

FOODSERVICE SANITATION

Preparing, Cooking & Serving



Why is it necessary to handle food properly?

- To prevent the growth of harmful bacteria caused by contamination:
 - ◆ at the growth stage
 - ◆ during processing
 - ◆ during delivery
- Proper cooking temperatures will kill these microorganisms

What are the ways to handle food properly?

- Control the time food spends in the **danger zone** (40-140 degrees F.)
- Always use clean utensils and cutting surfaces.
- Always clean and sanitize after each use
- Use proper thawing techniques
- Use the "**first in-first out**" method of selecting foods to use

What are the right cooking temperatures?

- Poultry, stuffed meats, pastas - 165^o F
- Ground beef - 155^oF
- Pork, ham, bacon, sausage - 155^o F
- Fish and other foods - 145^o F

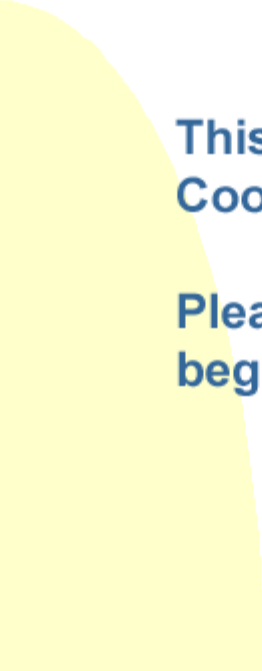
(These are minimum safe temperatures)

What are proper methods to serve food safely?

- Never touch food or food contact surfaces with the hands
- Place serving utensils with the handle pointing out
- Check temperature to make sure it is at the safe holding temperature:
- Stir food continually
- Always use a ice scoop for ice
- Provide new plates for each return trip to the food line.

How should foods be cooled?

- ◆ Foods should be cooled within 2 hours to 40 degrees F. or less :
 - ◆ Breakdown thick foods (chili, beans) into shallow pans of 2" or less and refrigerate
 - ◆ Liquid products (soups) should be placed into pans of 3" inches or less
 - ◆ Cut thick meats and place into shallow pans
 - ◆ Place in an ice bath
 - ◆ Stir or agitate frequently
 - ◆ Use stainless steel containers
- Check temperature, cover, date and place in cooler on top shelves



**This completes the
Cooking and Serving Course.**

**Please click the "NEXT" button to
begin your test.**

This completes the Cooking & Serving Module.

Thanks for participating!