

Introduction to Food Safety

Module 1





What is food safety?



Why is food safety important?

- meet customer expectations
- keeps people from getting sick
- continual improvement in food processing



Why is food safety important?



- control food safety hazards
- follow food safety laws
- reduce food recalls

Food safety helps protect us from:

- **food borne illness**
- food hazards:
 1. biological
 2. chemical
 3. physical
- cross contamination



Food borne illness




What is food borne illness?

Food borne illness happens
when something you eat makes
you sick.

Common symptoms of food borne illness:



- upset stomach
- stomach pain
- diarrhea




Who are we trying to protect from food borne illness?



Everyone, but mostly:

- the elderly
- people with immune deficiencies
- babies and children



Food borne illness can cause
sickness or death.



Food borne illness can also cause:



- customer sickness
- employer bankruptcy
- employee loss of job



Story of Contaminated Spinach

A few years ago, many people got food borne illness because they ate some spinach that had not been properly cleaned.

3 people died from eating the spinach.





The spinach came from a field where contaminated water was used to water the spinach.

The spinach was not properly cleaned when it was processed.

People became sick when they ate the spinach.





The company selling the spinach had to stop selling it.
They had to find out why it made people sick.

New rules were made to make sure that spinach was properly cleaned
so no one would get sick from eating spinach again.



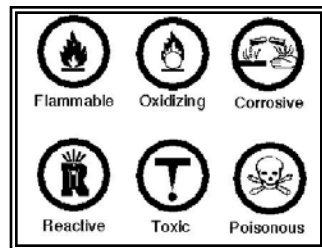
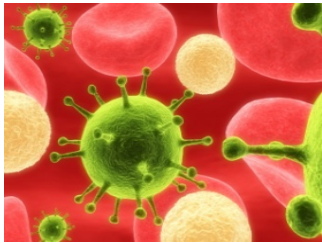
Food safety helps protect us from:

- food borne illness
- **food hazards:**
 1. **biological**
 2. **chemical**
 3. **physical**
- cross contamination

What is a food hazard?

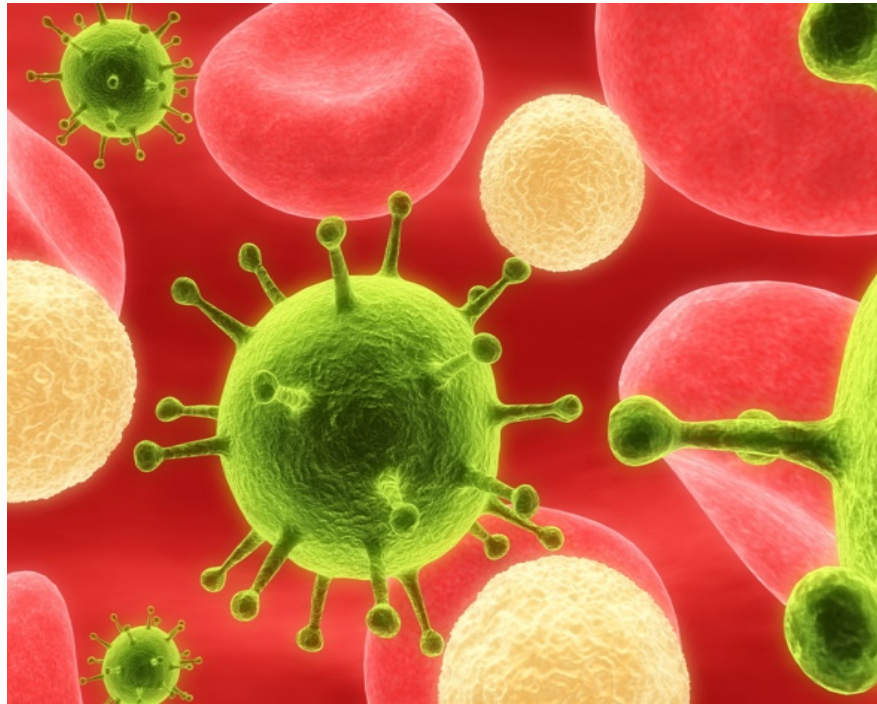


A food hazard is anything in food that could cause injury or death.

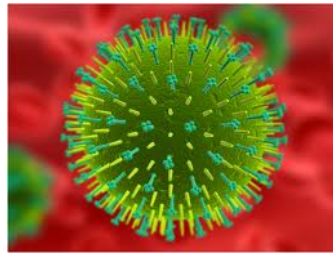


- biological (microbes)
- chemical (chemicals)
- physical (materials and objects)

What is a biological hazard?



Biological hazards are caused by microbes:



- bacteria
- viruses
- parasites
- protozoa
- yeasts and molds



What is a chemical hazard?



Chemical hazards can be:



- pesticides
- cleaners and sanitizers
- food additives
- allergens

What is a physical hazard?





Physical hazards can be:



- hair



- broken glass or ceramics



- pieces of metal



- parts from equipment



More physical hazards:



- wood



- fruit pits



- pieces of packaging



- pebbles

Common sources of food hazards:

- contaminated raw food or packaging
- poor processing procedures
- improper storage or transport
- infected person
- cross contamination

Food safety helps protect us from:

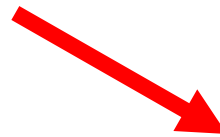
- food borne illness
- food hazards:
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 3. physical
- **cross contamination**

What is cross contamination?



Cross contamination happens when a microbe or allergen from one place gets into something else.

What is the result?



Bacteria are hitchhikers.



