



Spoiled Rotten

Name _____

Hour _____

VIDEO WORKSHEET

THE FSI TEAM IS ON THE CASE...

1. A food-borne illness is:

2. Name three common types of food-borne illnesses:

3. The symptoms of a food-borne illness include:

4. The four important food safety rules are:

5. Identify at least six food safety mistakes that could have caused the food-borne illness in this video.



Spoiled Rotten

TEACHER'S ANSWER KEY

THE FSI TEAM IS ON THE CASE...

1. A food-borne illness is:
An illness caused by eating contaminated food. The source of which is bacteria, or toxins produced by bacteria.
2. Name three common types of food-borne illnesses:
Salmonella
E-Coli
Staphylococcus
3. The symptoms of a food-borne illness include:
Stomachache, vomiting, diarrhea, and nausea (flu-like symptoms).
4. The four important food safety rules are:
Clean
Separate
Cook
Chill
5. Identify at least six food safety mistakes that could have caused the food-borne illness in this video:
Food was left out on the counter for over 3 hours.
Cut-up unwashed vegetables.
Did not wash hands or kitchen surfaces.
Used the same cutting board for raw meat and vegetables.
Sat on the counter with a pet.
Refrigerator temperature was 44 degrees.
Milk was past the freshness date.
Meat juice was dripping on other food in the refrigerator.
Coughing and sneezing on food without washing hands.
Used dishtowel to wipe up spills on the floor.
Hamburger was not thoroughly cooked.

Fahrenheit FACTS

Hot enough to kill most harmful bacteria.

Hot enough to prevent most harmful bacteria from growing.

TEMPERATURE DANGER ZONE

Most harmful bacteria grow best at these temperatures.

REFRIGERATOR TEMPERATURE

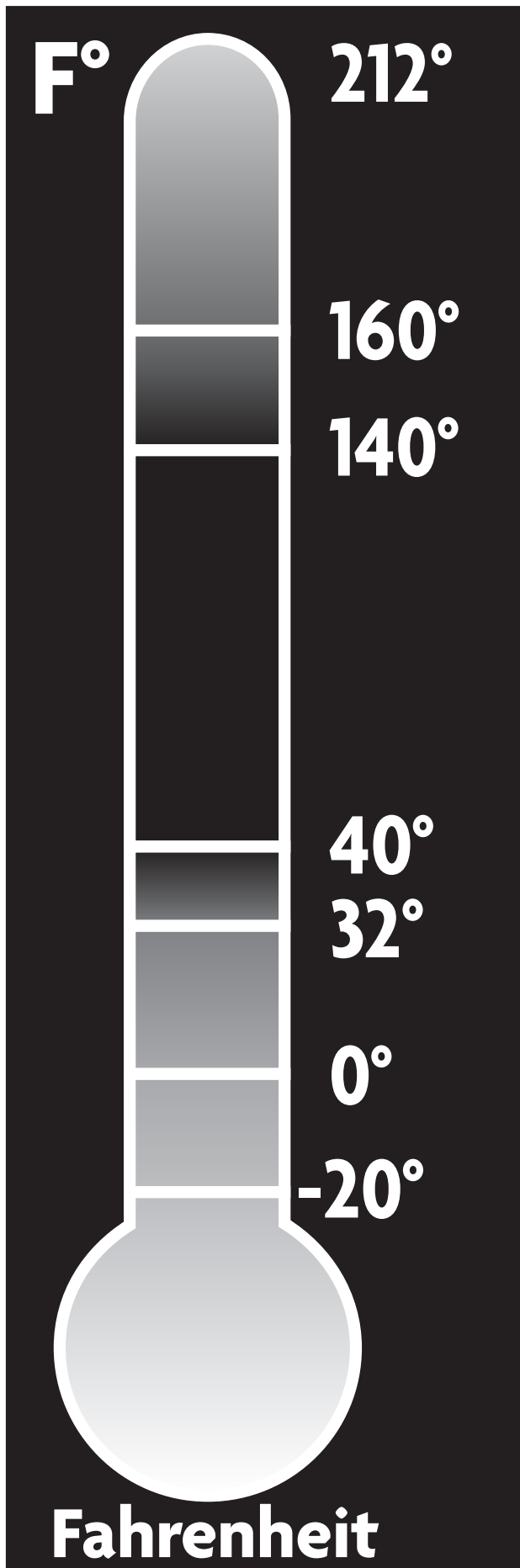
Many harmful bacteria still grow but they grow more slowly.

