

FOOD-BORNE ILLNESS & FOOD HAZARDS

with



®

Hazards in Food Safety

- ▶ Three types of hazards that make food unsafe:
 - ▶ Biological
 - ▶ Pathogens that cause illness
 - ▶ Chemical
 - ▶ Cleaners, sanitizers, polishes
 - ▶ Physical
 - ▶ Bandages, dirt, glass/metal shavings



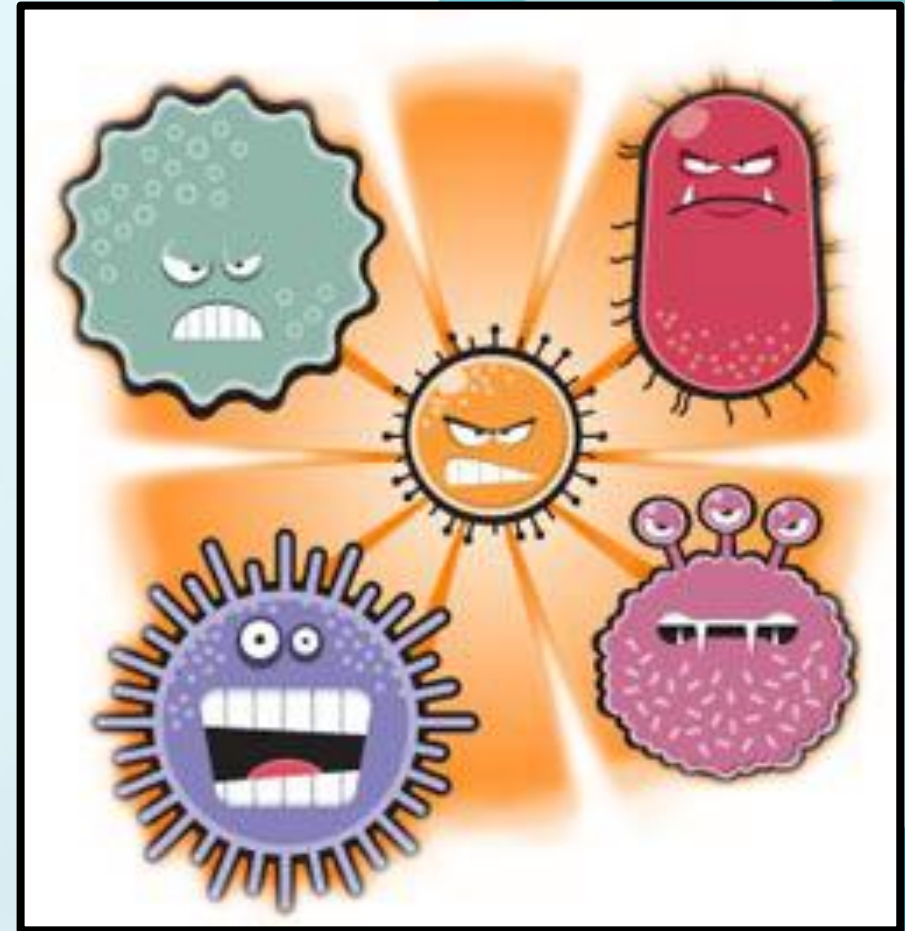
Pests in Food Safety

- ▶ Pests can cause two types of contamination:
 - ▶ **BIOLOGICAL** & **PHYSICAL**
- ▶ If you spot these signs, alert the manager:
 - ▶ Droppings, nests or damage to products, packaging and the facility due to pests.



Food-Borne Illness

- ▶ Results from eating contaminated foods containing poisonous toxins.
- ▶ Three microbes (PATHOGENS) that cause food-borne illness:
 - ▶ Bacteria
 - ▶ Viruses
 - ▶ Fungi (Yeast and Mold)



Bacterial Growth

➤ General conditions for bacterial growth are FATTOM:

