Day 1 Review

- All food service establishments must have a current and valid permit issued by the New York City Health Department.
- Health inspectors have the right to inspect any operating food service or food processing establishment. Inspectors must be given access to all areas of the establishment during an inspection.
- According to the New York City Health Code, supervisors of all food service establishments must have a Food Protection Certificate.
- *Food* is any edible substance, ice, beverage or ingredient used or sold for human consumption.
- Potentially Hazardous Foods (PHFs) are foods which support rapid growth of microorganisms.
- Examples of PHFs include all raw and cooked meats, poultry, milk and milk products, fish, shellfish, tofu, cooked rice, pasta, beans, potatoes and garlic in oil.
- The Temperature Danger Zone is between **41°F and 140°F.** Within this range, most harmful microorganisms reproduce rapidly.
- The three types of thermometers that can be used for measuring food temperatures are: **bimetallic stem** (range from 0°F to 220°F), **thermocouple** and **thermistor** (digital). ***The use of glass thermometers in a food service establishment is prohibited by law.***
- Meat inspected by the Unites States Department of Agriculture (USDA) must have a **USDA inspection stamp**.
- Smoked fish must be held **at or below 38°F** to prevent the growth of the bacteria *Clostridium botulinum*.
- Shellfish must be received with **shellfish tags**. These tags must be kept on file for at least **90 days** after the product is used.
- Milk and milk products must either be pasteurized, with sell-by dates of 9 days, or ultra-pasteurized, with sell-by dates of 45 days.
- All fruits and vegetables served raw must be thoroughly washed before being served.

- All commercial foods in modified atmosphere packaging must be used per manufacturer's specifications.

- Vacuum packaging of any food product in a retail food establishment is prohibited by law unless special authorization is obtained through the New York City Health Department.

- FIFO means **F**irst **I**n **F**irst **O**ut. The first step in implementing the FIFO method is to date the products.

- The New York City Health Code requires that all food items be stored at least **6 inches** off the floor.

- In order to prevent **cross-contamination**, raw foods in a refrigerator must be stored **below** cooked foods.

- Cold temperatures slow down the growth of microorganisms.

- All cold foods must be held at or below 41°F (except smoked fish, which must be held at or below 38°F) at all times.

- Keep dry storage areas well-lit and ventilated.

- Never store foods under wastewater lines.

- Stored food must be kept covered and stored in vermin-proof containers.

- Ice intended for human consumption cannot be used for storing cans, bottles or other food products.

- When foods are stored directly in ice, the water from that ice must be drained constantly.

- The "First Aid Choking" poster must be posted in a visible (conspicuous) place in each designated eating area.

- Food service establishments which serve alcoholic beverages are required to display the "Alcohol and Pregnancy Warning" sign.

- A "Wash Hands" sign must be displayed at all hand washing sinks.

- "No Smoking" signs must be displayed throughout each facility.

Day 2 Review

- There are three main hazards to our health: *physical, chemical* and *biological*.
- The presence of a foreign object (e.g., glass fragments, pieces of metal) in a food is considered a physical hazard.
- The presence of harmful chemicals (e.g., pesticide, cleaning agents, prescription medicine) in a food is called a chemical hazard.
- The presence of microorganisms (bacteria, viruses, parasites and fungi) in a food is called a biological hazard.
- Foods that have been contaminated with harmful (*pathogenic*) bacteria often do not appear to be contaminated; there is no change in appearance, taste or smell.
- Under favorable conditions the number of bacteria in a food can double every 20 to 30 minutes.
- There are four phases of bacterial growth: **lag, log, stationary** and **death.**
- The most rapid growth of bacteria takes place in the **log phase.**
- Six factors affect the growth of bacteria: **F**ood, **A**cidity, **T**emperature, **T**ime, **O**xygen and **M**oisture (FATTOM).
- Viruses cannot reproduce in food. However, viruses can be transmitted to people if they get into food.
- Hepatitis A and norovirus are two common food-borne viruses. These viruses are transmitted when a person ingests food or water that has been contaminated with the feces of an infected person. Proper handwashing after using the toilet can prevent transmission.
- *Trichinella spiralis*, which causes trichinosis, is a food-borne parasite typically found in under-cooked pork. To prevent trichinosis, cook pork to 150°F for 15 seconds.
- *Anisakis simplex* is a food-borne parasite typically found in marine fish.
- *Salmonella enteritidis* is a bacterium commonly found in raw poultry and raw shell eggs.
- We can control the growth of the microorganism *Clostridium perfringens* by **rapid cooling**, **rapid reheating** and by **avoiding preparation of foods in advance**.

- *Staphylococcus aureus* is a bacterium that is commonly carried by healthy human beings.

- Staphylococcal food intoxication is a common cause of food-borne illness caused by *Staphylococcus aureus*, which can be prevented by good personal hygiene and avoiding bare hand contact with ready-to-eat foods.

- Food workers with an illness that can be transmitted by contact with food or through food should not work until fully recovered.

- Ground meat (e.g., hamburgers) must be cooked to a minimum temperature of 158°F to eliminate *E. coli 0157:H7.*

- *Clostridium botulinum* is a bacterium that causes botulism. It is associated with home-canned foods, smoked fish, garlic in oil and any food in an anaerobic (without air) environment.

