



# Positive You

## 1<sup>st</sup> Grading Period

### Power Objectives:

- Promote food safety & sanitation using proper food handling & storage. (PO #3)

### Academic Vocabulary:

- safety
- sanitation
- workspace
- food poisoning
- foodborne illness
- cross-contamination
- contaminant
- microorganism
- pathogen
- bacteria
- toxin
- parasite
- hazard

## Safety and Sanitation

### Enduring Understandings:

- Kitchen safety and sanitation are essential life practices that ensure wellness in relation to food
- Safety and sanitation practices will generate an optimal culinary environment
- Kitchen procedures can be applied to a workplace and/or home kitchen environment
- Improper food handling practices will result in illness foodborne illness
- Accidents can happen when working in the kitchen, knowing first aid will help correct these mistakes.

### Essential Questions:

- What constitutes a safe and sanitary kitchen workspace?
- Why is sanitation important when working in a kitchen?
- Why is it important to learn kitchen procedures?
- How do I practice correct sanitation when handling food?
- How do I prevent and/or respond to kitchen accidents?

## **Competencies**

- 3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.*
- 3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.*
- 3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.*
- 3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.*
- 3.2.1. Identify personal actions and behaviors that contribute to contamination and cross-contamination of food, and describe ways to prevent those issues.*
- 3.2.2. Identify when hand-washing must occur, and wash hands using the five-step technique.*
- 3.2.3. Select, maintain, and use proper work attire and personal protective clothing and equipment appropriate to job tasks.*
- 3.2.4. Handle situations involving bodily fluids.*
- 3.2.5. Describe situations when food-handlers should be restricted or excluded from working with food or being in the operation.*
- 3.3.4. Identify potential biological, chemical and physical hazards.*
- 3.3.5. Identify potentially hazardous foods (PHF), Time and Temperature Control for Safety of Food (TCS) and foods in the temperature danger zone (TDZ).*
- 3.4.1. Distinguish between cleaning, sterilizing and sanitizing.*
- 3.4.6. Inspect, use, sanitize, and store knives, hand tools and implements.*
- 3.4.7. Clean, sanitize, and store tableware and equipment.*
- 3.4.8. Adjust equipment and workstations to respond to allergies, food intolerances, and special requests.*