

# SAFESTAFF®

## FOODHANDLER CERTIFICATE PROGRAM

DBPR's Contracted Food Safety Provider



DBPR Approved Program Provider No. 1752486



For more information about the  
SAFESTAFF® FOODHANDLER TRAINING PROGRAM  
or to reorder more copies of this Foodhandler Training Guide, contact:

**SAFESTAFF®**

P.O. BOX 1779

TALLAHASSEE, FL 32302-1779

Toll free 1.866.372.SAFE (7233) • email [SafeStaff@frla.org](mailto:SafeStaff@frla.org)

[www.SafeStaff.org](http://www.SafeStaff.org)

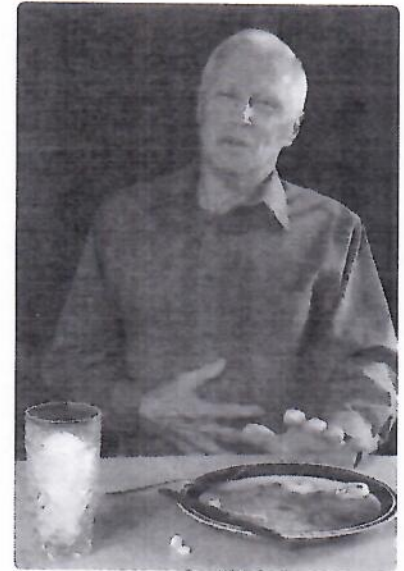
*SafeStaff® is a registered trademark of the Florida Restaurant & Lodging Association*

# CHAPTER 1

## FOOD CONTAMINATION

A **foodborne illness** is a disease transmitted to people by contaminated food. Without proper employee training and careful attention to safe food handling procedures, food can easily be contaminated by any number of physical, chemical, or biological hazards. Food service workers must be knowledgeable and careful when handling and serving food products. Food, plates, glassware, and utensils can easily be contaminated by the transfer of bacteria or other microorganisms when incorrectly handled by food service employees. For these reasons, foodhandler training is mandatory for licensed restaurants and hotels in Florida.

The transfer of microorganisms from a worker's hands to food or food contact surfaces is called **cross-contamination**. Cross-contamination also occurs when contaminated equipment is used to prepare or serve food without first being washed, rinsed and sanitized. An example of this would be the use of a cutting board to prepare raw chicken, then using the same cutting board to prepare ready-to-eat foods such as chopping lettuce for a salad.



### TYPES OF FOOD CONTAMINATION

Microorganisms occur naturally and can be found virtually everywhere - in air, water, on surfaces, and on people. They can be transferred from surface to surface in many different ways. Being aware of how microorganisms are transferred is the first step to reducing the risk for foodborne illness. In addition to microorganisms, food can be contaminated by other hazardous substances. Food may become contaminated in one of three ways:

**Biological contaminants:** microorganisms such as viruses, bacteria, parasites, fungi and toxins

**Chemical contaminants:** cleaning products, toxic metal residue, pesticides

**Physical contaminants:** hair, bandages, dirt, metal shavings, artificial fingernails, pest droppings, chipped equipment

### WHAT CAUSES FOOD CONTAMINATION

#### Poor Personal Hygiene

According to the Centers for Disease Control (CDC), poor personal hygiene is one of the leading causes in the spread of foodborne illness. Foodhandlers must understand the importance of handwashing and eliminating the fecal / oral route of food contamination. Frequent and correct handwashing is extremely important in preventing cross-contamination when serving and preparing food. Good personal hygiene includes: clean work clothes, avoid touching one's hair, skin, nose or mouth, maintaining health, reporting illness, not working while ill, not wearing jewelry to work, and covering exposed cuts, burns or sores. Hair must be effectively restrained with a hairnet, cap or other technique. Fingernails must be clean, short, unpolished and may not have acrylic or other artificial products applied. Employees may not smoke or eat in a food preparation area, and may drink only from a covered cup with a lid and a straw.