1. FOOD SOURCE

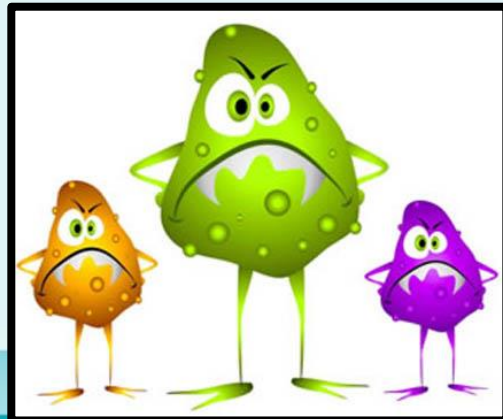
2. ACID LEVEL

3. TIME

4. TEMPERATURE

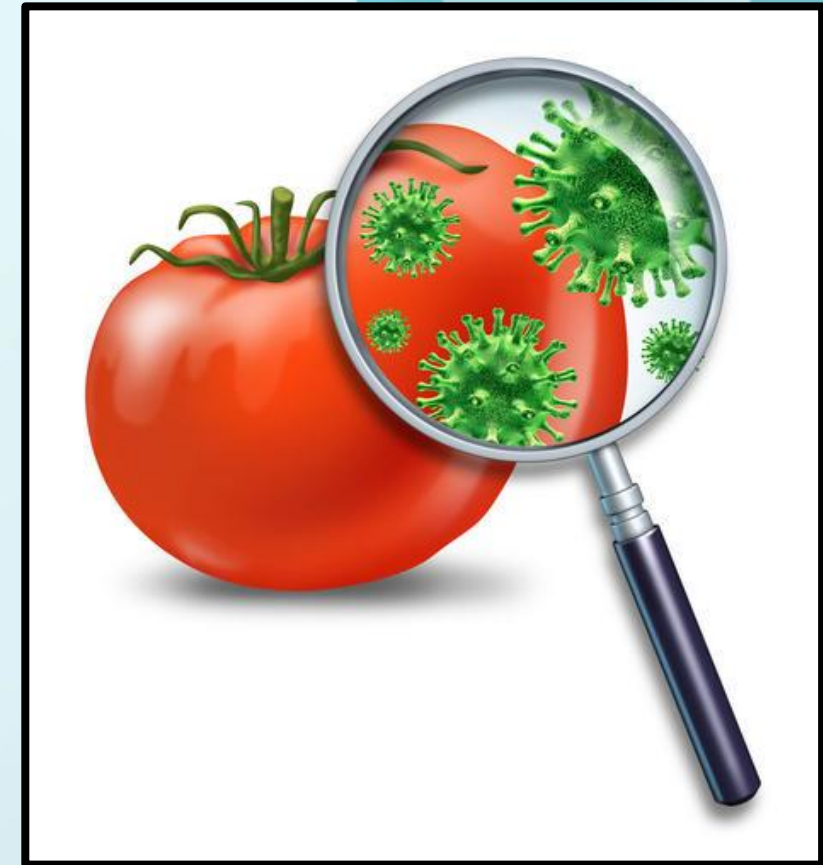
5. OXYGEN

6. MOISTURE



Causes of Food-Borne Illness

1. Food from unsafe sources.
2. Inadequate cooking.
3. Improper holding temperature.
4. Contaminated equipment.
5. Poor personal hygiene (not washing hands).
6. Sick employees - **MUST NOTIFY MANAGER.**
 - Vomiting, diarrhea, jaundice, sore throat with a fever
7. Any food can cause food-borne illness.



Symptoms of Food-Borne Illness

- **Nausea**
- **Vomiting**
- **Abdominal Cramps**
- **Diarrhea**
- **Headaches**
- **Fever**
- **Fatigue & Body Aches**
- **Digestive Problems**



Populations In Danger

1. Y: YOUNG Children

2. O: OLDER Adults

3. P: PREGNANT Women

4. I: IMMUNE-Compromised



Types of Food-Borne Illnesses

▶ **BOTULISM**

- ▶ **Most Common Source:**
 - ▶ **Improperly Canned Foods or Bulging Cans**



Types of Food-Borne Illnesses

▶ **E. coli**

▶ **Most Common Source:**

▶ **Undercooked
Ground Beef**

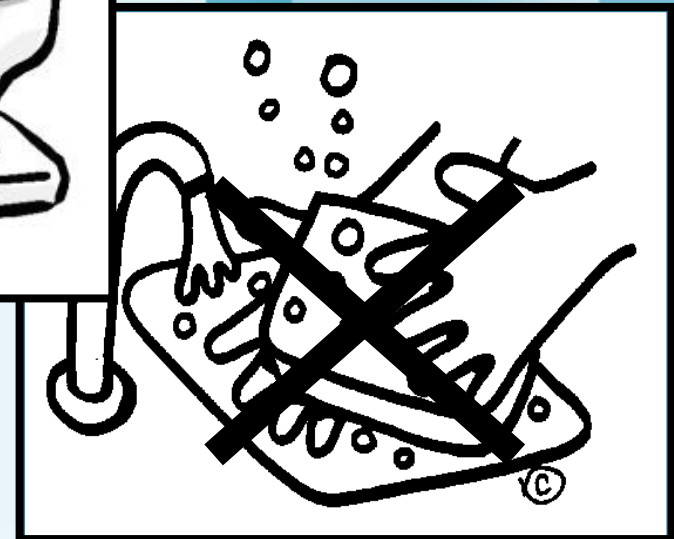


Types of Food-Borne Illnesses

▶ Hepatitis A

▶ Most Common Source:

