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Food Safety and Hygiene

Read the articles below and answer these questions:

- 1. What are some signs of food poisoning?
- 2. Give some tips to prevent food poisoning.
- 3. What kind of foods have a higher risk of causing food poisoning?
- 4. What is the proper way to wash your hands?
- 5. Should you wash meat? Explain.
- 6. Should you taste food to check if it is still fresh? Explain.
- 7. Why is personal hygiene important?
- 8. Give some advice for maintaining good personal hygiene.

Clip source: Key Facts About Food Poisoning | CDC

Key Facts About Food Poisoning

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

Tips to Prevent Food Poisoning

1: <u>Clean</u>

Wash your hands and work surfaces before, during, and after preparing food. Germs can survive in many places around your kitchen, including your hands, utensils, cutting boards, and countertops.

2: <u>Separate</u>

Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods. Use separate cutting boards and keep raw meat away from other foods in your shopping cart and refrigerator.

3: <u>Cook</u>

Cook food to the <u>right internal temperature</u> to kill harmful bacteria. Use a food thermometer.

4: <u>Chill</u>

Keep your refrigerator 40°F or below. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if food is exposed to a temperature above 90°F, like in a hot car).

Take Steps to Prevent Food Poisoning Wash hands, utensils Keep fresh produce Cook food to the right Refrigerate perishable internal temperature to and kitchen surfaces separate from raw meat, food and leftovers often when you cook. chicken, turkey, seafood, kill germs. Use a food within 2 hours (within and eggs. Use separate thermometer to check. cutting boards and plates. Cook to the right temperature: You should not eat these foods if you are more likely to get food poisoning: 145°F Steaks, roasts, chops of beef, pork, lamb, veal (then let rest 3 minutes before serving) Undercooked or raw animal products, such 145°F

- as meat, chicken, turkey, eggs, and seafood

 Raw or lightly cooked sprouts
- · Unpasteurized (raw) milk and juices
- Soft cheese, such as queso fresco, unless it is made with pasteurized milk



165°F Leftovers and casseroles

Some People Are at Higher Risk

Anyone can get food poisoning, but some groups of people are more likely to get sick and to have a more serious illness. Their ability to fight germs and sickness is not as effective for various reasons. These groups include:

- Adults age 65 and older
- Children younger than age 5
- People whose immune systems are weakened by health conditions or medicine used to treat them, including people with diabetes, liver or kidney disease, HIV/AIDS, or cancer
- Pregnant women

People who are more likely to get food poisoning should not eat the following:

- Undercooked or raw food from animals (such as beef, pork, chicken, turkey, eggs, or seafood)
- Raw or lightly cooked sprouts
- Unpasteurized (raw) milk and juices
- Soft cheese (such as queso fresco), unless it is labeled as made with pasteurized milk

Five Symptoms of Severe Food Poisoning

<u>Symptoms of food poisoning</u> often include diarrhea, vomiting, upset stomach, or nausea. See your doctor if you have severe symptoms such as:

- High fever (temperature over 102°F, measured orally)
- Bloody stools (poop)
- Frequent **vomiting** that prevents keeping liquids down, which can lead to dehydration
- **Diarrhea** that lasts more than three days
- Dehydration, which causes symptoms such as dry mouth and throat, feeling dizzy when standing up, and little or no urination

Clip source: <u>10 Dangerous Food Safety Mistakes | CDC</u>

10 Dangerous Food Safety Mistakes

We all want to keep our families safe and healthy. But sometimes a simple mistake in the way we handle and prepare food can lead to serious sickness. With some germs like *Salmonella*, just a small amount in undercooked food is enough to cause food poisoning. And just a tiny taste of food with botulism toxin can cause paralysis and even death.

You can protect your family by avoiding these common food safety mistakes.



Mistake #1: Eating risky foods if you are more likely to get food poisoning

Why It's a Mistake: Anyone can get food poisoning. But some people are more likely to get sick and to have a more serious illness. This includes:

- Adults aged 65 and older
- Children younger than 5 years
- People who have health problems or who take medicines that lower the body's ability to fight germs and sickness (weakened immune systems)
- Pregnant women

Solution: People who are more likely to get food poisoning should not eat the following:

- Undercooked or raw animal products (such as meat, chicken, turkey, eggs, or seafood)
- Raw or lightly cooked sprouts
- Unpasteurized (raw) milk and juices
- Soft cheese (such as queso fresco), unless it is labeled as made with pasteurized milk

Mistake #2: Not washing your hands

Why It's a Mistake: Germs on your hands can get on food and make it unsafe.