#### Cleaning and Sanitizing

Another critical area in preventing food contamination is proper cleaning and sanitizing of equipment, utensils, dishware and silverware. Even when food workers properly prepare food and have good hygiene, food can become contaminated if it comes into contact with unclean food contact surfaces or equipment. This can start a dangerous and costly chain reaction that results in a foodborne illness.



Copyright © International Association for Food Protection

## Time and Temperature Control



The Temperature Danger Zone is between 41°F to 135°F. This is the temperature range in which harmful microorganisms grow most rapidly. For this reason, potentially hazardous food or time / temperature control for safety (TCS) food may not remain in the Temperature Danger Zone for more than four (4) hours. Foods in the Temperature Danger Zone for more than four (4) hours must be thrown away. Examples of TCS foods are: eggs, poultry, dairy, ground beef, soy, meats, seafood and fish, cut leafy greens, tomatoes and melons, garlic in oil, baked potatoes wrapped in foil and pastry creams and custards.

According to the US FDA Food Code, potentially hazardous food is food that requires temperature control for safety (TCS) to limit pathogenic microorganism growth or toxin formation. To remain safe, food must always be held at proper temperatures:

**Frozen food** - hold at 0°F or lower - food must be frozen solid

**Cold food** - hold at 41°F or lower

**Hot food** - hold at 135°F or higher

When preparing food, work quickly and in small batches to minimize TCS food exposure to the Temperature Danger Zone. Using pre-chilled ingredients is a good way to protect food during preparation.

Cooking is one of the most critical points in the flow of food. Thoroughly cooking food destroys harmful microorganisms that may be present in food. Remember, cooking will not destroy existing toxins in food. Raw, frozen or chilled food should be cooked without interruption to the required minimum internal temperature unless it is cooked using the US FDA Food Code 2009 specifications for "non-continuous cooking."

## Approved Sources and Suppliers

All foods used in a public food service establishment must be obtained from an "approved source." An approved food source is a supplier, vendor, or any other food source that is licensed and inspected under the jurisdiction of a governmental entity. Restaurants must obtain food only from approved food sources, such as licensed food distributors and wholesalers, licensed processing plants, licensed meat suppliers, or licensed grocery stores.

Documentation as to where food is purchased must be available if requested by a food safety inspector. Food prepared in a home or any other unlicensed facility is never allowed for sale in a restaurant or by other public food service providers such as a caterer.

Food received in a food service establishment must be properly labeled, transported and stored in food-grade containers. Reject any food not from an approved source, or not in acceptable condition. Reject food or packaging exhibiting signs of spoilage, damage (dents, bulges, leaks, tears, rust) or items past the expiration date.

## Food Allergens

A food allergen is a substance that when ingested prompts the generation of antibodies and a hypersensitive immune system response. This can result in damaging, discomforting or even fatal reactions from the immune system.

Individuals who are allergic to specific foods may experience a range of symptoms from mild (sneezing, coughing, itching) to severe (swelling, hives, difficulty breathing) or even death. Be alert and aware that some allergic reactions may require emergency responders for immediate assistance. All staff should know when it is appropriate to call "911."

Common food allergens are: wheat and wheat products, fish, shellfish, peanuts, tree nuts, soy and soy products, eggs and egg products, and milk and dairy products. Oils derived from these common sources, such as peanut oil, are also considered allergens.

### BIG 8 ALLERGENS

Know what an allergic reaction is, and what to do when an allergic reaction is observed.  
Know the difference between mild and severe reactions.  
Be ready to call for a manager's help or 911 if necessary.  
ASK GUESTS: DO YOU HAVE A FOOD ALLERGY THAT I SHOULD BE AWARE OF?

