

Module 4 – FoodHandlers Certification Program

Objective 4.01: Understand the basics of food safety and sanitation

Getting Started on Day 1 - Directions:

- 1) Go to www.ncfoodhandlers.com
- 2) On the top right of the screen, click on “Schools”
- 3) Then click on “Register-School Students”
- 4) Fill in the required fields:
 - a. **School District** (Select “Wake County Schools” from the drop down box)
 - b. **Class** (Select the class your teacher has set up for you – make sure to select the correct class)
 - c. **School ID#** (Powerschool/Lunch Account Number)
 - d. **First Name** (as it appears in Powerschool/Report Card)
 - e. **Last Name** (as it appears in Powerschool/Report Card)
 - f. **Email** (use your WCPSS student email address: _____@students.wcpss.net)

Then check the following box on the screen:

“I certify I am the person registering, taking the course and exam”.

Then click on “Register Now”

On the next screen in the middle of the page, select the “elearning course” (click on it to begin the course)

There are 6 chapters in the elearning course (see list below). Make sure to sign & date each chapter once you have completed the chapter. Make sure to turn this signed sheet in to your teacher at the end of the course.

Make sure to start with Chapter 1 by clicking on the “Proceed” button to begin Chapter 1.

Chapter 1: Importance of Food Safety _____/Date: _____

Chapter 2: Health and Hygiene _____/Date: _____

Chapter 3: Temperature Control _____/Date: _____

Chapter 4: Avoiding Contamination _____/Date: _____

Chapter 5: Safe Food Sources _____/Date: _____

Chapter 6: Food Worker Top 10 _____/Date: _____

NOTE: When it's time for class to end, you MUST logout of the system so your place in the program can be saved.

To log out **correctly**, click on the “Home” button on the top of the screen, then click on “Logout” at the top of the next screen. Do NOT just close out the window or browser without logging out or you will lose all of your work. When you return to the program on Day 2, do NOT attempt to register again. You simply log in once you have registered.

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: _____ are sick each year
_____ are hospitalized each year
_____ deaths each year
2. Define: Foodborne Illness
3. Identify and define 3 main food hazards that cause foodborne illness. Give examples of each.
 - a.
 - b.
 - c.
4. Which one of the food hazards above connects to the article that you read on Food Poisoning?
5. What are the 8 most common Food Allergens?
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.

These allergens send someone to the emergency room every _____.

6. What is the management's (Person In Charge) role in helping prevent foodborne illness? (NOTE: 5 things should be listed)

7. When the health inspector visits a restaurant, why do they check cleanliness of the facility and whether there is a PIC present?

8. Which 4 segments of the population are highly susceptible to foodborne illness? Remember you were told to remember it as an **acronym "YOPI"**.
 - a.
 - b.
 - c.
 - d.

Chapter 2: Health and Hygiene

9. What is biological contamination in a restaurant?

10. How does a food worker's health affect food safety?

11. What should food workers do if they are sick? (Be specific)

12. 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?
 - a.
 - b.
 - c.
 - d.

13. In addition to not working while sick, what **other 5 habits** promote good personal hygiene for food workers?
- a.
 - b.
 - c.
 - d.
 - e.
14. When is it appropriate for food workers to wash hands? In other words, under which circumstances should you wash your hands? (**list 4 circumstances**)
- a.
 - b.
 - c.
 - d.
15. Name **at least 5** sources of germ contamination in which a food worker **must wash** their hands.
- a.
 - b.
 - c.
 - d.
 - e.
16. What are the 'Big 6' Food Borne Illnesses?
- a.
 - b.
 - c.
 - d.
 - e.
 - f.
17. What is the 6 step process for washing hands (per this video)?
- Step 1:
- Step 2:
- Step 3:
- Step 4:
- Step 5:
- Step 6:

18. Why are cloth dishtowels unacceptable for drying dishes?
19. Can hand sanitizer be a substitute for handwashing? Why or Why not?
20. Why should food handlers keep short unpolished finger nails?
21. What types of jewelry is acceptable for food handlers to wear?
22. Can food service gloves be used as a substitute for hand washing? Why or Why not?
23. _____ % of all Food borne illness are caused by _____.
24. What are 5 suitable items to help prevent bare hand contact with ready-to-eat food?
 - a.
 - b.
 - c.
 - d.
 - e.