Solution: <u>Wash hands the right way</u>—for 20 seconds with soap and running water. Wash hands before, during, and after preparing food; before eating; and after using the toilet or changing a child's diaper.

Mistake #3: Washing meat, chicken, or turkey

Why It's a Mistake: Washing raw meat, chicken, turkey, or eggs can spread germs to your sink, countertops, and other surfaces in your kitchen. Those germs can get on other foods, like salads or fruit, and make you sick.

Solution: Don't wash meat, chicken, turkey, or eggs. Cooking them thoroughly will kill harmful germs.

Mistake #4: Peeling fruits and vegetables without washing them first

Why It's a Mistake: Fruits and vegetables may have germs on their peeling or skin. It's easy to transfer those germs to the inside of fruits and vegetables when you cut or peel them.

Solution: Wash all fruits and vegetables under running water even if you're going to peel them. Use a clean vegetable brush to scrub firm fruits and vegetables like melons, avocados, and cucumbers.

Mistake #5: Putting cooked meat back on a plate that held raw meat

Why It's a Mistake: Germs from the raw meat can spread to the cooked meat.

Solution: Always use separate plates for raw meat and cooked meat. The same rule applies to chicken, turkey, and seafood.

Mistake #6: Not cooking meat, chicken, turkey, seafood, or eggs thoroughly

Why It's a Mistake: Cooked food is safe only after it's been cooked to a high enough temperature to kill germs.

Solution: Use a food thermometer to make sure you cook food to a safe internal temperature.

- 145°F (63°C) for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
- 160°F (71°C) for ground meats, such as beef and pork
- 165°F (74°C) for all poultry, including ground chicken and turkey
- 165°F (74°C) for leftovers and casseroles
- 145°F (63°C) for fresh ham (raw)
- 145°F (63°C) for seafood, or cook until flesh is opaque

Get <u>a detailed list</u> of foods and safe temperatures. Also, if you won't be serving hot food right away, keep it hot (at 140°F or above) until serving.

Mistake #7: Eating raw batter or dough, including cookie dough, and other foods with uncooked eggs or uncooked flour

Why It's a Mistake: Flour and uncooked eggs may contain *Escherichia coli* (*E. coli*), *Salmonella*, or other harmful bacteria.

Solution: Cook or bake flour and eggs thoroughly. Don't eat foods that contain raw or undercooked eggs, such as runny eggs, or homemade mayonnaise, hollandaise sauce, and eggnog. Don't eat raw (uncooked) dough or batter that contains either flour or eggs. Keep raw dough away from children, including play dough. Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough.

Mistake #8: Tasting or smelling food to see if it's still good

Why It's a Mistake: You can't taste, smell, or see the germs that cause food poisoning. Tasting only a tiny amount can make you very sick.

Solution: Check the <u>storage times chart</u> to see how long you can store food safely. When the time is up, throw it out.

Mistake #9: Thawing or marinating food on the counter

Why It's a Mistake: Harmful germs can multiply very quickly at room temperature. **Solution:** <u>Thaw food safely</u>. You can thaw it:

- In the refrigerator,
- In cold water, or
- In the microwave.

Always marinate food in the refrigerator no matter what kind of marinade you're using.

Mistake #10: Leaving food out too long before putting it in the fridge

Why It's a Mistake: Harmful germs can grow in perishable foods (including meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers) if you leave them out of the refrigerator 2 hours or longer.

Solution: Put perishable foods in the refrigerator within 2 hours or within 1 hour if the food is exposed to a temperature over 90°F (like in a hot car). Divide roasts and large portions of food, such as pots of stew or chili, into smaller containers so they will chill quickly. It's OK to put warm or hot food into the refrigerator, as long as it's packaged in small enough amounts that will cool quickly.