▶ Feces (Human Waste) from Improper Hand Washing



Types of Food-Borne Illnesses

▶ Salmonella

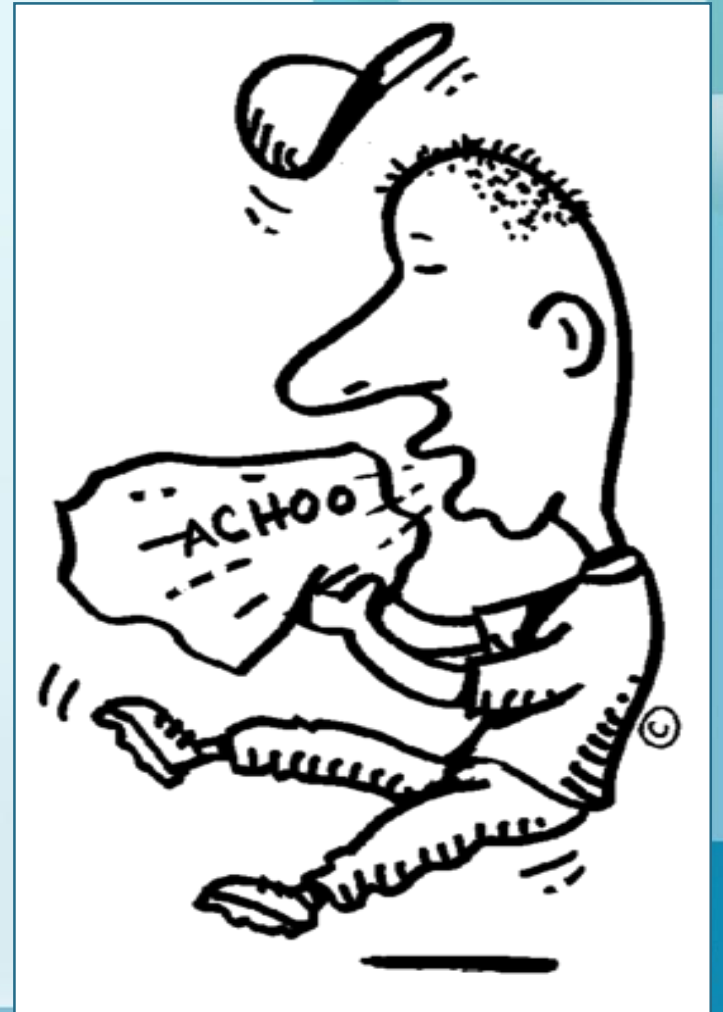
▶ Most Common Source:

▶ Raw Poultry and
Eggs



Types of Food-Borne Illnesses

- ▶ **Staphylococci (Staph)**
- ▶ **Most Common Source:**
 - ▶ **Human Mucous (Coughing/Sneezing)**



Types of Food-Borne Illnesses

▶ Norovirus

▶ Most Common Source:

