

NAME: \_\_\_\_\_ ADVISOR: \_\_\_\_\_

## ServSafe Food Handler Training Notetaking Guide

### Chapter 1: The Danger Zone

1. Pathogens grow most quickly in the temperature range between \_\_\_\_\_'F and \_\_\_\_\_'F. This range is known as the Temperature Danger Zone.
2. Cold food must be kept at a temperature \_\_\_\_\_'F or \_\_\_\_\_. This means that refrigerators and freezers need to be kept at this temperature range.
3. Hot food must be kept at a temperature of \_\_\_\_\_'F or \_\_\_\_\_. This means that hot foods like pasta, soup, and cooked meats on a buffet need to be kept on warmers or under heat lamps to maintain a safe temperature.
4. If at ANY time food enters the \_\_\_\_\_ it must be thrown out.
5. Something looking \_\_\_\_\_ does not mean that it is safe, because pathogens (germs) can still be present.
6. Food becomes unsafe due to \_\_\_\_\_ and \_\_\_\_\_.
7. Contamination is when bacteria, parasites, viruses or other \_\_\_\_\_-organisms that grow and produce natural poisons come in contact with \_\_\_\_\_.
8. When pieces of packaging or kitchen equipment fall into food items it is known as \_\_\_\_\_ contamination. (chemical, biological, or physical)
9. When cleansers or insecticides come in contact with food and make it unsafe it is known as \_\_\_\_\_ contamination. (chemical, biological, or physical)
10. Food is exposed to unsafe bacteria due to cross-contamination, poor personal hygiene or food-borne illnesses has been exposed to \_\_\_\_\_ contamination. (chemical, biological, or physical)
11. Five major mistakes that cause food-borne illness are:
  1. Inadequate \_\_\_\_\_
  2. Employees working while \_\_\_\_\_
  3. \_\_\_\_\_ - contamination
  4. Inadequate final cooking \_\_\_\_\_
  5. Inadequate \_\_\_\_\_ control

12. Proper \_\_\_\_\_ washing involves wetting hands with warm water, scrubbing hands with soap for 15 second, rinsing hands with warm water, and drying hands with a disposable paper towel.

## **Chapter 2: Personal Hygiene**

1. Safe food begins with high standards of \_\_\_\_\_ hygiene and \_\_\_\_\_ on the part of employees.

2. \_\_\_\_\_ your \_\_\_\_\_ well is one of the most important good health habits.

3. Employees must wash their hands before...

1. \_\_\_\_\_ going on duty.
2. Before touching anything used to \_\_\_\_\_ food.
3. Before putting on \_\_\_\_\_.
4. Before touching \_\_\_\_\_ that will touch \_\_\_\_\_.
5. Before touching foods that will NOT be \_\_\_\_\_.
6. After handling \_\_\_\_\_ foods (especially meat, fish and poultry)
7. \_\_\_\_\_ handling eggs.
8. After touching their \_\_\_\_\_, \_\_\_\_\_, or any body part.
9. After handling dirty \_\_\_\_\_.
10. After \_\_\_\_\_ or using \_\_\_\_\_ substances.

4. Washing hands correctly always begins with \_\_\_\_\_ running water.

5. Plastic gloves can also spread \_\_\_\_\_. Gloves should be changed between \_\_\_\_\_.

6. Gloves and sanitizers do NOT replace \_\_\_\_\_.

7. An apron is NOT a \_\_\_\_\_, and should be changed if it is dirty.

8. Food workers who display any of the following symptoms are NOT permitted to work:

1. Fever
2. Jaundice
3. Runny Nose
4. Cough
5. Vomiting
6. Diarrhea

9. The only form of jewelry allowed to be worn during food prep is a plain-band \_\_\_\_\_.

10. Employees working must refrain from drinking, eating, or \_\_\_\_\_ in all food prep and storage areas.

11. After unplanned coughs or sneezes, an employee should immediately double wash their \_\_\_\_\_.

### **Chapter 3: Receiving and Storing Food**

1. The receiving station and delivery truck should be \_\_\_\_\_.

2. Any products what are past their \_\_\_\_\_ date, or that will expire before use should be \_\_\_\_\_.

3. Check the \_\_\_\_\_ of cold or hot foods that are delivered, and reject all foods that are at the Temperature Danger Zone.

