

Standard TWO

*Do not touch any electrical plugs, switches, or appliances with _____. Disconnect appliances by the _____ and NOT the _____. Unplug the toaster before trying to _____. Never use fingers to dislodge something: _____. Never stand or work near water when _____.

*Ways to extinguish a grease fire:

- a. _____
- b. _____
- c. _____
- d. _____

Never use _____ or _____ to extinguish a fire, as it will only spread and increase the fire. Never leave a pan of grease _____. Do not allow oil to _____.

*Keep all hazardous products(cleaning supplies) _____ and _____. Pesticides & insecticides can be _____ so be sure to wash all _____ before eating. NEVER mix _____ like _____ and _____. Toxic fumes can cause you to become sick.

*Turn all pan handles away from front of range to _____. To avoid a steam burn open pan lids _____. If someone receives an electric shock, immediately disconnect _____. If you must use a match to light a gas range _____. Store heavy items on lower _____. Use a step stool for reaching _____ objects.

Objective Two

Ways to Prevent Poisoning and Chemical Contamination	Basic First Aid for Cuts	Basic First Aid for Burns	First aid for electrical shock

Objective Three

*You must wash your hands up to the _____ with _____ and _____ water for at least _____ seconds. Make sure that you wash your hands after using the _____, _____, _____, or touching your _____ or hair. Also, you MUST wash your hands after handling raw _____, _____, and _____ and before any _____.

- ___ Scrape, rinse, and stack dishes
- ___ Clean silverware
- ___ Fill sink with hot, soapy water
- ___ Clean pots and pans
- ___ Clean dinner dishes
- ___ Drain water and wash out sink
- ___ Clean glassware
- ___ Clean preparation dishes and utensils
- ___ Run garbage disposal/clean sink

When cleaning knives, DO NOT _____ into _____. Wash each one _____ to prevent getting cut. _____ utensils should not sit in water and should be dried right after washing. Don't wipe _____ on dish towels: use separate towels so dishes don't get _____ on them. When tasting food, always use a _____ spoon and use it only _____.

*Disinfectant solution _____ bleach per _____ of water. Always sanitize _____ and _____ after working with any _____ products. Wear gloves when there is a _____ or _____ on your hand, when handling _____ amounts of food for a large quantity of people and Wear heavy gloves when cleaning up _____. Keep _____ away from face, _____ if long, cover hair with a _____ or _____, especially if cooking for public or large quantities of food. Keep _____ and _____ clean: bacteria could be on them that can contaminate food.

Objective Four

*Define a food borne illness: _____.
 Contaminated foods will _____ and _____ normally. This is why cooking to kill food borne illnesses is so important! Food borne illnesses can be _____ or potentially _____ (deadly)! When in doubt _____!
 General conditions for bacteria growth _____, _____, _____ and _____.
 Symptoms of food borne illness: _____, _____, _____.

Illness	Botulism	E-Coli	Hepatitis A	Salmonella	Staphylococci
What it is caused by/facts					

*The danger zone is the temperature at which food borne illnesses thrive and grow. It is from _____ to _____. To prevent food-borne illnesses, you must store your foods at a _____ enough temperature (below 41 F), heat your foods to a _____ enough temperature (above 135 F), and never leave it out at room temperature longer than _____. Cool foods quickly to keep them out of the _____. When reheating foods, cook to at least _____ to kill any harmful bacteria that may have grown when the food was sitting out or being cooled. Ground beef should not be eaten if it's _____ inside.

The best place to thaw foods: -In _____ for _____ days.
 -In a _____ of cold, running water. Or a sink full of _____ water, changing the water every 30 minutes. Use food immediately. -In the _____, if using the food immediately. NEVER thaw at _____.

Internal Food Temperatures:

Ground Meats: _____degrees Seafood, beef, lamb, pork: _____degrees
 All Poultry: _____degrees