

## Chef Marshie Morgan

### Food Safety Quick Reference Sheet

[MMBizSolutions.com](http://MMBizSolutions.com)

Everything on this sheet you will see on the exam!

#### HAZARDS

- Biological
- Chemical
- Physical

#### HANDWASHING *total time 20 seconds*

1. Wet hands using water that is at least 100°F (37.8°C)
2. Apply soap
3. Scrub for 10-15 seconds
4. Rinse
5. Dry

#### CLEANING \* SANITIZING

- Cleaning removes debris
- Sanitizing reduces pathogens to safe level

#### VIRUSES *controlled by personal hygiene*

- Hepatitis A
- Norovirus

#### BACTERIAS *controlled by time/temperature*

- E. coli shiga toxin-producing
- Shigella
- Salmonella Typhi
- Salmonella Nontyphoidal

#### FATTOM

- Food
- Acidity
- Temperature
- Time
- Oxygen
- Moisture

#### CDC Top Five Risk Factors

1. Purchasing food from unsafe sources
2. Failing to cook food adequately
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

#### DANGER ZONE

**41°F – 135°F (5°C – 57.2°C)**

*Keep cold food below 41°F hot food above 135°F*

#### COOKING TEMPERATURES

135°F (57.2°C)	Heat-treated plant foods, Commercially processed food
145°F (62.8°C)	Meat, Seafood, Eggs: immediate service
155°F (68.3°C) 17 sec	Ground Meat & Fish, Eggs: hot held, injected meat
165°F (73.9°C) <1 sec	Poultry, Stuffed, Stuffing with Meat, Reheat, Microwave, Partial Cook

#### WATER TEMPERATURES

Thermometer Calibration	Boiling point 212°F (100°C)	Ice point 32°F (0°C)
Thawing	Not hotter than	70°F (21.1°C)
Wash water	Three Compartment sink	110°F (37.8°C)
Sanitizer water ( <i>heat booster</i> )	Three Compartment sink	171°F (77.2°C)
Dish Machine	Rinse	180°F (82.2°C)

#### KEY TEMPERATURES

Pathogens grow most quickly	70°F – 125°F (21.1°C -51.7°C)
Cooling Food	135°F to 70°F (57.2°C to 21.1°C) within 2 hours <b>THEN</b> 70°F to 41°F (21.1°C to 5°C) within 4 hours