FREEZER TEMPERATURE

Many harmful bacteria live but do not grow.

KEEP FOOD SAFE!

Meat, poultry, fish, dairy foods and fresh vegetables are favorite places for harmful bacteria to grow. These foods must be kept cold enough or made hot enough to stop bacteria from growing.

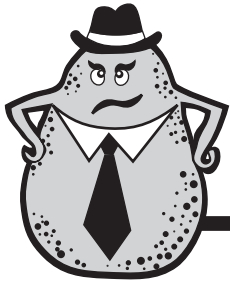


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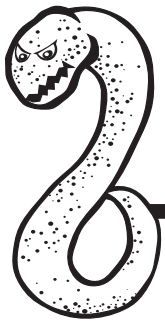
Handwashing Rap



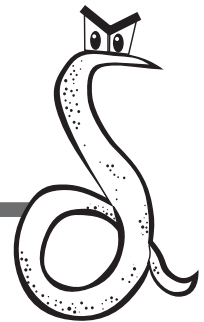
You **gotta'** wash *your* hands, and
You **gotta'** wash 'em right,
Don't **give IN** to **germs**
WITH-out a fight.



Use water that's warm
And **lots** of **soapy bubbles**,
These are *your* weapons
FOR preventing **germ troubles**.



DON'T cut *your* time **short**
Your **fingers** — **GET** between,
It **takes twenty seconds**
TO make sure they're **clean**.



Gotta' wash... gotta' wash
GOTTA' — wash — your hands,
Gotta' wash... gotta' wash
Gotta' — wash — your — hands.

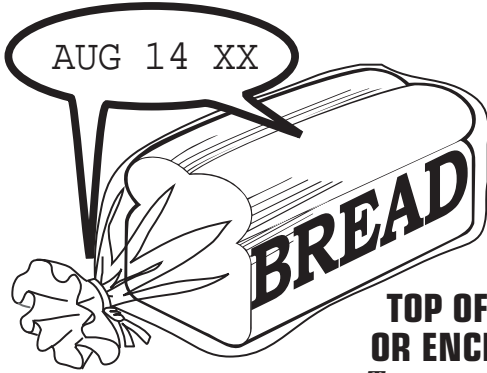
Note: Words/syllables in **heavy green type** carry the stronger beat.

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EXPIRATION DATE DETECTIVE



**TOP OF BAG
OR ENCLOSER**
To prevent mold.



FACE OF PACKAGE
To prevent mold.



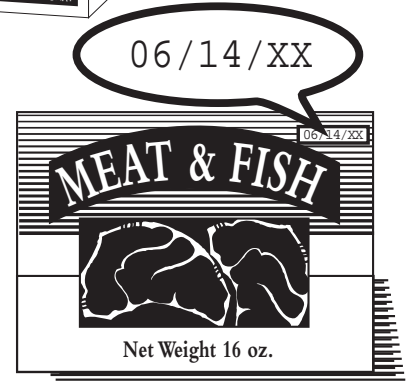
**TOP OF
CARTON**
*To prevent
spoilage.*



FRONT OF BAG
*To keep fresh and
prevent spoilage.*



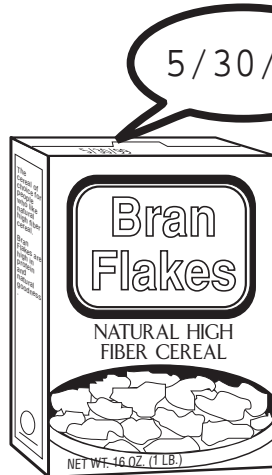
FRONT OF PACKAGE
To keep effective.



