

The Food Safety Challenge – Study Guide

	Illness carried or transmitted to people by food
	According to the center for disease control and prevention (CDC) an incident in which two or more people experience the same illness after eating the same food.
	Rules stating how food must be handled in an establishment
	Defense against a food related lawsuit stating that an establishment did everything that could be reasonably expected to ensure that the food served was safe.
	The body's defense system against illness. People with compromised immune system are more susceptible to food borne illness
	Presence of harmful substances in food. Some food safety hazards occur naturally, while others are introduced by humans or environment.
	Illness causing microorganisms that can contaminate food such as certain bacteria, viruses, parasites and fungi as well as toxins found in certain plants, mushroom and seafood.
	Chemical substances that can contaminate food, such as cleaners, sanitizers, polishes machine lubricants, and toxic metals, that leach from cookware and equipment
	Foreign objects that can accidentally get into food and contaminate it such as hair, dirt, metal staples, and broken, glass as well as naturally occurring objects such as bones in fillets
	Food has been time temperature abused any time it has been allowed to remain too long at a temperature favorable to the growth of food borne microorganisms
	Occurs when microorganisms are transferred from one food or surface to another
	Habits that include keeping the hands, hair and body clean and wearing clean and appropriate uniforms. Avoiding unsanitary actions and reporting illness and injury are also features of good personal hygiene.