

# Activity 1

## Food Safety and Storage

### Safe or Not Safe?

**Purpose:** To distinguish safe from unsafe food-handling practices.

**Directions:** For each food safety guideline below, write whether it is *safe* or *not safe* in the space provided to the left of each guideline.

- \_\_\_\_\_ 1. Keep yourself and your kitchen clean.
- \_\_\_\_\_ 2. Cutting meat and then using the same unwashed cutting board to cut vegetables.
- \_\_\_\_\_ 3. Cook food slowly at 100°F.
- \_\_\_\_\_ 4. Refrigerate food promptly.
- \_\_\_\_\_ 5. Wash work surfaces and utensils in cool, sudsy water before you prepare food.
- \_\_\_\_\_ 6. Wash the tops of cans before opening them.
- \_\_\_\_\_ 7. When you prepare raw meat, poultry, or seafood, wash every surface the food touched with hot, soapy water.
- \_\_\_\_\_ 8. When reheating refrigerated food, heat it to an internal temperature of 145°F or higher to kill any bacteria.
- \_\_\_\_\_ 9. Use the 20-second scrub to keep your hands clean to prevent bacterial transfer.
- \_\_\_\_\_ 10. Change dish towels for wiping dishes every couple of days.
- \_\_\_\_\_ 11. Keep pets in the kitchen where you can easily scrub away any harmful bacteria they might introduce.
- \_\_\_\_\_ 12. Before turning to insecticide use to control pests, repair holes in walls and screens where pests can get into your home.
- \_\_\_\_\_ 13. To prevent cross-contamination, use the same plate to transfer uncooked and cooked food.
- \_\_\_\_\_ 14. According to the USDA, microorganisms are easier to wash from plastic cutting boards than from wood cutting boards.
- \_\_\_\_\_ 15. Never partially cook food and then wait to finish cooking it later.

# Activity 2

## Food Safety and Storage

### Which Agency Is This?

**Purpose:** To describe the roles of government agencies in protecting the food supply.

**Directions:** Use the list of government agencies to determine which agency is in charge of the jobs listed below. Write your answer in the space provided to the left of each statement.

**Government Agencies**

- Food and Drug Administration (FDA)
- Environmental Protection Agency (EPA)
- The Food and Safety Inspection Services (FSIS)
- Center for Disease Control and Prevention (CDC)
- Hazard Analysis and Critical Control Point (HACCP)

**Jobs of Government Agencies:**

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|-------|--|
| _____ | 1. Monitors foodborne and waterborne diseases, trains people to identify them, researches causes, and promotes prevention and control. |
| _____ | 2. Charged with the overall safety of the food supply.   |
| _____ | 3. Classifies items as Generally Recognized as Safe.   |
| _____ | 4. Regulates the disposal of wastes generated by processing.   |
| _____ | 5. Enforces laws that protect the nation's water supply.   |
| _____ | 6. A branch of the USDA that is responsible for retaining the wholesomeness of meat, poultry, and eggs.                                |
| _____ | 7. Monitors traces of pesticides, which are usually the main residues in grains and produce.   |
| _____ | 8. Includes record keeping and other documentation to show whether the program is working.   |
| _____ | 9. Issues a recall when a food on the market is found to be unsafe.  |
| _____ | 10. First approved the use of irradiation for spices and wheat flour in 1963.  |

# Activity 3

## Food Safety and Storage

### Safety Terminology

**Purpose:** To identify critical safety terminology.

**Directions:** Use the information in your textbook to help you answer each item below. Write the missing words in the blanks provided, one letter in each space. If your answers are correct, the circled letters should complete the sentence in item 13.

1. Moisture loss caused when food is improperly packaged or stored in the freezer too long.      \_ \_ \_ \_ \_
2. The process of exposing food to high-intensity energy waves to increase its shelf life and kill harmful microorganisms.      \_ \_ \_ \_ \_
3. Protected cells that develop into bacteria under the right conditions.      \_ \_  \_ \_ \_ \_
4. Poisons that can cause illness.       \_ \_ \_ \_ \_
5. The immediate removal of a product from store shelves.      \_  \_ \_ \_ \_ \_
6. Living creatures that are visible only through a microscope.      \_ \_ \_  \_ \_ \_ \_ \_
7. Spoilage due to the breakdown of fats.       \_ \_ \_ \_ \_
8. Illness caused by eating food that contains a harmful substance.      \_ \_  \_ \_ \_ \_ \_
9. Temperature registered at the center of the thickest part of the food which must be high enough to kill harmful bacteria.      \_ \_ \_ \_ \_  \_ \_ \_ \_
10. A personal practice of keeping yourself clean to avoid the transfer of harmful bacteria when handling food.      \_ \_ \_  \_ \_ \_ \_
11. The prevention of illness through cleanliness.       \_ \_ \_ \_ \_
12. A condition that occurs when harmful bacteria spread from one food to another.      \_ \_ \_ \_ \_ -  
\_ \_ \_ \_ \_  \_ \_ \_ \_ \_
13. \_ \_ \_ \_ \_ is the intentional use of biological agents—bacteria, viruses, and toxins—to harm people, animals, or plants.

