Caring About Food Safety
Narration Text

Home Page Introduction
Caring for people is one of the most important jobs there is. Part of caring for others is making sure they are safe. In this course you will learn about food safety to reduce the risk of food-related illnesses for yourself and those in your care. Explore each of the six sections and then take the Test Your Knowledge quiz to see how much you've learned. Working through everything should take you about 1.5 hours.

Why Learn about Food Safety? Introduction
Food safety is a serious issue. A Health Canada study estimated that between 11 and 13 million Canadians get sick from the food they eat every year, and some even die. With proper food handling and preparation, many of these illnesses can be prevented.

Buying Food Introduction
Food safety starts at the grocery store. Being careful while grocery shopping is the first step to keeping your food safe. Explore this page to learn what to be aware of when buying and transporting food.

Storing Food Introduction
Making sure food is stored properly helps prevent food-related illness. By exploring this page, you’ll learn the proper way to store food, including leftovers, as well as the correct temperatures for your refrigerator and freezer.

Preparing Food Introduction
The people who handle food cause most cases of food-related illness. People carry germs into the kitchen and germs can live anywhere in the kitchen. Therefore it’s very important for those handling food to be clean, healthy and diligent with hand washing and other food safe practices. Work through this page to learn what you need to know about safely preparing food.

Cooking Food Introduction
Cooking food for people in your care is an important task. You’ve learned how to hand wash properly and how to avoid cross contamination. Now you’ll learn how to cook food thoroughly and safely to prevent food-related illness.

Cleaning Up Introduction
As you know, clean hands and clean food helps to prevent food-related illnesses. Learning how to keep your kitchen, serving and eating surfaces clean and sanitized always helps to prevent food-related illnesses. Proper cleaning and sanitizing reduces the risk of cross contamination.

Test Your Knowledge Introduction
Congratulations! You’ve completed all the sections of Caring About Food Safety. By practicing what you’ve learned in this course, you’ll help protect yourself and the people in your care from food-related illness. Take the quiz now to see how much you’ve learned.
What is a food-related illness? Video

Voice-over
Outbreaks of food-related illnesses, also called food poisoning, often make news headlines. Eating food or drinking beverages that contain harmful germs such as bacteria, viruses, moulds or parasites, can cause food-related illnesses. This happens when food is not prepared, stored or handled properly, or when it is infected by people who are sick.

You can’t see these germs because they are very tiny, and they can’t be smelled or tasted.

Germs multiply quickly in a temperature range between 4 and 60 degrees Celsius. This temperature range is called the Danger Zone. Room temperature is within this zone.

To be safe from harmful germs, food must be kept out of the Danger Zone.

Temperature must be at or below 4 degrees Celsius or above 60 degrees Celsius to prevent germs from multiplying.

What happens to germs stored at different temperatures? We’ll look at some examples with bacteria. After 24 hours, in the dish kept at 4 degrees Celsius, refrigerator temperature, the number of bacteria has not increased very much.

In the dish stored at room temperature, 22 degrees Celsius, the number of bacteria has increased significantly.

To help prevent harmful germs from causing food-related illnesses, make sure food is in the Danger Zone for as short a time as possible.
Safe Shopping

Introduction
Here you are at the grocery store. You’ve got your shopping list and cart and are about to begin shopping. To collect your groceries, you’ll visit different parts of the store in the order that makes the most sense with food safety in mind. Where do you go first?

First Stop Incorrect Feedback
You should start your shopping by sanitizing your cart handle and hands. Try again.

Second Stop Incorrect Feedback
Shop for foods that don’t require refrigeration first.

Third Stop Incorrect Feedback
First finish getting foods that aren’t high-risk.

Fourth Stop Incorrect Feedback
Pick up the chilled item that has its own protective container first.

Fifth Stop Incorrect Feedback
Poultry, meat and fish are very high-risk foods. Make them the last food items you pick up.

Sixth Stop Incorrect Feedback
To avoid chemical contamination, get all your food items before cleaning products.

Seventh Stop Incorrect Feedback
There are still some items on your list to get before going to the check out.

First Stop Correct Feedback
Excellent choice. It’s important to sanitize your cart handle and hands before getting your groceries. Now you’re ready to start shopping. What items on your list will you put in your cart first?

Second Stop Correct Feedback
You’re right to shop for packaged, dry and canned goods before getting foods that need refrigeration. Be sure to check that cans aren’t swollen or dented. Also, don’t buy food with open or damaged packaging. And remember to check best before dates.

