

J. Russell JR HSC Day 6

J. Russell

**Juniors HSC Off-Site Instruction Packet
Day 6**

Juniors- Serve Safe 5 AND Advocacy 6

- 1. Read over the Serve Safe 5 Outline Notes for Preparation, Cooking, and Serving. Use a highlighter to highlight all underlined information.**
- 2. Make notecards of the vocabulary list and study them for a quiz.**
- 3. Complete the Assignment of 9 questions using the outline notes.**
- 4. Complete the Assignment pages for Advocacy Day 6.**

OUTLINE NOTES

Serve Safe #5----Preparation, Cooking, and Serving

Read the notes and Highlight all underline words.

1. There are four acceptable methods for thawing food?
 - In a refrigerator
 - under running water
 - In a microwave oven, if the food will be cooked immediately after thawing
 - As part of the cooking process

2. The types of salads involved in foodborne-illness outbreaks are salads that contain:
 - chicken, tuna, eggs, pasta, and potatoes

3. These salads are typically not cooked after they have been prepared, so there is no chance to eliminate microorganisms that may have been introduced during preparation

4. What can be done to prevent foodborne illness?
 - Make sure leftover ingredients have been cooked, held, cooled, and stored properly
 - Make sure leftover ingredients have not been kept past the "use-by" date

5. If egg dishes require little or no cooking--
 - Use pasteurized shell eggs or egg products

6. The requirements for serving eggs to high-risk populations-
 - Use pasteurized shell eggs when preparing raw or undercooked dishes
 - Use unpasteurized shell eggs if the dishes will be cooked all of the way through, such as an omelet or a cake

7. Keep produce safe when preparing it---
 - Keep away from raw meat, poultry, and eggs and surfaces exposed to them
 - Clean and sanitize the workspace and all utensils that will be used
 - Wash produce under running water to remove dirt and other contaminants; this must be done before cutting, cooking, or combining produce with other ingredients
 - Pull leafy greens such as lettuce and spinach completely apart and rinse them thoroughly

8. The only way to reduce microorganisms in food to safe levels is to **Cook** the food to its required minimum internal temperature.
9. To get an accurate reading of cooked food-
 - Check the temperature in the **thickest** part of the food
 - Take at least **two** readings in different locations
10. Cooking food does not destroy spores or toxins that may be on it, so it is critical to handle food safely **before** it is cooked to prevent spores from forming
11. The minimum internal cooking temperature for each of these items is--
 - Scrambled eggs that will be served immediately
 - **145°F** for fifteen seconds
 - Roast duck
 - **165°F** for fifteen seconds
 - Pork sausage (ground meat)
 - **155°F** for fifteen seconds
 - Stuffed pasta
 - **165°F** for fifteen seconds
 - Injected roasts
 - **155°F** for fifteen seconds
 - Lamb chops
 - **145°F** for fifteen seconds
 - Eggs cooked in a microwave
 - **165°F**
 - Beef roast
 - **145°F** for four minutes
 - Grilled Salmon
 - **145°F for** fifteen seconds
12. When cooking food in a microwave be sure to:
 - **Cover** the food to prevent the surface from drying out
 - Rotate or stir it **halfway** through cooking to distribute the heat more evenly
 - Let it stand at least **two** minutes after cooking to let the temperature even out
 - Check the temperature in **several** places to make sure the food is cooked through
13. When cooling TCS food temperature requirements include:
 - Foods must be cooled from 135°F to 70°F within **two** hours and then from 70°F to 41°F or lower in the next **four** hours
14. Cooling within the first two hours is important because:

- A. Microorganisms grow much **faster** at temperatures between 125°F and 70°F so food must pass through this temperature range **quickly** to minimize growth.
- B. Cooling the food to 70°F within two hours allows it to pass **quickly** and **safely** through the most dangerous part of the temperature danger zone
15. What should you do if food has not reached 70°F within the first two hours, when cooling it then **throw it** out or **reheat** it and cool it again
16. Large quantities of hot food should **not** be placed in a refrigerator to cool because
- Refrigerators are not designed to cool hot food **quickly**
 - It can raise the internal temperature of the refrigerator, putting other stored food at risk
17. To help cool food faster you should-
- Cut large food items into **smaller** pieces
 - Divide **large** containers of food into smaller containers or shallow pans
18. Three safe methods for cooling food--
- Place the food in an ice-water bath and **stir** the food frequently
 - Stir the food with an **ice** paddle
 - Place the **food** in a blast chiller
19. TCS foods should be held:
- **Cold** food must be held at an internal temperature of 41°F or lower
 - **Hot** food must be held at an internal temperature of 135°F or higher
20. Check the temperature of food being held for service-
- At least every **four** hours
 - As an alternative, check the temperature every **two** hours to leave time for corrective action
21. What should you do if after four hours the food is not at the proper temperature?
- **Throw it out**
22. Keep food safe when using serving utensils by--
- Using Only clean and sanitized utensils for **serving**
 - **Separate** utensils should be used for each food item
 - Utensils should be cleaned and sanitized **after** changing serving tasks
 - Utensils should be cleaned and sanitized at least once every **four** hours during continuous use
23. Minimize bare-hand contact with food that is cooked or ready to eat by handling food with **tongs**, or **gloves**.
24. Prevent contamination when handling glassware and dishes by-

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- Holding **dishes** by the bottom or the edge
 - Hold **cups** by the handles and glassware by the middle, bottom or stem
 - Hold flatware and utensils at the **waiste**
25. Prevent contamination of ice:
- Use ice **scoops** or **tongs**
 - Store ice scoops in a sanitary location and **not** in the ice
26. To prevent contamination on food bars and buffets--
- Have employees monitor these areas **closely**
 - **Install** sneeze guards
 - **Label** all items
 - Do **not** allow customers to refill soiled plates or use soiled silverware at the food bar

Serve Safe #5 Vocabulary List

Name _____

Make notecards and study for quiz

1. Produce- a generalized term for a group of farm-produced crops and goods, including fruits and vegetables.
2. Injected meats- the process where some companies add flavor and moisture to smoked, barbecued, or grilled food.
3. ice paddle- made of sturdy food grade plastic with ice inside, to cool food down more quickly.
4. Pasteurized- the process of heating to a specific temperature and then cooling to reduce pathogens that are likely to cause disease.
5. sneeze guard- a screen to protect food from contamination. Common in restaurants and buffets.
6. unpasteurized- when foods can still contain pathogens that cause disease.
7. TCS foods- **food** that requires time-temperature control
8. ice water bath- a mix of **water** and **ice** to quickly stop the **cooking** process. Used to cool foods down quickly.
9. blast chiller- a cousin of the refrigerator, another appliance to store food between +3 °C and +5 °C. It is more expensive and usually only found in commercial kitchens.
10. use-by date- the final day a product will be at its optimum freshness, flavor, and texture. After this **date**, it is still edible, but flavor and texture will not be at their peak.

JUNIOR ADVOCACY LESSON, DAY 6

Cashing Your Paycheck, Banking Vocabulary

In lesson 6 you will make four paycheck cashing decisions. Also, you will complete a banking vocabulary review.

Turn to page 42 in your booklet. Read the instructions for the scenarios. For each of the four scenarios: read the situation and possible solutions. Put an X next to the best choice.

You will see nine vocabulary words to match on page 43. Each word from the word bank is used one time.