |
| \_\_\_165˚F\_\_ for \_\_\_15\_ seconds | Poultry (Chicken, Turkey), Ground Poultry  Stuffed Fish, meat, pork, pasta  Stuffing containing fish, meat, & poultry |

1. Foods cooked in microwaves should be cooked at \_165˚F\_\_. Then you should let them stand for \_\_2\_\_ minutes after cooking. Cook, \_rotate\_\_, & \_\_stir\_\_\_ half way through the cooking process for even heating.

**SAFE THEMOMETER USE VIDEO (NOT OPTIONAL)**

1. When using a thermometer, the stem must be pushed in \_\_2\_\_\_ inches and left in for \_\_20\_ seconds.
2. You should not use a \_dial\_ thermometer when foods are thin such as hamburger patties. You should use a \_\_digital\_\_ thermometer instead.
3. Food thermometers should be able to read between \_\_0˚F\_\_\_\_ and \_\_220˚F\_\_\_\_.
4. How do you check the accuracy of a food thermometer? Use a cup of ice cold water and it should read 32˚F.

**Chapter 3: Temperature Control (Continued)**

1. Identify 3 ways to keep hot foods at the appropriate temperature (this is known as **hot holding**).
   1. Steam Tables, soup warmers, & Hot holding units must be turned on & heated up
   2. Cover pans
   3. Stir food often

The steam table should be turned on and be kept at \_135˚F\_ before placing any food on it.

**ALWAYS HOLD HOT FOODS @ \_135\_\_F or above.**

1. Identify **2 ways** to keep cold foods at the appropriate temperature (this is known as **cold holding**).
   1. Always be mindful of danger zone - 41˚F or colder
   2. Keep in refrigerator, ice, or other approved method to keep bacteria from growing

**ALWAYS HOLD COLD FOODS @ \_\_41\_\_\_\_˚F or below.**

1. What temperature and time should be used to reheat cold foods?

\_\_165\_\_\_˚ for \_\_15\_\_\_\_ seconds within \_\_2\_\_\_\_ hours.

1. What are the 3 methods to cooling food safely?

a. shallow pan

b. size reduction cooling method

c. Time & Temperature Monitored Method

In the Time & Temperature Monitored method – food must cool to \_70\_\_\_˚ in \_2\_\_ hours and from \_\_135\_\_\_˚ to \_41\_\_˚ in \_\_6\_\_\_ hours.

1. What are the 3 recommended methods to thawing food in a restaurant?
   1. Put food in refrigerator (the slowest & SAFEST method) – Raw meats on bottom shelf or in a container to avoid cross contamination.
   2. Under cold running water – keep food covered (70˚F or colder running water until it is thawed)
   3. You may thaw as part of the cooking process or in a microwave for certain foods.

**Chapter 4: Cross Contamination**

1. What is cross contamination? The spread of contaminants (bacteria) from one food or surface to another.
2. What are some causes of cross contamination? Bacteria from meat gets on counter, cutting board, utensils or hands.
3. What are 5 ways that cross contamination be prevented while preparing food?
   1. Always keep raw meats away from ready to eat foods like vegetables.
   2. Always wash hands after handling raw meat.
   3. Food – contact surfaces that touch raw meat must be washed and sanitized.
   4. Never prepare raw meat in areas near other foods.
   5. Use separate cutting boards.
4. Cross contamination can be prevented while food is being stored. Where should raw food be store in relation to ready to eat food? How should food be stored based on their cooking temperature?
   1. Store raw foods on shelves below ready-to-eat foods.

* 1. Store foods with lower cooking temperature above the ones with a higher cooking temperature.

**Chapter 4: Cleaning and Sanitizing**

1. What is the difference between cleaning and sanitizing?

Cleaning – Uses soap & water – gets rid of food particles

Sanitizing – Uses chemicals and heat – gets rid of germs.

1. How do you use a 3-compartment sink when washing dishes by hand?

Compartment #1 – Washing

Compartment #2 – Rinsing

Compartment #3 – Sanitizing

1. Why do you not use a dish towel to dry dishes in a restaurant? There are germs on the dish towel and you do not want to get them on the clean dishes. Therefore, they are usually air dried.
2. How should you store bowls, dishes & utensils?
   1. Bowls – Upside down
   2. Utensils & Dishes – at least 6 inches off the ground

Never touch a part of a dish or utensil that a guest’s \_mouth\_ might touch.

**Chapter 5: Safe Food Sources**

1. All food served must come from a source approved by the \_health\_\_ \_department\_.
2. You may not serve food prepared \_at\_ \_\_home\_\_.
3. \_Meat\_\_, \_\_Poultry\_\_, and \_Dairy\_\_\_ must be inspected by the USDA.
4. When food arrives, it must be inspected before you accept it. Check fruits and vegetables for \_mold\_ or \_\_extreme\_\_ \_bruising\_\_. Check \_\_meats\_\_ for signs of spoiling.
5. Packaged or canned food – if it is \_opened\_, \_rusty\_\_ or severely \_damaged\_, then it is not in good condition and must be returned or thrown away.
6. Potentially hazardous foods must be kept refrigerated and arrive at \_41\_˚ F or colder.
7. Name the 5 ways to **keep pests out** and keep a sanitary environment in a restaurant kitchen?
   1. Keep doors closed & cover holes d. Keep supplies organized safely
   2. Properly dispose of garbage e. Dishes, pots, pans, & supplies s/b off the floor
   3. Clean up messes immediately

**Chapter 6: The Food Workers Top 10**

1. Identify the **top 10 key points of food safety** as mentioned in this section of the course

1. Only work if you’re healthy.

2. Wash hands thoroughly and often.

3. Don’t touch Ready-To-Eat foods with bare hands.

4. Keep food hot, above 135˚F or Cold, below 41˚F.

5. Cook foods to proper temperatures before serving.

6. Cool Hot food as quickly as possible – cool from 135˚F to 41˚F within 6 hours.

7. Keep raw meat away from other foods.

8. Always follow these four steps in order: Wash – Rinse – Sanitize – Air Dry

9. Remember to keep food prep areas and utensils clean and sanitized.

10. Always ask your Person-In-Charge (PIC) any questions you have on food safety.

**At this point you have completed the online course for food safety. Remember, you are only allowed to take the FINAL test once. You may use this work packet to review for the FINAL test. Remember you are only allowed to take the FINAL test once. The FINAL test and this work packet completed will be your two grades for NCFoodHandler.**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_**

**FINAL TEST Grade: \_\_\_\_\_\_\_\_\_\_\_\_ Date Taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher’s Initials:\_\_\_\_\_**

**Work Packet Grade: \_\_\_\_\_\_/28 Date Due: \_\_\_\_\_\_\_\_\_\_\_\_ Date Turned in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Each question worth ½ point on Work Packet)**