**STORE LABEL
OR TOP OF PACKAGE**
*To prevent spoilage &
keep edible.*



TOP OF CAN
To prevent rancidity.



TOP FLAP OF BOX
To keep out grain pests.



**TOP RIGHT CORNER
OF BAG**
*To keep fresh and
prevent rancidity.*



END OF CARTON
To ensure freshness.



FLAP OF BOX
To keep effective.

Store Foods Right

Store these items in the Kitchen Cupboard

bananas
cake
candy bars
cereal
bread & buns
muffins
oil
peanut butter
raisins
chips
doughnuts
sugar
syrup
faco shells
potatoes
crackers

Unopened or Uncooked*:
cream of wheat
cornmeal
oatmeal
spaghetti
tuna
salad dressing/
bottled or canned juice
canned fruits &
vegetables
mayonnaise
tortillas
rice
canned soups

* Once opened or cooked, these foods must be refrigerated.

Store these in the Freezer or Refrigerator

Freeze:
ice cream
mixed vegetables
fish sticks
french fries
pizza
blueberries
strawberries

Once Frozen, Keep Frozen:
beef
hamburger
bacon
pork chops
turkey
chicken

Leftover Storage Chart

Suggested refrigerator storage periods for maintaining the quality of foods:

Cooked Poultry	2-3 days
Cooked Meat or Fish.....	2-3 days
Cured or Smoked Meats	3-5 days
Cured Bacon or Ham	1 week
Ground Meat	1-2 days
Leftover Casseroles	2-3 days
Canned Opened Fruit	3-5 days
Canned Opened Vegetables.....	3 days
Milk	5 days
Cottage Cheese.....	2-3 days
Processed Cheese.....	3-4 weeks
Puddings	1-2 days
Margarine.....	4-6 months
Butter	1-2 weeks

Fresh Foods:

apples
blueberries
cabbage
cantaloupe
carrots
cheese
broccoli
cottage cheese
eggs
grapes
lettuce
pears
milk
tomatoes
watermelon
yogurt
chip dip

Prepared Foods:

baked beans
chili/soup
gravy
cornbread
jam (opened)
macaroni and cheese
leftover pizza
tuna salad
green beans
creamed corn
casseroles

Meats:

