

# SNAP RECAP

## FOOD & KITCHEN SAFETY | Master List

### FOOD SAFETY

	The Four Cs of Food Safety	FAT TOM	Food Storage	Risky Foods
100	<p>This method of food safety involves increasing the internal temperature of a food item to kill harmful bacteria.</p> <p><b>What is cooking?</b></p>	<p>Bacteria can double in this time period</p> <p><b>What is 20 minutes?</b></p>	<p>Refrigerators should be kept at or below this temperature</p> <p><b>What is 40 degrees Fahrenheit?</b></p>	<p>A food that is most likely to produce a food-borne illness?</p> <p><b>What is a risky food?</b></p>
200	<p>This method of food safety cools down food to slow bacterial growth</p> <p><b>What is chilling?</b></p>	<p>Bacteria grow the fastest in this temperature range</p> <p><b>What is 40 to 140 degrees Fahrenheit?</b></p>	<p>Perishables, prepared foods, and leftovers should be refrigerated within this time period</p> <p><b>What is 2 hours?</b></p>	<p>This food should be stored immediately in the refrigerator and cooked until the yolks and whites are firm, not runny</p> <p><b>What are eggs?</b></p>
300	<p>This method of food safety involves washing your hands, cutting boards, countertops, and food items</p> <p><b>What is cleaning?</b></p>	<p>This type of food is safe to store at room temperature because it lacks moisture</p> <p><b>What is a dry food?</b></p>	<p>Bacteria will rapidly multiply within this temperature range</p> <p><b>What is the danger zone?</b></p>	<p>This food should be cooked until it is firm and flakes easily</p> <p><b>What is fish?</b></p>
400	<p>Separate items in your shopping cart and refrigerator to avoid this</p> <p><b>What is cross-contamination?</b></p>	<p>Bacteria need these two nutrients for growth</p> <p><b>What are protein and carbohydrates?</b></p>	<p>The date by which perishable foods should be sold</p> <p><b>What is the expiration date?</b></p>	<p>Ground beef and eggs should be cooked to this internal temperature.</p> <p><b>What is 160 degrees Fahrenheit?</b></p>
500	<p>The amount of time you should spend washing your hands to rid them of bacteria</p> <p><b>What is 20 seconds?</b></p>	<p>The pH range in which most microorganisms like to grow</p> <p><b>What is 6.6-7.5?</b></p>	<p>Food items containing this substance should be thrown away or the substance should be cut from the item</p> <p><b>What is mold?</b></p>	<p>These food items should be washed or peeled to remove pesticides and bacteria</p> <p><b>What are fruits and vegetables?</b></p>

# BAD BUGS

	Food-borne Illness	<i>Staphylococcus aureus</i>	<i>Salmonella</i>	<i>E.coli</i>	Botulism
100	An illness caused by eating contaminated food <b>What is a food-borne illness?</b>	This salad, made of potatoes, eggs, mayonnaise, and mustard, can carry staph <b>What is potato salad?</b>	A pathogen carried by people, pets, insects, and rodents <b>What is <i>Salmonella</i>?</b>	Complications from an infection by this bacteria can result in death <b>What is <i>E. coli</i>?</b>	The pathogen that causes botulism <b>What is <i>Clostridium botulinum</i>?</b>
200	The symptoms of food-borne illness- stomachache, vomiting, diarrhea, and nausea- are a lot like this common illness <b>What is the flu?</b>	Staph can be found on humans in this place <b>What are the nasal passages?</b>	A form of white meat that can carry <i>Salmonella</i> <b>What is poultry?</b>	This popular leafy green is a hideout for <i>E. coli</i> <b>What is spinach?</b>	This popular item, found in your pantry, is a leading cause of botulism <b>What is a canned good?</b>
300	Food-borne illness is caused by this kind of microorganism <b>What is bacteria?</b>	Symptoms of an infection will develop within this time period <b>What is 3-8 hours?</b>	It is important to do this to your hands after handling raw poultry <b>What is wash?</b>	This essential ingredient in hamburgers is also a leading cause of <i>E.coli</i> infections <b>What is ground beef?</b>	Avoiding this kind of can will help you avoid botulism <b>What is bulging?</b>
400	Clean, separate, cook, and chill, commonly known as this, are four ways to prevent food-borne illness <b>What are the Four C's of Food Safety?</b>	This popular French dessert may be a host for staph <b>What is an éclair?</b>	Don't eat this treat raw because it contains uncooked eggs <b>What is cookie dough?</b>	Cook ground beef to this temperature to avoid infection by <i>E. coli</i> <b>What is 160 degrees Fahrenheit?</b>	These symptoms of botulism make it difficult to eat <b>What is difficulty chewing and swallowing?</b>
500	A kind of food that may cause food-borne illness <b>What is a risky food?</b>	To avoid infection by staph, throw out deli meats after this date <b>What is the expiration date?</b>	The amount of time it takes to develop symptoms from <i>Salmonella</i> <b>What is 12-36 hours?</b>	Do not drink this kind of milk <b>What is unpasteurized?</b>	Botulism thrives in this condition <b>What is air-free?</b>

