

Chef Marshie Morgan

Food Safety

Quick Reference Sheet

Everything on this sheet you will see on the exam!

HAZARDS

- Biological
- Chemical
- Physical

HANDWASHING *total time 20 seconds*

1. Wet hands using water that is at least 100°F (37.8°C)
2. Apply soap
3. Scrub for 10-15 seconds
4. Rinse
5. Dry

CLEANING * SANITIZING

- Cleaning removes debris
- Sanitizing reduces pathogens to safe level

VIRUSES *controlled by personal hygiene*

- Hepatitis A
- Norovirus

BACTERIAS *controlled by time/temperature*

- E. coli shiga toxin-producing
- Shigella
- Salmonella Typhi
- Salmonella Nontyphoidal

FATTOM

- Food
- Acidity
- Temperature
- Time
- Oxygen
- Moisture

CDC Top Five Risk Factors

1. Purchasing food from unsafe sources
2. Failing to cook food adequately
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

DANGER ZONE

41°F – 135°F (5°C – 57.2°C)

Keep cold food below 41°F hot food above 135°F

COOKING TEMPERATURES

135°F (57.2°C)	Heat-treated plant foods, Commercially processed food
145°F (62.8°C)	Meat, Seafood, Eggs: immediate service
155°F (68.3°C) 15 sec	Ground Meat & Fish, Eggs: hot held, injected meat
165°F (73.9°C) <1 sec	Poultry, Stuffed, Stuffing with Meat, Reheat, Microwave, Partial Cook

WATER TEMPERATURES

Thermometer Calibration	Boiling point 212°F (100°C)	Ice point 32°F (0°C)
Thawing	Not hotter than	70°F (21.1°C)
Wash water	Three Compartment sink	110°F (37.8°C)
Sanitizer water (<i>heat booster</i>)	Three Compartment sink	171°F (77.2°C)
Dish Machine	Rinse	180°F (82.2°C)

KEY TEMPERATURES

Pathogens grow most quickly	70°F – 125°F (21.1°C -51.7°C)
Cooling Food	135°F to 70°F (57.2°C to 21.1°C) within 2 hours THEN 70°F to 41°F (21.1°C to 5°C) within 4 hours

I want to thank you personally for using me for your food safety training needs. Please check out my YouTube channel which acts as my reference library for “possible test questions”. Good luck on the exam.

Chef Marshie Morgan

<https://www.youtube.com/channel/UC617t50l2lR1qgxGPi5Peg>