- *Scombroid* poisoning occurs from eating certain fish with high levels of histamines (e.g., tuna, mackerel, bonito, mahi mahi, bluefish) due to time and temperature abuse.

- Hands must be washed thoroughly after any activity in which they may have become contaminated. For example, hands must be washed before starting work and after handling raw foods, using the toilet, coughing, sneezing, smoking, eating, drinking and scratching.

- The New York City Health Code requires hand washing sinks to be readily accessible within 25 feet of all food preparation areas and in or near all toilets.

- The hand washing sinks must be provided with soap, hot and cold running water, disposable towels or a hand dryer and a "Wash Hands" sign.

- The New York City Health Code requires that all food workers wear proper hair restraints, clean aprons and outer garments, and not wear any jewelry on their arms and hands (except for wedding bands and medical bracelets). Food workers should also avoid wearing makeup.

Day 3 Review

- There are three acceptable methods of thawing frozen foods: refrigerating them, placing them under cold running water, or defrosting them in a microwave oven with continuous cooking afterwards.

- Cross contamination occurs when bacteria from a raw food get into a cooked or ready-to-eat food.

- Poultry, stuffed meat and stuffing must be cooked to an internal temperature of 165°F.

- Ground meat and foods containing ground meat must be cooked to an internal temperature of 158°F.

- Pork must be cooked to an internal temperature of 150°F.

- Raw shell eggs must be cooked to a minimum temperature of 145°F.

- Fish, shellfish, beef, lamb and all other meats must be cooked to a minimum temperature of 140°F.

- All hot foods stored in a hot holding unit must be held at 140°F or higher.

- Effective ways to rapidly cool foods include: immersing food in an ice-water bath with occasional stirring; pouring food 1 to 2 inches deep into 4-inch deep cooling pans; using a rapid chill unit; and cutting solid foods into smaller pieces (pieces of 6 lbs. or less).

- Hot foods placed in a refrigerator for cooling must be covered only after they have completely cooled to 41°F or below.

- Previously cooked and refrigerated foods that will be served from a hot holding unit must be rapidly reheated to 165°F using a stove or an oven. *Never use a hot holding unit to reheat foods.*

- Never use bare hands when working with ready-to-eat foods. Always wear a **clean and sanitary pair of gloves**, or use **tongs**, a **spatula**, **deli paper or a serving spoon.**

- When using disposable gloves, change them often to prevent contamination of food.

- Air breaks must be provided in all culinary (food-related) and pot/dish washing sinks.

- Atmospheric Vacuum Breakers (AVB) must be installed in any equipment that has a direct connection with a potable water supply. Examples include ice machines, coffee machines and dishwashers.

- Cross-connection can be prevented by installing a hose bib vacuum breaker.

- All gas-fired hot water heaters must be installed by a licensed plumber and must be monitored for back draft.

- New York City laws make it illegal to dump grease in any sink that does not have a proper grease interceptor.

Day 4 Review

- The proper sequence to wash dishes by hand is *wash*, *rinse*, *sanitize* and *air-dry*.
- Between each use, cutting boards must be *washed*, *rinsed* and *sanitized*.
- To hot-water sanitize, immerse utensils in **170°F** water for at least 30 seconds.
- To prepare a 50 PPM chlorine-based sanitizing solution, add ½ ounce of bleach to 1 gallon of water.
- 50 PPM sanitizing solution is used for immersing utensils for at least 1 minute.
- To prepare a 100 PPM chlorine-based sanitizing solution, add one ounce of bleach to 1 gallon of water.
- 100 PPM sanitizing solution is typically used for wiping, spraying or pouring.
- Wiping cloths must be stored in a 50 PPM sanitizing solution.
- During chemical sanitization, the chemical solution must be checked with a test kit.
- Bathrooms for patrons must be provided when there are 20 seats or more in the dining area of a food establishment.
- The three key strategies of Integrated Pest Management are: *starve them, build them out* and *destroy them.*
- When food is unavailable to mice that have infested a restaurant, they will move out.
- Rats are known to enter buildings through openings that are as small as the size of a quarter.
- The presence of fresh rat droppings in a food establishment is a critical violation.
- Insecticides and rodenticides can only be applied in a restaurant by a licensed pest control officer.
- The best method for eliminating flies and roaches from an establishment is through proper cleaning and sanitizing.

Day 5 Review

- **HACCP** stands for **H**azard **A**nalysis and **C**ritical **C**ontrol **P**oint.
- HACCP is a system of food safety to control the growth of harmful microorganisms.
- The seven principles of HACCP are: *identify hazards, determine Critical Control Points (CCP), set up critical limits, monitor CCP, take corrective actions, verify the system is working* and *keep records.*
- A CCP is any point in the food flow where action must be taken to eliminate the hazard.
- If potentially hazardous foods are left in the Temperature Danger Zone for more than 2 hours, then the food is no longer safe and must be discarded.
- Whenever making cold salads, such as tuna, the best practice is to pre-chill the ingredients.
- Artificial trans fat increases LDL (the "bad" cholesterol), leading to heart disease.
- Artificial trans fat is banned from all restaurant foods.
- To improve food safety, security and general work practice, routinely conduct a self-assessment of food operations.
- The most common injuries among restaurant workers in a workplace are **slips, trips, falls, cuts, lacerations, burns, muscle strains, sprains** and **electrocution**.
- To avoid slips, trips and falls, slip-resistant shoes must be worn by food workers.