# Activity 4

## Food Safety and Storage

### Preservation Pointers

**Purpose:** To review guidelines for home food preservation and the steps in home canning.

**Part I. Directions:** Using the information presented in your text, answer each item below in the space provided.

A. Why do people preserve food at home? \_\_\_\_\_

B. Fill in the missing word or words to complete each statement about food preservation.

\_\_\_\_\_ 1. You should always select ripe, \_\_\_?\_\_\_ - \_\_\_?\_\_\_ fruits or vegetables.

\_\_\_\_\_ 2. You should always carefully \_\_\_?\_\_\_ fruits or vegetables before you preserve them.

\_\_\_\_\_ 3. Have all \_\_\_?\_\_\_ and \_\_\_?\_\_\_ ready before you begin to work with food.

**Part II. Directions:** Carla would like to preserve some fruits by freezing them. Help her decide on the correct preservation method to use for each type of fruit. If Carla should add ascorbic acid to the fruit before freezing, put an X in the second column. If the fruit can be frozen without adding ascorbic acid, put an X in the third column. If the fruit is best frozen by the tray-pack method, put an X in the fourth column. If the fruit is best frozen by the sugar- or syrup-pack method, put an X in the last column. Use your textbook and Internet resources for reference.

Type of Fruit	Ascorbic Acid	Dry-Pack	Tray-Pack	Sugar- or Syrup-Pack
Strawberries				
Peaches				
Apricots				
Melon				
Pineapple				
Apples				
Cherries				
Pears				

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**Part III. Directions:** Before vegetables can be frozen, they must be blanched—precooked to kill their enzymes. In the space provided to the left of each step, write the word that correctly completes each statement.

\_\_\_\_\_

**Step 1:** Bring a large pan of water to \_\_?\_\_. Use about 1 gallon of water for each pound of vegetables.

\_\_\_\_\_

**Step 2:** Place the prepared vegetables into a large \_\_?\_\_. Then immerse them in the boiling water.

\_\_\_\_\_

**Step 3:** Follow the recommended time on a(n) \_\_?\_\_ chart for the type of vegetables you are preparing.

\_\_\_\_\_

**Step 4:** When the time is up, remove the vegetables from the water. Plunge them into a large pot of \_\_?\_\_ water until they are cool.

\_\_\_\_\_

**Step 5:** \_\_?\_\_ the vegetables on clean, dry towels. Pat them dry to prevent ice crystals from forming as they freeze. Pack them into freezer containers.

# Activity 5

## Food Safety and Storage

### Why Preserve at Home?

**Purpose:** To describe the benefits of preserving foods at home.

**Directions:** In today’s busy world, many people may not see the value of home preserving. In the space provided, answer the questions below to understand why people may choose to preserve food at home.

1. For many people, what does home preserving offer?

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2. When are fruits and vegetables at their best value?

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3. An investment in containers and equipment over time is likely to do what for you financially?

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4. What is the personal satisfaction in preserving?

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5. Preserving at home gives you what kind of control over the foods you eat?

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6. Relatively, how much time does it take to can a year’s supply of one food?

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7. Based on your reading, how useful is home preservation?

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# Activity 6

## Food Safety and Storage

### Freezing Fruits and Vegetables

**Purpose:** To compare methods of freezing fruits and vegetables.

**Directions:** Use your text as a reference to answer the items below. Write your answers in the space provided.

1. Summarize the sugar-pack method for freezing fruit.

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2. How does the syrup-pack method for freezing fruit differ from the sugar-pack method?

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3. Summarize the tray-pack method for freezing fruit.

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4. Summarize the dry-pack method for freezing fruit.

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5. How does disabling enzymes in fruits differ from neutralizing enzymes in vegetables before freezing?

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