

Preparing Food Safely Fact Sheet

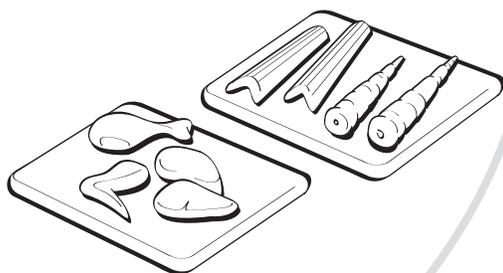
When preparing food:

Prevent cross-contamination. Cross-contamination is the transfer of microorganisms from one food or surface to another.

To prevent cross-contamination:

- Wash hands properly before working with food and between touching different types of food, especially potentially hazardous items such as raw meat, poultry, or seafood.
- Use different cutting boards and utensils to keep raw and ready-to-eat food separate.
- Clean and sanitize all work surfaces and equipment after each task, especially after working with potentially hazardous food such as raw chicken.
- Prepare raw and ready-to-eat food items at separate times of the day. For example, you can prepare salads in the morning, clean and sanitize utensils and work surfaces, and then debone chicken in the afternoon.

Food preparation is a crucial step in restaurant and foodservice operations. To prepare food safely, you must prevent cross-contamination, use proper time and temperature control, and always practice good personal hygiene.



Control time and temperature. Foodborne illness-causing microorganisms grow and multiply at temperatures between 41°F and 135°F (5°C and 57°C). This range is known as the temperature danger zone. You should minimize the amount of time food spends in the temperature danger zone.

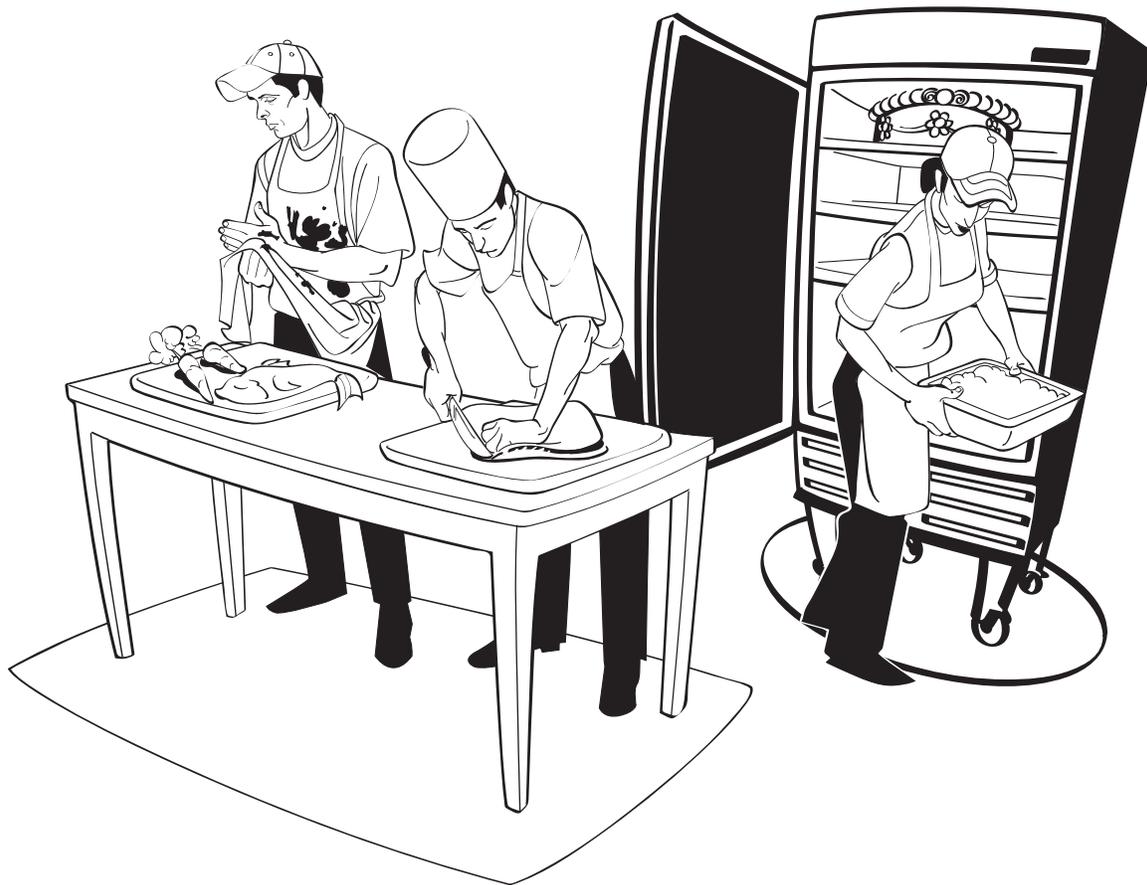
The best way to avoid time-temperature abuse is to establish and monitor control procedures that employees must follow.