Clip source: Personal Hygiene: Benefits, Creating a Routine, In Kids, and More

Creating a Personal Hygiene Routine: Tips and Benefits

Medically reviewed by Deborah Weatherspoon, Ph.D., R.N., CRNA — Written by Kimberly Holland — Updated on May 18, 2018

What is personal hygiene?

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more.

Every day, you come into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick. Personal hygiene practices can help you and the people around you prevent illnesses. They can also help you feel good about your appearance.

Side effects of poor personal hygiene

Good personal hygiene habits are directly related to less illnesses and better health. Poor personal hygiene habits, however, can lead to some minor side effects, like <u>body odor</u> and <u>greasy skin</u>. They can also lead to more troublesome or even serious issues.

For example, if you don't wash your hands frequently, you can easily transfer germs and bacteria to your mouth or eyes. This can lead to any number of issues, from <u>stomach</u> <u>viruses</u> to <u>pink eye</u>.

Not brushing your teeth can lead to teeth issues and plaque buildup. Poor dental care is also a risk factor for several serious health issues, including <u>heart disease</u>.

Poor hygiene habits can also affect your self-esteem. Looking and feeling presentable can give you a confidence boost and a sense of pride in your appearance. Other conditions may be prevented or the risk minimized by practicing good personal hygiene.

Creating a personal hygiene routine

If you want to improve your personal hygiene or help a child develop better habits, these strategies might be helpful:

Set reminders

If you can't remember to do things like shower, wash your hair, clip your nails, or brush your teeth, set a reminder on your phone. The cue will push you to the activity, and over time, you'll begin to do it yourself.

Use signs

Hang a reminder in the bathroom to wash your hands after using the toilet. Put a little sign by the plates or bowls in the kitchen to cue yourself to wash your hands before eating. These signs can help jog your memory and improve your habits. They can help both you and your children.

Practice makes perfect

It takes time to learn a new habit. Start with a new habit at the beginning of the week and make it your priority. Practice it for a week or two. When you feel comfortable with it, add a new one. Overtime, you'll establish the habits you wish to have.

Clip source: <u>A Guide to Good Personal Hygiene - Healthy Living Center - EverydayHealth.com</u>

A Guide to Good Personal Hygiene

By Beth W. Orenstein Medically Reviewed by Niya Jones, MD, MPH Last Updated: May 19, 2009

Mom was right: Good personal hygiene is essential to promoting good health.

Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. And there are mental as well as physical benefits. "Practicing good body hygiene helps you feel good about yourself, which is important for your mental health," notes Donald Novey, MD, an integrative medicine physician with the Advocate Medical Group in Park Ridge, Ill. People who have poor hygiene — disheveled hair and clothes, body odor, bad breath, missing teeth, and the like — often are seen as unhealthy and may face discrimination.

Personal Hygiene: Healthy Habits Include Good Grooming

If you want to minimize your risk of infection and also enhance your overall health, follow these basic personal hygiene habits:

- 1. **Bathe regularly.** Wash your body and your hair often. "I'm not saying that you need to shower or bathe every day," remarks Dr. Novey. "But you should clean your body and shampoo your hair at regular intervals that work for you." Your body is constantly shedding skin. Novey explains, "That skin needs to come off. Otherwise, it will cake up and can cause illnesses."
- 2. **Trim your nails.** Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract <u>athlete's foot</u>, Novey says.
- 3. **Brush and floss.** Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth, which can cause tooth decay and gum disease, Novey says. Flossing, too, helps maintain strong, healthy gums. "The bacteria that builds up and causes <u>gum disease</u> can go straight to the heart and cause very serious valve problems," Novey explains. Unhealthy gums also can cause your teeth to loosen, which makes it difficult to chew and to eat properly, he adds. To maintain a healthy smile, visit the dentist at six-month intervals for checkups and cleanings.
- 4. **Wash your hands.** Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses. Keep a hygiene product, like an alcohol-based sanitizing gel, handy for when soap and water isn't available.
- 5. **Sleep tight.** Get plenty of rest 8 to 10 hours a night so that you are refreshed and are ready to take on the day every morning. Lack of sleep can leave you feeling run down and can compromise your body's natural defenses, your immune system, Novey says.