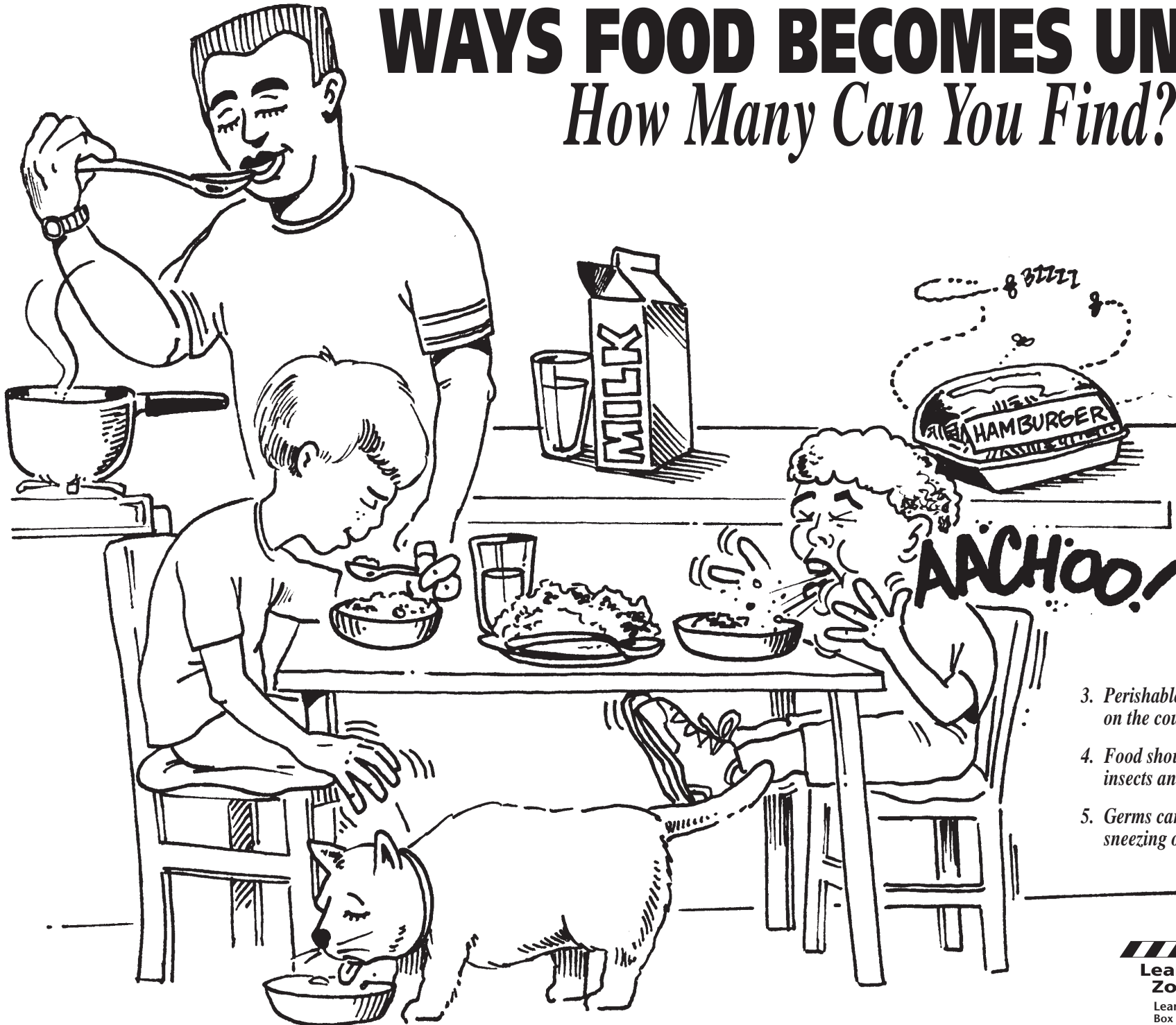
hot dogs
fish
lunch meat

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WAYS FOOD BECOMES UNSAFE

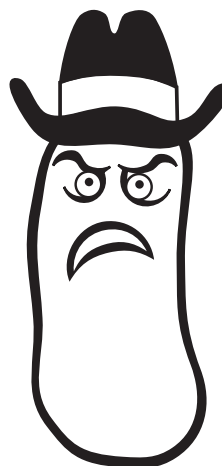
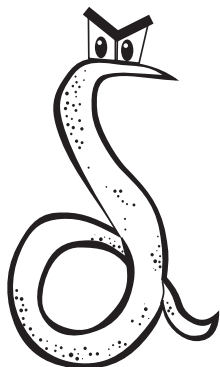
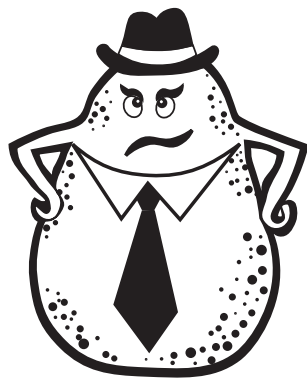
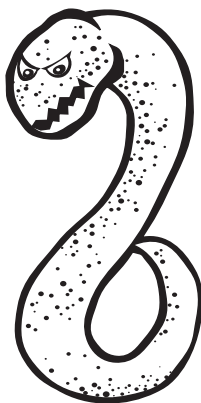
How Many Can You Find?