# KITCHEN SAFETY

	Fire!	Preventing Burns and Bruises	Kitchen Chemicals	Appliance Safety	Preventing Cuts
100	<p>This method of putting out a small fire involves cutting off the flame's oxygen supply</p> <p><b>What is smothering?</b></p>	<p>Wipe these off floors to prevent slips and falls</p> <p><b>What are spills?</b></p>	<p>This is the best place to store all chemicals and hazardous products that might be used for cleaning or pest control</p> <p><b>What are original containers?</b></p>	<p>What you should do with a toaster when you're not using it</p> <p><b>What is unplug?</b></p>	<p>It is important to keep your knives in this condition to prevent cuts</p> <p><b>What is sharpened?</b></p>
200	<p>What you should do if your clothes catch on fire</p> <p><b>What is Stop, Drop and Roll?</b></p>	<p>To prevent these, lift the lid away from you and wait a few seconds before looking in</p> <p><b>What are steam burns?</b></p>	<p>Never store these near the stove or other heat sources: they can explode</p> <p><b>What are aerosol cans?</b></p>	<p>If your appliance has this, it could give a shock or start a fire</p> <p><b>What is a frayed cord?</b></p>	<p>Use this to wipe up broken glass</p> <p><b>What is a wet paper towel?</b></p>
300	<p>This common baking ingredient is helpful in putting out grease fires</p> <p><b>What is baking soda?</b></p>	<p>Pull out this before you take food out of the oven</p> <p><b>What is the oven rack?</b></p>	<p>Anything that ignites easily or is capable of burning rapidly</p> <p><b>What is flammable?</b></p>	<p>Keep electrical appliances away from this substance</p> <p><b>What is water?</b></p>	<p>Point your knife this direction from your body</p> <p><b>What is away?</b></p>
400	<p>This is the number one cause of fires in the kitchen</p> <p><b>What is food cooking unsupervised?</b></p>	<p>To prevent burns, use these when handling hot pots and pans</p> <p><b>What are pot holders?</b></p>	<p>Capable of harming or killing if ingested</p> <p><b>What is poisonous?</b></p>	<p>Unplug electrical appliances by grasping this, not the cord</p> <p><b>What is the plug?</b></p>	<p>When you are washing dishes, it is important to wash knives in this order</p> <p><b>What is last?</b></p>
500	<p>Test these to make sure they are working properly and change batteries every year</p> <p><b>What are smoke detectors?</b></p>	<p>Turn these toward the back of the stove to avoid bumping into them</p> <p><b>What are pan handles?</b></p>	<p>Anything that is potentially dangerous</p> <p><b>What is hazardous?</b></p>	<p>Microwaves should never be used when they are in this condition</p> <p><b>What is empty?</b></p>	<p>To avoid cuts when cutting fruits and vegetables, it is important to use one of these items</p> <p><b>What is a cutting board?</b></p>