Food Borne Illness

Sources, Symptoms, and Prevention

- Don’t poison me!
- Make Our Food Safe
- Fight Bac!

Symptoms:
- Upset stomach
- Fever
- Vomiting

Prevention:
- Check
- Clean
- Separate
- Cook
- Chill
- Throw Away

Keep Food Safe From Bacteria
Standard and Objective:

Standard:
Students will review and apply the skills of kitchen management, safety and sanitation.

Objective:
Students will review food born illness, sources, symptoms and prevention.
Botulism

- Sources: Found in improperly canned foods; Also in deli meats, ham, sausage, and some seafood.

- Symptoms usually start 4-36 hours after eating and include double vision, difficulty swallowing, progressive paralysis of respiratory system.

- Prevention: Insure that all foods are properly canned and time temperature guidelines are followed. Do not buy dented or damaged cans. This contaminate requires medical help immediately – Botulism can be fatal.
Hepatitis A- Virus

- Sources: Oral fecal contact – when hands are not washed thoroughly after using the restroom, Shell fish in sewer polluted waters.
- Symptoms begin with appetite loss, nausea, vomiting and fever. After 3-10 days patients can develop jaundice and can lead to liver damage.

Prevention:
- **Practice good hygiene**
  Thoroughly wash your hands often to help protect yourself from infection. Wash after using the toilet, before preparing food or eating, and after changing a child's diaper. Also, don't share towels, eating utensils or toothbrushes.
- The hepatitis A vaccine can prevent infection with the virus.
Salmonelliosis - Salmonella

- Sources: Raw meats, poultry, milk and other dairy products. Raw eggs
- Symptoms start 8-12 hours after eating and include abdominal pain, diarrhea, and sometimes nausea and vomiting; usually lasting 12-24 hours in mild cases.

Prevention
- Cook poultry products to internal temperature of 165° F
- Don’t eat raw eggs
- Don’t drink unpasteurized milk
E-Coli

- Sources: raw/undercooked beef, especially hamburger and unpasteurized milk.
- Symptoms include nausea, vomiting, severe bleeding diarrhea and abdominal cramps; usually lasting 5-10 days.
- Can cause death in children and the elderly.

- Prevention
  - Thoroughly cook ground beef
  - Avoid unpasteurized milk
  - Wash hands carefully
  - Wash fruits and vegetables thoroughly, especially those that will not be cooked.
Campylobacter

- Sources: Raw poultry, meat, and unpasteurized milk.
- This bacteria is found on poultry, cattle and sheep and can contaminate the meat and milk of these animals.
- Symptoms usually start 2-5 days after eating. Symptoms include diarrhea, abdominal cramping, fever, and sometimes bloody stools. Can last up to 10 days.

Prevention:
- Cook meats to appropriate internal temperatures:
  - Ground Meats (Beef, Pork, Lamb) - 155° F
  - Whole cuts of Beef, Pork, Lamb, & Veal - 145° F
  - All Poultry (whole or ground) - 165 F
  - Reheating leftovers - 165° F
Staphylococcus

- **Sources:** Occurs when contaminated foods are left at room temperature too long. Meats, poultry, eggs, macaroni salads, cream filled pastries.

- **Symptom usually occur 30 minutes to 8 hours after eating including diarrhea, vomiting, nausea, abdominal pain, and cramps usually lasting 24 to 48 hours.**

**Prevention:**

- Prepare foods safely. Wash your hands before and after handling food. Also wash them after using the bathroom or changing diapers.
- Wash fruits and vegetables well before eating or cooking.
- Store foods safely. Cook, refrigerate, or freeze meat, poultry, eggs, fish, and ready-to-eat foods within 2 hours. Make sure your refrigerator is set at 40° F (4° C) or colder.

When in doubt, throw it out.
What is Cross Contamination?

Cross contamination is the physical movement or transfer of harmful bacteria from one person, object or place to another. It is a key factor in food poisoning, and it has four common sources:

- food,
- people,
- equipment and
- work surfaces.
What is the best way to thaw frozen foods?

Depending on time – use one of the following methods:

- Refrigerator – 1-3 days depending on the size of the product defrosting being thawed.
- Microwave
- Cold water, changing the water every 30 minutes.

**If you use the microwave or cold water, use the meat immediately.**
The Danger Zone -

41° F to 135° F