

NUTRITION

Talk

Week 4: Food Safety

Objective: The purpose of this week's tabling is to inform students about food safety. Nutrition and food safety are closely linked. Any facility that serves food on campus here at UC Davis must adhere to the concepts/regulations that we are going over this week.

The activity: You will be using the spinning wheel to test students on these topics/questions:

| Question | Answer |
|---|---|
| Name the #1 way to prevent foodborne illness. | Washing your hands (20 seconds) using soap and water. |
| Identify the range of the "temperature danger zone" in foodservice. | 40-140°F...This is the range where bacteria are able to thrive. Cold foods should be $\leq 40^{\circ}\text{F}$ and hot foods should be $\geq 140^{\circ}\text{F}$. |
| What are some sources you can get E. Coli from? | Ground beef, unpasteurized milk, fresh produce, and feces of infected people. E. Coli is found in the intestines of humans and animals. If a student says anything that relates to getting cross contamination from humans/humans or humans/animals, it is most likely correct too. |
| List the 8 major food allergens. | Milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, and soy. |
| What is pasteurization? | Using high heat to kill microbes in food. Bring up examples of foods that commonly undergo pasteurization like milk, eggs, juice, etc. |
| You should cook chicken to reach a minimum internal temperature of... | 165°F...we want to ensure that we kill all the harmful bacteria. |

Resources:

1. https://www.fsis.usda.gov/shared/PDF/Danger_Zone.pdf
2. <https://www.foodsafety.gov/poisoning/causes/bacteriaviruses/ecoli/>
3. https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index