Third Stop Correct Feedback
Great choice. Be sure to check that the produce you choose is in good condition. Don’t buy mouldy or discoloured produce or fruit with broken skin. Check that potatoes don’t have sprouts or green spots.
Fourth Stop Correct Feedback
Good choice. Remember to check, the ‘best before’ date on the label for these eggs, as well as for all fresh meat, fish, seafood, poultry, and dairy products. Also, open the egg carton to make sure there aren’t any cracked eggs inside.

Fifth Stop Correct Feedback
Yes! It’s best to shop for chilled and frozen foods near the end. Check that these food items are frozen, and place them together in your shopping cart.

Sixth Stop Correct Feedback
You’re correct. Select poultry and fish without unusual colour or odour. Put each in a separate plastic bag before you put it into the shopping cart. This prevents juices from leaking onto other foods. Also, keep these items away from the other foods in your shopping cart.

Seventh Stop Correct Feedback
These products are the right things to pick up last to prevent chemical contamination with your food items. Remember to keep these cleaning products separate from the food in your cart.

Last Stop Correct Feedback
Congratulations! You’ve successfully finished your shopping. Did you remember to bring some clean cloth bags to pack the groceries in? Be sure to ask the cashier to pack the raw poultry and fish in a bag separate from the other food items. The cleaning supplies should also be in a separate bag. You did a great job shopping with food safety in mind.
Safe Storage

Introduction
You’ve just returned from shopping and are about to put away the groceries. What do you unpack first?

First Bag Incorrect Feedback
Be sure to unpack items that need freezing or refrigeration first.

Unpacking Instructions
With food safety in mind, move each item into its correct storage location.

First Bag Complete Feedback
Great job! Now that you’ve put away all the foods that need refrigeration or freezing, you can unpack the rest of the groceries. Which bag do you unpack next?

Second Bag Incorrect Feedback
To prevent chemical contamination, unpack all your food items first.

Second Bag Complete Feedback
Excellent work, only one more bag to unpack.

End Feedback
Congratulations, you’ve successfully put all the groceries away!

Chicken Correct Feedback
Good choice. Poultry, fish and meats must be stored at or below 4 degrees Celsius. Juices from these items may contain harmful germs and if they leak out, they could contaminate any food they drip onto. This is why poultry, meat and fish must be stored on the bottom shelf of the refrigerator sealed in a plastic bag or covered container.

Chicken Incorrect Feedback
Poultry must be stored in the refrigerator until ready to cook. Try again.

Fish/Meat Correct Feedback
You’re correct. Meat and fish need to be kept cold at or below 4 degrees Celsius. If you’re going to eat meat within 3 to 4 days, or fish and poultry within 2 to 3 days, they can be refrigerated. If not, freeze immediately at or below -18 degrees Celsius.

Fish/Meat Incorrect Feedback
Meat and fish must be stored in the freezer or on the bottom shelf of the refrigerator. Try again.

Frozen Foods Correct Feedback
Yes! Before frozen food begins to thaw, put it away in a freezer, which is at or below -18 degrees Celsius. When frozen food is thawed or partly thawed, germs can grow quickly and infect the food. Thaw frozen food safely in the refrigerator.

Frozen Foods Incorrect Feedback
Frozen foods must be stored in the freezer until ready to use. Try again.
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Fruit/Vegetable Correct Feedback
You’re right. Remember that fruits and vegetables need to be stored away from meat, poultry and fish to avoid contact with harmful germs.

Fruit/Vegetable Incorrect Feedback
Fresh fruits and vegetables should be stored in the refrigerator. Try again.

Eggs Correct Feedback
Yes! Clean, non-cracked eggs should be kept in their original container on a refrigerator shelf, at or below 4 degrees Celsius. The refrigerator door is not cold enough for eggs.

Eggs Incorrect Feedback
Eggs need to be refrigerated. Try again.

Rice, Cereal and Sugar Correct Feedback
Excellent choice. Dry goods such as grains, cereals and flours should be placed in clean, empty containers. Be sure not to mix new dry goods with older, existing goods. Once dry goods are placed in containers with lids, they are protected from pests such as mice and bugs. Pests can infect food with germs.

Rice, Cereal and Sugar Incorrect Feedback
Dry goods should be stored in glass or metal containers with lids. Try again.

Canned Goods Correct Feedback
That’s a perfect location. Before using, be sure to check labels for best before dates and throw away any cans that are bulging, leaking or rusting. Leftovers from cans or jars should be refrigerated immediately and used within a day or two.