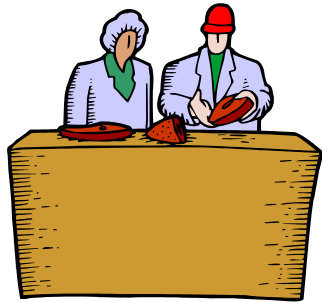
Both items are now contaminated.

What do food processors do to protect customers?

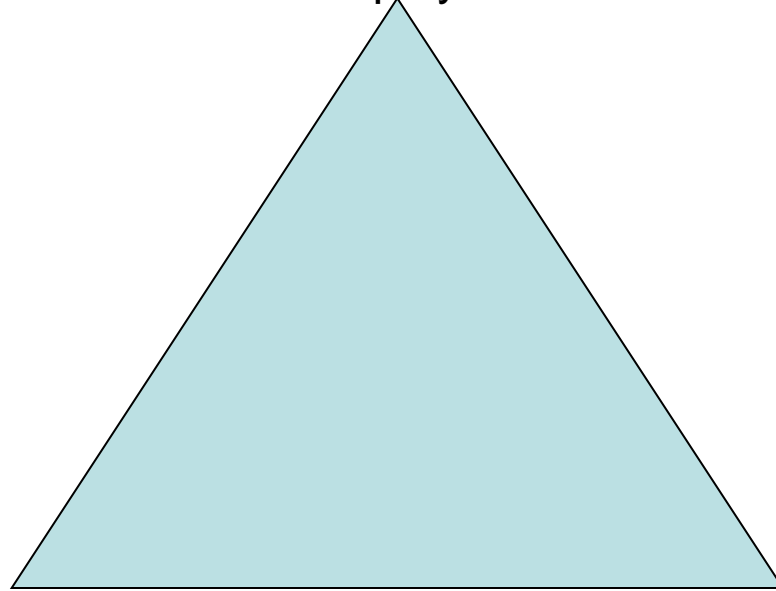




employer



employee



customer

Everyone is responsible for their part.

Responsibilities of **employers**:

- have a **food safety plan**
- have a cleaning and **sanitation plan**
- provide written instructions
- provide training
- provide supervision
- inspect the workplace
- provide first aid
- provide personal protective equipment (PPE)

Written Instructions

Written instructions are also called **Standard Operating Procedures (SOPs)**.

Examples of **SOPs**:

- Food Safety Plan
- Sanitation Plan

Responsibilities of **employees**:

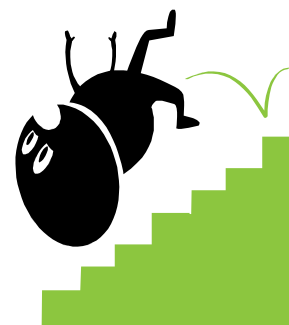
- practice safe food handling (FoodSafe)
- follow instructions carefully (SOPs)
- work safely
- use the personal protective equipment (PPE) like hairnets, gloves and goggles

As an employee:

- you must **tell your employer** if you see a safety hazard, accident or injury
- you must refuse to do a task where you are at **risk** of injury or disease

You must tell your employer:

- if you see a safety hazard
- if you see an accident
- if you get hurt
- if you feel sick





Responsibilities of **customers**:



- report food problems or any illness or injury to the store
- check food labels for ingredients

Why do customers need to check
the food ingredients?



Customers check for foods they know will make them sick.



Allergens like milk, eggs, nuts and shellfish may cause an allergic reaction.

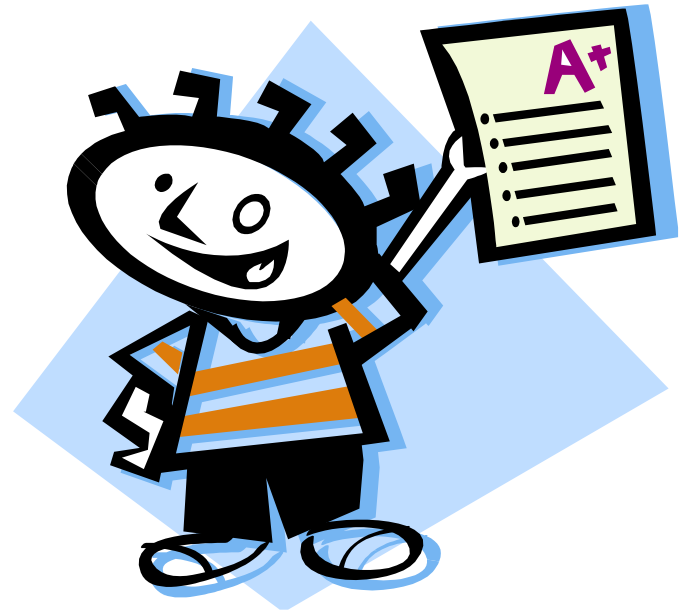


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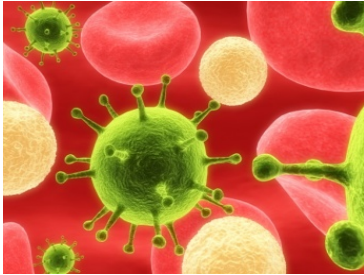
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Review



1. The common food hazard categories are:



a) biological (microbes)



b) chemical (chemicals)

c) physical (materials and objects)



d) all of the above



2. Who is most likely to get sick from food borne illness?

- a) the elderly, people with immune deficiencies, babies and children
- b) healthy adults
- c) teenagers



3. Food safety hazards can result in sickness or death.

a) true

b) false

Congratulations!



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