4. Food deliveries should only come from approved sources endorsed by the \_\_\_\_\_.

5. \_\_\_\_\_-to-\_\_\_\_\_ food includes washed, whole, uncooked foods that do not require cooking.

6. Foods in storage should be arranged in FIFO order, which stands for \_\_\_\_\_ In, \_\_\_\_\_.

7. Keep food storage areas and trays clean and \_\_\_\_\_.

8. Refrigerate dry goods once they are mixed with \_\_\_\_\_.

9. Beef delivered should be bright \_\_\_\_\_ in color and \_\_\_\_\_ to the touch.

10. Pork should be \_\_\_\_\_ and lean in color that \_\_\_\_\_ to the touch.

11. All meats with dirty \_\_\_\_\_ or damaged packaging should be rejected, even if the cuts of meat appear clean once unwrapped.

12. All cold food items (dairy, produce, meat) should be at a temperature of \_\_\_\_\_'F for lower.

### **Chapter 4: Food Preparation & Handling**

1. In order for foods to be cooked and prepared, foods must pass through the temperature \_\_\_\_\_ zone.

2. The time limit for food in the Danger Zone is \_\_\_\_\_ hours. After that, it must be \_\_\_\_\_.
3. All food- contact surfaces need to be \_\_\_\_\_ and \_\_\_\_\_ before and after food preparation and service.
4. Frozen items should be thawed in the \_\_\_\_\_, where it may take up to three days.
5. The \_\_\_\_\_ Thawing Method involves placing frozen food in a large container and filling it with \_\_\_\_\_, \_\_\_\_\_ water for no more than 2 hours. After the food has thawed, the container and sink must be washed and sanitized.
6. NEVER thaw foods on the counter at \_\_\_\_\_ temperature....because that would be in the temperature Danger Zone!
7. \_\_\_\_\_ should ALWAYS be used to check the internal cooking temperatures of prepared food, and the temperature should be continually monitored.
8. The bi-\_\_\_\_\_ stem thermometer is the most commonly used kitchen thermometer. It should never be left in food while cooking in an oven or microwave..
9. The \_\_\_\_\_ of the thermometer is where the temperature is recorded.
10. The needle or temperature reading on a thermometer must stabilize for at least \_\_\_\_\_ in order to give a stable reading.

## **Chapter 5: Sanitation, Cleaning and Maintenance**

1. Detergents, sanitizers and \_\_\_\_\_ remove dangerous pathogens and germs from surfaces.
2. \_\_\_\_\_ is the process of reducing the number of microorganisms / pathogens to a safe level by using heat or chemicals on a clean surface.
3. Surfaces must first be \_\_\_\_\_ and rinsed before sanitizing.
4. A three-compartment sink has three sections for (1) \_\_\_\_\_, (2) rinsing, and (3) \_\_\_\_\_.
5. The sanitizer levels in a three-compartment sink can be tested using a \_\_\_\_\_.

6. Water in the sanitizing section of a three-compartment sink must reach a temperature of \_\_\_\_\_°F.

7. Dishes should be \_\_\_\_\_ dried.

8. Employees should always \_\_\_\_\_ hands after washing dishes and before returning to work.

9. Chemicals should be kept in their own original packaging, and kept away from \_\_\_\_\_ handling areas.

10. Garbage containers should be kept clean and \_\_\_\_\_ regularly. Garbage should never pile up or overflow.

11. If the power/refrigerator goes out, food \_\_\_\_\_ should be monitored regularly.

12. Foods that enter the temperature Danger Zone, it must be \_\_\_\_\_.