Canned Goods Incorrect Feedback
Canned goods should be stored in a cool, clean, dry place until they are opened. Try again.

Cleaning Products Correct Feedback
That’s it. Storing cleaning products and other chemicals away from food helps prevent chemical poisoning. Never store food in cleaning product containers or cleaning products in food containers.

Cleaning Products Incorrect Feedback
Cleaning products and chemicals should be stored safely away from food. Try again.
Hand Washing Video

Voice-over
Hand washing is one of the easiest and most effective ways to reduce the risk of food-related illness. Here’s how to wash your hands properly.

First, wet your hands and wrists with warm water.

Next, apply enough liquid soap to create a good lather.

Lather the soap on your hands and above your wrists.

Scrub your hands palm to palm using a rotating motion.

Be sure to clean in between your fingers, as well as the back of your hand with the palm of your other hand.

Clasp your thumb in your opposite hand and scrub.

Then scrub your wrist using your opposite hand.

Repeat the sequence on your other hand, cleaning between your fingers, your thumb and wrist.

Scrub your fingertips in the opposite palm. You’ll need to lather your hands for at least 20 seconds to remove as many germs as possible.

Clean under your nails with a clean nailbrush.

Then rinse the brush.

Once you’ve finished lathering, rinse your hands thoroughly under warm running water, letting the water run down off your fingertips.

Pat your hands dry with a single-use paper towel.

And finally, because germs can live on tap handles, use the same paper towel to turn off the taps.
Cooking Food Safely Video

Voice-over
There are many things to consider to avoid cross-contamination while preparing food.

First of all, always wash your hands using the proper hand washing method before you handle any food.

Before you start preparing food, look at each item to make sure it’s safe. For example, inspect eggs and throw out any that are cracked.

Be sure to avoid all recipes where eggs are not cooked.

Remember to check the best before dates to ensure the food items are fresh.

Always keep raw poultry, meat and fish on separate cutting boards from vegetables and ready-to-eat foods.

After handling raw poultry, meat or fish, wash your hands thoroughly.

Food quality gloves may be used and are recommended if you have a bandage on your hand. To avoid cross-contamination, gloves must be changed every time you would normally wash your hands. For example, after handling raw poultry, meat or fish.

Usually gloves are worn on both hands; however, sometimes only one glove is worn so that one hand deals with the messy job and the other remains clean.

Note how this workspace is organized for food safety. The chicken breast moves from right to left, first dipped in the flour, then the eggs, and then the crumbs before being placed on the pan. This way the chicken is not dripping on, and possibly contaminating, other food or surfaces.

See that the ungloved hand is still clean and is the one used to open the oven door and place the pan in the oven. Using the gloved hand would have contaminated the oven door handle.

Throw out all food items that have come in contact with raw poultry, meat or fish. The egg, flour and crumbs cannot be kept, since the chicken has contaminated them.

To remove a glove, take your clean hand and pinch the inside of the glove. Pull the glove down into the garbage. If your clean hand comes in contact with the surface of the dirty glove, you need to wash your hands.

After preparing poultry, meat or fish clean the cutting boards, knives and utensils with hot, soapy water and rinse well. Then leave to air dry.

After dealing with raw poultry, meat or fish, clean the counter with hot soapy water, rinse and dry with a paper towel.

Spray the counter with sanitizing solution and leave on for 1 to 2 minutes.
Then dry with a paper towel.

Meat, poultry, fish and eggs should be cooked right through to the middle. This should be checked, by placing a food thermometer at the thickest part of the food, not touching bone, fat or the pan.

To destroy harmful germs the internal temperature for these chicken breasts should be 74 degrees Celsius.

Thermometers need to be washed in hot soapy water between each food item to avoid cross contamination.

Prepare vegetables and ready-to-eat foods on a different cutting board from the one used for poultry, meat and fish.

Wash and peel, if necessary, raw fruit and vegetables before cutting to be sure they’re free of dirt and chemicals.

If not serving immediately, cover to protect them from drips from other foods. Then refrigerate at or below 4 degrees Celsius until ready to serve. The temperature range between 4 and 60 degrees Celsius is the Danger Zone. Harmful germs grow best in this temperature range.

Reheated food should reach a temperature of 74 degrees Celsius—Make sure the thermometer is not touching the bottom of the pot.

Always put cooked food on a clean plate.

Serve and eat food as soon as possible after cooking. When cooked food cools down, germs can start to grow. Refrigerate any leftovers immediately. Don’t let food remain in the Danger Zone for longer than 2 hours.