 MILK Dairy Products	 EGG Egg Products	 SOY Soy Products	 WHEAT Wheat Products
 FISH Fish Products	 SHELLFISH Shellfish Products	 TREE NUTS Tree Nut Products	 PEANUTS Peanut Products

**Symptoms of Allergic Reactions**

- Swelling, Coughing
- Hives, Rash, Eczema, Itch
- Nausea or Vomiting
- Hoarseness or Trouble Swallowing
- Difficulty Breathing
- Dizziness, Lightheadedness
- Loss of Consciousness
- Anaphylaxis

**To Prevent Food Cross-Contamination**

- Use clean and sanitized equipment
- Wash hands thoroughly when handling with potential allergens and never eat, drink, or use their hands
- Change gloves after working with allergens, wash hands, and avoid going to eating or other areas
- Wash and sanitize all contact equipment before preparing food for another guest
- Handle allergens in designated areas only
- Label all allergen-containing items

GET YOUR PHLA SAFEState COMPLIANCE TOOLS FROM [WWW.SAFESTATE.ORG](http://WWW.SAFESTATE.ORG)

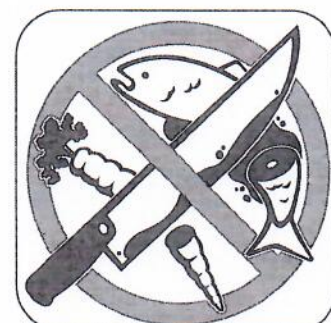
The US FDA Food Code 2009 requires customer disclosure of food ingredients that are common known allergens. To help customers identify allergens, menus should disclose foods that contain potential allergens, and self-service foods should likewise be clearly labeled. Additionally, employees are required to be knowledgeable about the eight most common food allergens: fish, shellfish, eggs, milk, wheat, soy (tofu), peanuts and tree nuts.

**The 2009 US FDA Food Code and Florida law mandates that all food service employees to be trained in food allergen awareness. All staff should know the most common allergens listed above. Service staff should be trained to ask guests about any food allergies and food prep staff must be trained in preventing allergen cross-contact.**

When working with food items that are common food allergens, be careful not to cross-contact with other foods. Employees should take the same precautions recommended to prevent cross-contamination from allergens as they do between raw and ready-to-eat foods. Remember, allergen cross-contact can occur on cooking equipment such as woks, flat-top or charbroil grills, and even in fryer oil. Allergen-exposed equipment should be segregated, or washed, rinsed and sanitized before using for an allergic patron.

## Food Contamination Prevention Steps

- Enforce correct personal hygiene habits
- Prevent cross-contamination
- Keep food covered
- Separate raw food and cooked food at all stages of preparation, storage and service
- Minimize bare-hand contact with cooked or ready-to-eat foods by using tongs / utensils, gloves and service trays
- Ensure food equipment, like cutting boards, prep tables and slicers, are cleaned, sanitized and in good condition
- Wash food only in properly sanitized, designated prep sinks
- Prevent the liquid from raw or thawing frozen foods from contacting cooked or ready-to-eat foods, potentially hazardous / TCS foods, or food contact surfaces and equipment
- Clean and sanitize all food contact surfaces using clean wiping and sanitizing cloths
- Practice strict time and temperature controls for all TCS food
- Store TCS food at 41°F or lower and 135°F or higher, out of the Temperature Danger Zone
- Work with small batches of food to minimize the time food spends in the Temperature Danger Zone during preparation
- Dispose of potentially hazardous / TCS foods that have been in the Temperature Danger Zone for four hours or longer
- Destroy bacteria present in food by thoroughly cooking all foods to their recommended minimum internal temperature for a minimum of 15 seconds
- Discard any food that is suspected to be contaminated
- Store chemicals away from food



Copyright © International Association for Food Protection

Remember, food safety can be maintained by following these four basic principles: clean, separate, cook and chill.