Some suggestions include:

- Removing from the refrigerator only enough product that can be prepared in a short period of time
- Preparing small batches of food at a time
- Refrigerating food if interrupted during preparation
- Refrigerating or cooking food as soon as prep is done

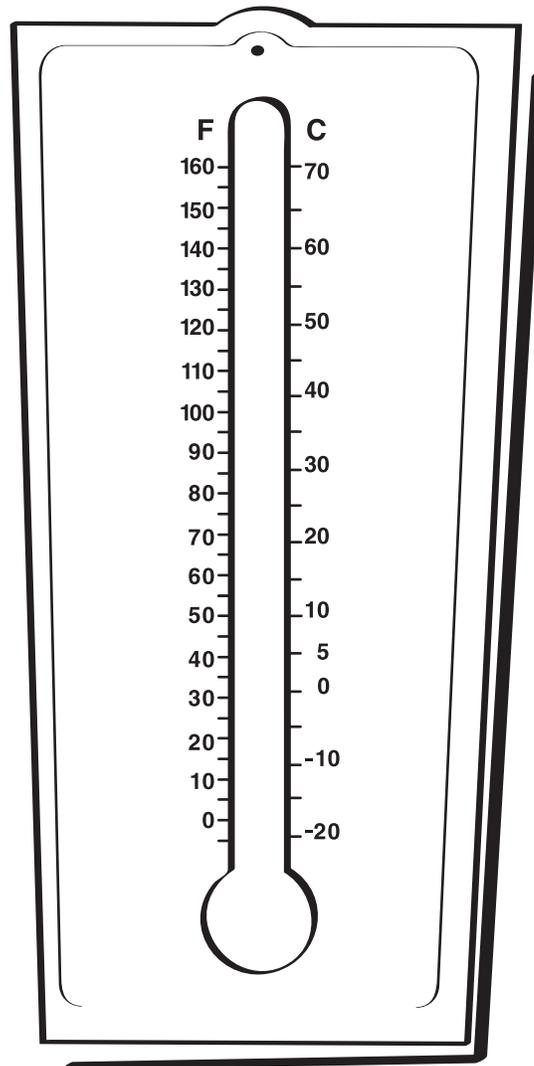
What's Wrong with This Picture?

Directions: The picture below contains unsafe preparation and handling practices. Circle the picture of the items that demonstrate incorrect preparation practices.



What's the Range?

Directions: Shade in the range of the temperature danger zone on this thermometer.



What's Wrong with This Situation?

Directions: Identify the mistakes made during food preparation in the story below.

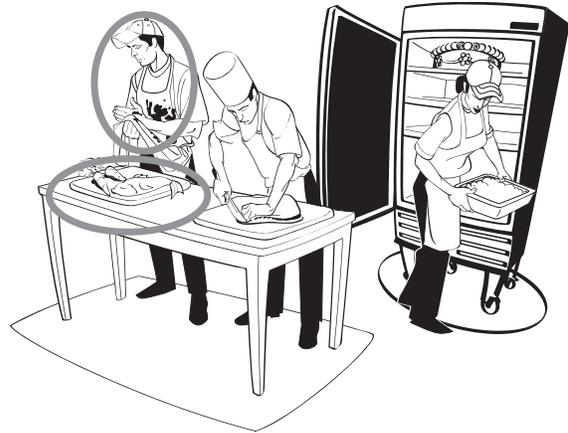
John began preparing chicken salad sandwiches at 7:00 a.m. for the lunch service at 11:30 a.m. He took out enough ingredients to make all of the chicken salad sandwiches he was going to need for the rest of the day. He began by washing his hands. At 8:30 a.m., he was called away to help prepare salad ingredients for the salad bar. He came back at 10:00 a.m. and continued preparing the chicken salad sandwiches. At 10:30 a.m., he went to the bathroom. After going to the bathroom, he washed his hands and continued to prepare the chicken salad sandwiches. At 10:45 a.m., he was called away again to accept a fresh fish delivery. He returned to the chicken salad sandwiches and finished his work at 11:30 a.m., just in time for the lunch service.

Preparing Food Safely Fact Sheet Optional Activity

Answers

1. What's Wrong with This Picture?

The picture of the cutting board with the fish and the carrots, and the person wiping his hands on his apron, are examples of **incorrect food-preparation practices**. The fish and the carrots on the same cutting board is an example of cross-contamination. Always prepare raw and ready-to-eat food items separately. Wiping your hands on your apron is an example of poor personal hygiene. Wash hands properly and dry with a single-use towel.



2. What's the Range?

The temperature danger zone is between **41°F and 135°F (5°C and 57°C)**. Foodborne illness-causing microorganisms grow rapidly in this temperature range, so keep food out of this range as much as possible.

3. What's Wrong with This Situation?

The following mistakes were made during food preparation:

- **John took out too much food at one time.**
Only take out enough ingredients to make a small batch of food to prevent time and temperature abuse.
- **He was called away and should have stored the ingredients, as well as the prepared sandwiches, in the refrigerator.** When interrupted during a task, properly refrigerate all potentially hazardous food.
- **John should have washed his hands before returning to work at 10:00 a.m.** Always wash hands when starting a new task or when interrupted during a task.
- **When he was called away again at 10:45 a.m., John should have stored the ingredients and the sandwiches in the refrigerator.**