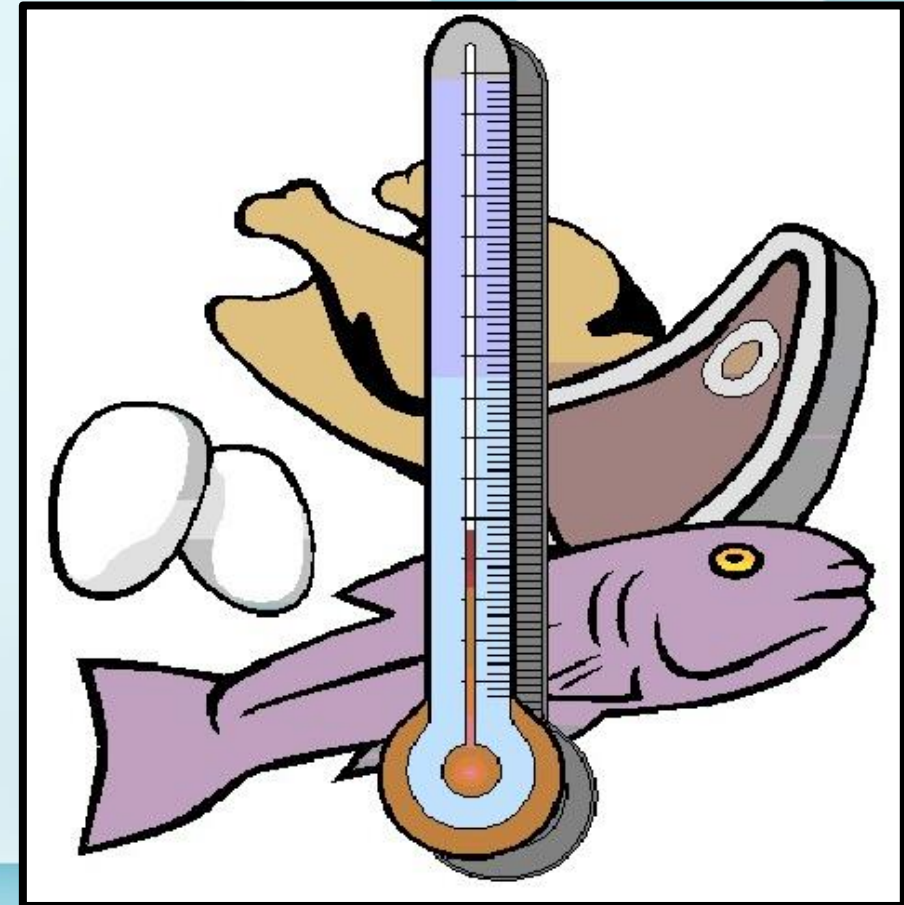
▶ Infected Food Handler



Types of Food-Borne Illnesses

▶ Clostridium Perfringens

- ▶ Most Common Source:
 - ▶ Time & Temperature Abused Foods

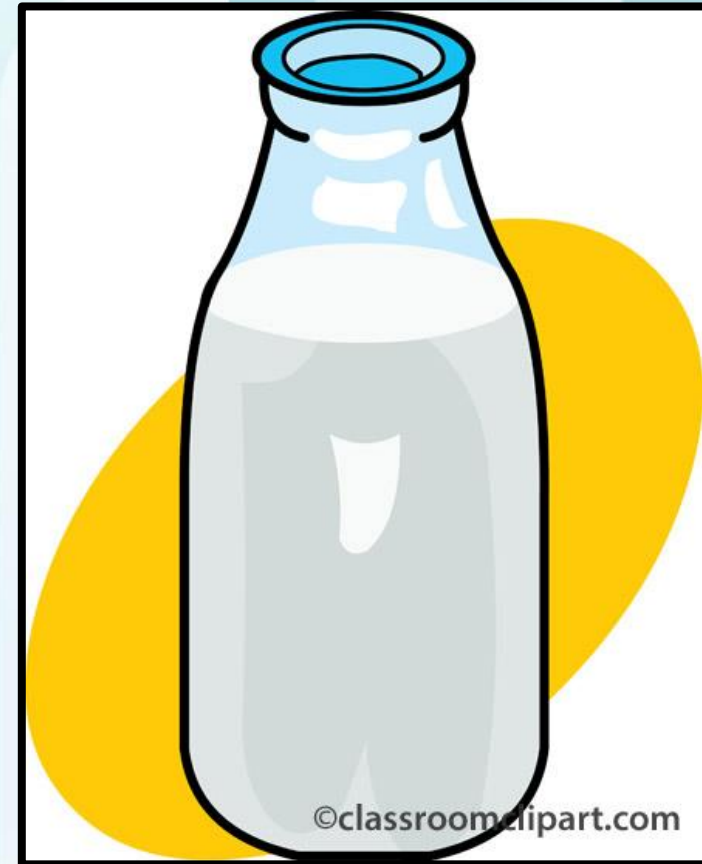


Types of Food-Borne Illnesses

▶ **Campylobacter SPP**

▶ **Most Common Source:**

▶ **Unpasteurized Milk and Contaminated Water**



Preventing Food-Borne Illness

1. When in doubt... **THROW IT OUT!**
2. Keep hot foods hot and cold foods cold.
3. Use proper hand washing techniques.
4. Keep foods out of the **TEMPERATURE DANGER ZONE.**
5. Cook, reheat and serve foods to the proper internal temperatures.
6. Avoid cross-contamination.

