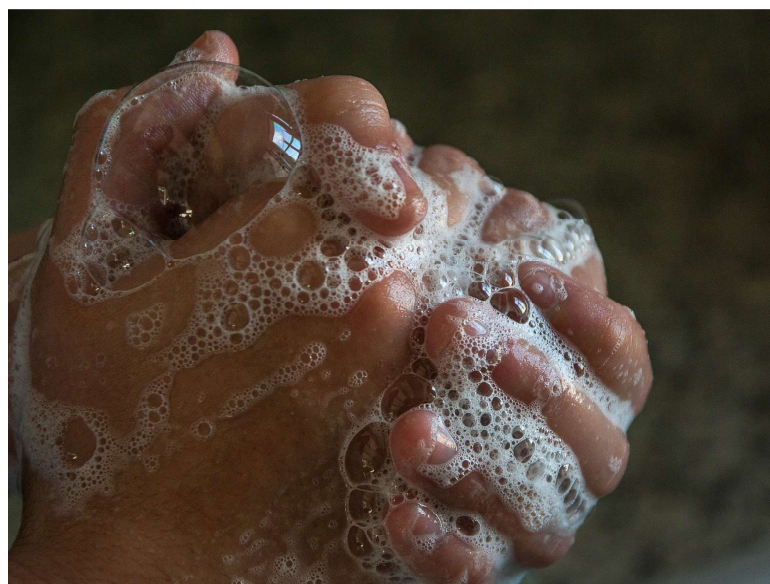




Food Safety

Student Workbook



Name:

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Steps to Proper Handwashing

Use this organizer to identify the six steps for proper handwashing.

Handwashing Step	Action
Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
Step 6	

Research Graphic Organizer

Choose and find information about a common pathogen. Record your findings in the organizer and use this information to create your short presentation.

Information	Findings
Pathogen name	
Definition of what the pathogen is	
Common symptoms after eating food with this contaminant	
Where the pathogen is found	
How can you either avoid this pathogen or put food safety procedures in place to prevent it?	
Photo or diagram found and source	

Foodborne Illness Outbreak Investigation Scenario

Scenario:

On a hot day, Friday, August 11, a local public library had a community picnic as a fundraiser. It was estimated that 100 people attended the picnic that afternoon. The following food was served at the picnic: fried chicken, macaroni salad, Caesar salad, deviled eggs, and ice cream.

On Saturday August 12th, a man who had attended the picnic woke up vomiting. He scheduled an appointment with his doctor. He described his symptoms as diarrhea, abdominal cramps, and fever.

On Sunday August 13th, a physician, Dr. Benson, began his shift around 8 a.m., and he noticed that throughout the morning, he had seen several people with similar symptoms. As he asked more questions about the activities of the individuals, he noticed that most of them had mentioned attending the library community picnic. Dr. Benson called the Hampton County Health Department to report his observations.

The investigation begins:

The Hampton County Health Department began an investigation upon hearing from Dr. Benson. Mary Jenkins, a district health officer, contacted the patients and confirmed the physician's report of their symptoms as well as their attendance at the library picnic. You are part of the investigation team that suspected the library picnic may be the source of the illness.

The Hampton County Health Department also prepared a survey which was sent out on August 18th to as many people as possible who had attended the picnic. The survey asked the following questions:

- Did you become ill?
- What physical symptoms did you experience?
- When did these symptoms begin?
- What food items did you eat at the picnic?

The survey was sent to approximately 100 people, and 36 responded. The results can be found in the Investigation Survey Data. Each line of data represents answers from a different person.

Safe Handling Techniques: Chilling

Complete the following tips for safe handling techniques as it relates to cooking:

1. Refrigerate foods quickly because...

2. What is one of the most effective ways to reduce the risk of foodborne illness?

3. Do not over-stuff the refrigerator. (Circle one) Yes No

4. Refrigerate or freeze _____, _____, _____, _____, and _____ within 2 hours of cooking or purchasing.

5. What should you do with large amounts of leftovers for quicker cooling?

6. Always thaw food at room temperature. (Circle one) Yes No

7. Use or discard refrigerated food once a year. (Circle one) Yes No

8. Always marinate food in the refrigerator. (Circle one) Yes No