

Types of Contamination

Directions: Complete the chart below by following Steps 1 and 2.

1. List the sources of and foods associated with each type of contamination.
2. Describe the precautions and sanitation procedures that can lower the risk of contamination.

Contamination	Foods Often Affected	Precautions	Sanitation Procedures
Bacteria			
Viruses			
Parasites			
Molds			

Hand-Washing Experiment

Directions: Investigate the role of proper hand-washing in eliminating cross-contamination by completing the steps below.

1. Prior to washing your hands, collect scrapings from under your fingernails.
2. Place these fingernail scrapings into the growing medium in a petri dish for observation. Label this dish "Sample A," then store it in a safe place as directed by your instructor.
3. Review the steps on pages 27-28 of your textbook on proper hand-washing. Then wash your hands following this procedure.
4. After washing your hands, collect additional scrapings from under your fingernails.
5. Put these fingernail scrapings into the growing medium in a second petri dish for observation. Label this dish "Sample B," then store it in a safe place as directed by your instructor.
6. Check the fingernail scrapings in each of the petri dishes after 24 hours. Check the petri dishes again after 48 hours, and again after 72 hours.
7. Record the changes found in each petri dish. How do the fingernail scrapings compare? What impact did hand-washing have on Sample B?
8. Practice the hand-washing procedure several more times after you have completed the fingernail scraping experiment. Then have your instructor complete the Performance Checklist below.

Performance ✓ Checklist

Performance Standards

Level 4—Performs skill without supervision and adapts to problem situations.

Level 3—Performs skill satisfactorily without assistance or supervision.

Level 2—Performs skill satisfactorily, but requires assistance or supervision.

Level 1—Performs parts of skill satisfactorily, but requires considerable assistance or supervision.

Level 0—Cannot perform skill.

Attempt (circle one): 1 2 3 4

Comments: _____

Performance Level Achieved: _____

_____ 1. Safety and sanitation practices are followed at all times during this job.

_____ 2. This completed job meets the standards and is performed within the allotted time.

Instructor's Signature: _____ **Date:** _____

Smart Sanitation Practices

Directions: Create a poster on sanitation know-how by completing the following steps:

1. Choose a topic from the chart below.
2. Research information about your topic from the textbook and other available print or Internet resources.
3. Check out the area in your commercial kitchen laboratory that covers your topic. Inspect the area, noting any potential hazards. Then identify safe methods for handling food in the area.
4. Prepare the information and visuals for the “Are You Sanitation Smart?” poster for your area.
5. Share the poster with the class. Have your instructor complete the Performance Checklist.

Topic	Checklist
Hand-washing	<ul style="list-style-type: none"> ✓ Check sink. ✓ Soap available. ✓ Sanitizer available. ✓ Use proper hand-washing techniques.
Potentially hazardous foods	<ul style="list-style-type: none"> ✓ Milk and milk products. ✓ Shell eggs. ✓ Poultry. ✓ Beef, pork, lamb. ✓ Fish, shellfish. ✓ Soy-protein foods, tofu. ✓ Melons (sliced). ✓ Garlic & oil mixtures. ✓ Cooked rice.
Storeroom	<ul style="list-style-type: none"> ✓ Inspect. ✓ Follow FIFO rotation. ✓ Check labeling and dating.
Refrigerator	<ul style="list-style-type: none"> ✓ Store cooked and raw foods properly. ✓ Check rotation, labeling, and dating.
Freezer	<ul style="list-style-type: none"> ✓ Check labeling and dating. ✓ Wrap food; shelf life.

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Topic	Checklist
Cook's station	<ul style="list-style-type: none"> ✓ Thaw foods in the refrigerator. ✓ Achieve minimal internal temperatures of cooked products. ✓ Achieve proper reheating temperatures. ✓ Monitor steam table holding time. ✓ Avoid temperature danger zone. ✓ Cool foods properly.
Manual Dishwashing	<ul style="list-style-type: none"> ✓ Scrape. ✓ Pre-rinse. ✓ Wash. ✓ Rinse. ✓ Sanitize. ✓ Use test strips. ✓ Air dry.
Dishwasher	<ul style="list-style-type: none"> ✓ Scrape. ✓ Soak. ✓ Rinse. ✓ Wash. ✓ Rinse. ✓ Sanitize. ✓ Use drying agent.

Performance ✓ Checklist

Performance Standards
Level 4 —Performs skill without supervision and adapts to problem situations.
Level 3 —Performs skill satisfactorily without assistance or supervision.
Level 2 —Performs skill satisfactorily, but requires assistance or supervision.
Level 1 —Performs parts of skill satisfactorily, but requires considerable assistance or supervision.
Level 0 —Cannot perform skill.

Attempt (circle one): 1 2 3 4

Comments: _____

Performance Level Achieved: _____

_____ 1. Sanitation posters follow HACCP guidelines.

Instructor's Signature: _____ Date: _____