## BEST EMPLOYEE PRACTICE

### Cross-Contamination

Employees must be constantly aware of the potential risks for cross-contamination. It is best to prepare raw poultry, meats and seafood on a separate surface as far as physically possible away from fresh produce and ready-to-eat food preparation areas. For best results, use color-coded cutting boards; Red for raw red meat, yellow for raw poultry, blue for raw seafood, green for produce and white for dairy.

# CHAPTER ONE REVIEW QUIZ

## True or False

1. T\_\_\_\_ F\_\_\_\_ If work surfaces and utensils are not properly cleaned and sanitized, food can become unsafe.
2. T\_\_\_\_ F\_\_\_\_ A leading cause of foodborne illness is unsafe food handling by food service workers.
3. T\_\_\_\_ F\_\_\_\_ Salt is a common food allergen.
4. T\_\_\_\_ F\_\_\_\_ Florida law requires food safety training for food service workers.

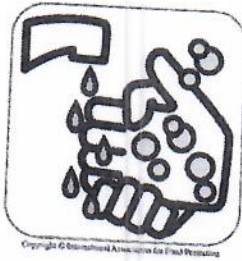
## Complete each sentence

1. TCS food must not remain in the Temperature Danger Zone for more than \_\_\_\_\_ hours.
2. TCS food that has been in the Temperature Danger Zone for longer than the allowed time must be \_\_\_\_\_.
3. The three types of hazards which can cause contamination of food are: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
4. Scientific research has proven that poor personal \_\_\_\_\_ is a leading cause in the spread of foodborne illness.

## Multiple Choice

1. The Temperature Danger Zone, between 41°F to 135°F, is the temperature range in which harmful \_\_\_\_\_ grow most rapidly.
  - a. plants
  - b. microorganisms
  - c. fish
  - d. illnesses
2. \_\_\_\_\_ occurs when there is a transfer of microorganisms from one surface to another.
  - a. Cross-contamination
  - b. Physical contamination
  - c. Time and temperature abuse
  - d. Sanitizing
3. When preparing food, work in \_\_\_\_\_ batches to \_\_\_\_\_ the time food spends in the Temperature Danger Zone.
  - a. large, maximize
  - b. large, guarantee
  - c. small, minimize
  - d. small, increase
4. \_\_\_\_\_ is an extremely important factor in preventing contamination when preparing and serving food.
  - a. Temperature abuse
  - b. The use of dirty dishes
  - c. Using paper products
  - d. Proper handwashing

# INTERNATIONAL SYMBOLS YOU SHOULD KNOW



Wash Hands

Copyright © International Association for Food Protection



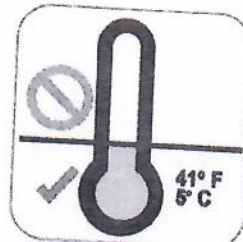
No Bare-hand Contact

Copyright © International Association for Food Protection



Cook Foods to Temperature

Copyright © International Association for Food Protection



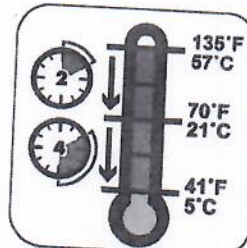
Proper Cold Holding

Copyright © International Association for Food Protection



Time / Temperature Control for Safety

Copyright © International Association for Food Protection



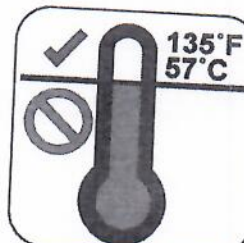
Proper Cooling

Copyright © International Association for Food Protection



Don't Work Sick

Copyright © International Association for Food Protection



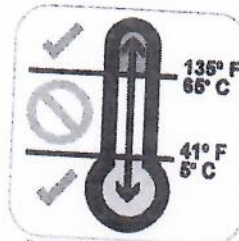
Proper Hot Holding

Copyright © International Association for Food Protection



Prevent Cross-Contamination

Copyright © International Association for Food Protection



Temperature Danger Zone (TDZ)

Copyright © International Association for Food Protection