

Assignment09

1. The 5 most common foodborne bacteria are “Campylobacter”, “Salmonella”, “Listeria monocytogenes”, “E. coli O157:H7” and “E. coli non-O157:H7 STEC”.
2. The most likely place you will get food “poisoning” is food prepared at home where cases usually aren’t reported.
3. The temperature bacteria grow and multiply is between 40°F - 140°F or 4°C - 60°C.
4. Your refrigerator should be between 34°F - 40°F or 1°C - 4°C
5. When using a cutting board:
 - a. Use separate boards for meat and vegetables and mark them so there is no confusion
 - b. Materials should be easy-to-clean: smooth, hard maple, acrylic, plastic or marble. Avoid boards made of soft, porous material, have cracks or crevices and wooden boards.
 - c. After each use, wash them in hot, soapy water, rinse and dry well. Rinsing or wiping isn’t enough. You can also sanitize the boards using bleach by mixing one tablespoon with a gallon of water and then letting the boards air-dry.
- 6.

How long to keep these items in the refrigerator	
Fresh eggs	3 – 5 weeks
Hot Dogs – opened package	1 week
Lunch Meat (Deli meat) opened package	3 – 5 days
Raw meat	1 – 2 days
Mayonnaise (open)	2 months
Leftovers (in general)	3 – 4 days

7. To remember when the above items are opened, I will take a sharpie and write the date of when I opened each product.

8.

	Always	Usually	Sometimes	Never
Wash your hands for 20 seconds or more with warm, soapy water before and after handling food? Dry them with a clean cloth?	✓			
Change your dishtowels and dishcloths every few days	✓			
Clean up splatters in your microwave oven immediately with hot, soapy water?	✓			
Sanitize cutting boards after each use with a chlorine bleach-water solution?				✓
Clean your refrigerator each week, discarding foods that are too old?	✓			
Wash fresh vegetables and fruit?		✓		
Thaw in the refrigerator, not on the counter?				✓
Rotate foods in your freezer and cupboards, with the oldest foods in front?			✓	
Check foods in cans and jars for bulging and leaking before opening?		✓		
Marinate meat, poultry and seafood in the refrigerator?	Null	Null	Null	Null
Grill food so it cooks evenly inside and outside?	✓			
Use a clean plate and fork to take cooked food from the grill to the table?	✓			
Clean your picnic cooler with hot, soapy water before you use it?	Null	Null	Null	Null
Use leftovers within 3 - 4 days? Heat leftovers until 165°F?	✓			
Remove stuffing from chicken and turkey before refrigerating leftovers?	Null	Null	Null	Null
Avoid the urge to use the stirring spoon for a quick taste?			✓	
Use a clean knife and cutting board for vegetables after cutting meat, poultry or seafood?		✓		
Use a food thermometer to cook meat and poultry to a safe internal temperature? Cook eggs thoroughly?				✓
Following cooking instructions when microwaving packaged foods?	✓			
Put leftovers in the refrigerator within two hours of cooking?		✓		
Cook hamburger patties until they're 160°F and no longer pink inside?	✓			
Clean the outdoor grill after every use?	Null	Null	Null	Null
Remove perishable foods from a buffet after two hours?	Null	Null	Null	Null
Store poultry, meat and fish on the bottom of your refrigerator in containers that won't leak?				✓
Use refrigerator and freezer thermometers to check their temperatures?				✓
Total - 57	36	12	4	5

9. I feel I have a good sense of cleanliness in general; the things I need to change is to properly use and clean cutting boards, buying thermometers and marking when I have opened foods with a sharpie.