Chapter 3: Temperature Control

25. Why is temperature control important in food safety?
26. What does “**temperature danger zone**” refer to and what is the temperature range for this?
27. What are potentially hazardous foods?
28. What are the 6 main types of potentially hazardous foods?
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

29. After how many hours (when known when the time started) can potentially hazardous food be left out prior to being thrown out? _____

30.

<u>Internal Cooking Temperatures</u>	<u>Raw Animal Foods</u>
_____ for _____ seconds	Raw Eggs cooked for immediate service Fish/Seafood (Fresh or Frozen) Meat (Pork or Beef steaks) EXCEPTION: Beef or Pork Roast – for _____ minutes instead.
_____ for _____ 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
_____ for _____ seconds	Poultry (Chicken, Turkey), Ground Poultry Stuffed Fish, meat, pork, pasta Stuffing containing fish, meat, & poultry

31. Foods cooked in microwaves should be cooked at _____. Then you should let them stand for _____ minutes after cooking. Cook, _____, & _____ half way through the cooking process for even heating.

SAFE THERMOMETER USE VIDEO (NOT OPTIONAL)

32. When using a thermometer, the stem must be pushed in _____ inches and left in for _____ seconds.

33. You should not use a _____ thermometer when foods are thin such as hamburger patties. You should use a _____ thermometer instead.

34. Food thermometers should be able to read between _____ and _____.

35. How do you check the accuracy of a food thermometer?

Chapter 3: Temperature Control (Continued)

36. Identify 3 ways to keep hot foods at the appropriate temperature (this is known as **hot holding**).

- a.
- b.
- c.

The steam table should be turned on and be kept at _____° before placing any food on it.

ALWAYS HOLD HOT FOODS @ _____°F or above.

37. Identify 2 ways to keep cold foods at the appropriate temperature (this is known as **cold holding**).

- a.
- b.

ALWAYS HOLD COLD FOODS @ _____°F or below.

38. What temperature and time should be used to reheat cold foods?
_____° for _____ seconds within _____ hours.

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

- a.
- b.
- c.

In the Time & Temperature Monitored method – food must cool to _____° in _____ hours and _____° to _____° in _____ hours.

40. What are the 3 recommended methods to thawing food in a restaurant?

- a.
- b.
- c.

Chapter 4: Cross Contamination

41. What is cross contamination?

42. What are some causes of cross contamination?

43. What are 5 ways that cross contamination be prevented while preparing food?
- a.
 - b.
 - c.
 - d.
 - e.
44. 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?
- a.
 - b.

Chapter 4: Cleaning and Sanitizing

45. What is the difference between cleaning and sanitizing?
46. How do you use a 3-compartment sink when washing dishes by hand?
- Compartment #1 –
 Compartment #2 –
 Compartment #3 –
47. Why do you not use a dish towel to dry dishes in a restaurant?
48. How should you store bowls, dishes & utensils?
- a. Bowls –
 - b. Utensils & Dishes –

Never touch a part of a dish or utensil that a guest's _____ might touch.

Chapter 5: Safe Food Sources

49. All food served must come from a source approved by the _____.
50. You may not serve food prepared _____.
51. _____, _____, and _____ must be inspected by the USDA.
52. When food arrives, it must be inspected before you accept it. Check fruits and vegetables for _____ or _____. Check _____ for signs of spoiling.
53. Packaged or canned food – if it is _____, _____, or severely _____, then it is not in good condition and must be returned or thrown away.
54. Potentially hazardous foods must be kept refrigerated and arrive at _____ ° F or colder.

55. Name the 5 ways to **keep pests out** and keep a sanitary environment in a restaurant kitchen?

- a.
- b.
- c.
- d.
- e.

Chapter 6: The Food Workers Top 10

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

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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)