1. Food should not be tasted from the serving spoon.
2. Hands should be washed after touching animals before you eat or touch food.
3. Perishable food should not be left on the counter.
4. Food should be protected from insects and properly stored.
5. Germs can spread to foods by sneezing or coughing.

THE LINE-UP

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SALMONELLA

Alias: Salmonella Smashers

Hideouts:
Raw meats, poultry, eggs, milk, fish, and products made from them.

Hangouts:
People, pets, insects, and rodents.

Crimes:
Cause headaches, diarrhea, abdominal cramps, and sometimes vomiting within 12-36 hours.

To Outsmart Them:

- Cook foods thoroughly and serve them while they are still hot.
- Keep cooking utensils and surfaces clean while preparing foods.
- Promptly cool or freeze foods after cooking or preparing them.
- Fully reheat stored foods.
- Wash your hands before handling food and eating — as well as after handling raw meat and poultry.

STAPHYLOCOCCUS AUREUS

Alias: Staph Staff

Hideouts:
Moist meat dishes, meat salads, sliced meats, and starchy foods such as eclairs, cream puffs, cake fillings, and potato salad.

Hangouts:
Nasal passages of humans and animals, and on the skin.

Crimes:
Cause nausea, vomiting, diarrhea, and severe cramps within 3-8 hours.

To Outsmart Them:

- Always have clean hands when handling food.
- Clean cooking utensils and counter-tops with hot, soapy water.
- Cook foods thoroughly before serving them.
- Cool or freeze foods promptly after meals.

CLOSTRIDIUM BOTULINUM

Alias: Botulism Bunch

Hideouts:
Improperly canned foods like meat, poultry, fish, and most vegetables.

Hangouts:
Soil, water, produce, and other foods; inside of foods where anaerobic (air-free) conditions can exist.

Crimes:
The worst of them all. They are rare, but they can kill. Cause weakness, constipation, headache, double vision, and impaired speech, chewing and swallowing within 12-36 hours.

To Outsmart Them:

- Follow recommended guidelines when home-canning.
- Never taste food that smells foul, is in a leaking, bulging, or badly damaged can, is in a cracked jar with loose or bulging lid, or that spurts liquid when it is opened.

CLOSTRIDIUM PERFRINGENS

Alias: Perfringens Pack

Hideouts:
High protein foods such as meat, poultry, and eggs.

Hangouts:
Sewage, soil, dust, crops, meat, and poultry.

Crimes:
Cause nausea and diarrhea, and gas pains within 8-24 hours (usually within 12 hours).

To Outsmart Them:

- Cook high protein foods thoroughly.
- Keep foods hot until eaten.
- Refrigerate foods in shallow containers for quick temperature reduction to stop the multiplication of the bacteria.

E. COLI O158:H7

Alias: E. Coli Crew

Hideouts:
Raw or unpasteurized milk, and raw or undercooked ground beef.

Potential Victims:
Everyone — especially the elderly, young children and people who eat in large group settings like cafeterias.

Crimes:
Cause stomach cramps, nausea, vomiting, diarrhea (often bloody). Complications - urinary tract and kidney infections serious enough to cause death.

To Outsmart Them:

- Thoroughly cook meats.
- Do not drink unpasteurized milk.
- Always keep hot foods hot and cold foods cold.
- Always wash your hands before preparing and/or eating food.

LISTERIA MONOCYTOGENES

Alias: Lester the Mean Microbe

Hideouts:
Raw or unpasteurized milk and foods made from it, vegetables, meat, fish, poultry, and their products.

Potential Victims:
Especially pregnant women, infants, elderly and people who are ill.

Crimes:
Fever, chills, backache, stomach pain and diarrhea. Complications may include blood poisoning and death.

To Outsmart Them:

- Do not drink unpasteurized milk or eat cheese made from unpasteurized milk.
- Thoroughly cook meat, fish and poultry and their products.
- Always wash your hands before preparing and/or eating food.
- Keep hot foods hot and cold foods cold.
- Do not refrigerate foods for long periods of time.