



Unit 6

Food Safety


Vocabulary

- ▶ **bacteria** – These are microorganisms in our bodies.
 - ▶ **canned** – Is eating canned fish healthy?
 - ▶ **counter** – Keep your kitchen counter clean.
 - ▶ **E. coli** – E. coli is a kind of bacteria that can cause food poisoning.
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Vocabulary

- ▶ **episode** – Have you ever had an episode of food poisoning?
 - ▶ **foodborne** – Foodborne bacteria, like E. Coli, can be very dangerous.
 - ▶ **infect** – Students with the flu should stay home so they don't infect their classmates.
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Vocabulary

- ▶ **raw = uncooked** – Sashimi is raw fish.
 - ▶ **refrigerate** – You need to refrigerate meat or else it will go bad.
 - ▶ **Salmonella** – This is a kind of bacteria that can cause food poisoning.
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Vocabulary

- ▶ **stay away from** – Many Western people stay away from raw fish, because they think it will make them sick.
- ▶ **thaw** – It should take about three hours for that chicken to thaw.
- ▶ **bulge** – If you see a can of salmon with a bulge in the can, don't buy it.

Vocabulary


- ▶ **transfer** – People can transfer dangerous bacteria from raw meat to their mouth with their hands.
 - ▶ **toxin = poison** – Fish like tuna may contain toxins.
 - ▶ **perishables** – Fresh meat and vegetables are examples of perishables. Instant noodles would be non-perishable.
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Vocabulary

- ▶ **utensil** – Knives and forks are two kinds of utensils.
 - ▶ **yolk** – The yolk is the yellow part of the egg.
 - ▶ **frozen vs. freezing** – Why eat frozen fish when we can buy fresh fish? / Does freezing fish help kill harmful bacteria?
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Reading

Unfortunately, many countries still have problems with food safety. So, if you're travelling to a poor country, you should be extremely careful. Avoid eating uncooked or undercooked food, such as eggs or poultry, otherwise you might get a food-borne illness like Salmonella. This is a kind of food poisoning caused by bacteria. You may even have to be careful eating canned food and should make sure cans don't have any bulges.



Reading

If your accommodation comes with a kitchen and you want to cook for yourself, try to thaw meat in a microwave and make sure to sanitize the counter and all utensils. Make sure everything is well cooked, because cooking food at high temperatures helps to kill germs.



Dialogue

Andy Liao is seeing Sandra Chen, the registered nutritionist, for advice. Andy is planning to take a business trip overseas. He is concerned about the food safety there.

A = Andy Liao B = Nutritionist, Sandra Chen



Dialogue

A: I'm planning to go overseas on business. Do I need to worry about food safety?

B: Yes, you do. Every year, millions of people experience one or more episodes of foodborne illness.

A: Then, how should I stay safe?




Dialogue

B: Make sure salads, lunchmeats, dairy products and other foods which require refrigeration stay cool, below 40°F or 4.4°C.

A: And what can I do to avoid E. coli?

B: Stay away from ground meat, because it might contain other parts of the animal, such as the brain.



Dialogue

A: I know that there may be Salmonella in eggs. How can I avoid Salmonella when eating eggs?

B: Don't eat any runny yolks or any cookies or cakes made with eggs.

A: How about frozen raw meat?




Dialogue

B: Frozen raw meat and poultry should never be thawed by leaving it on the kitchen counter. You should use a microwave.

A: Sometimes I like to reheat foods. Is that safe?

B: Maybe or maybe not. Reheating food cannot destroy toxins and it may not even get rid of bacteria.



Dialogue

A: And canned food?

B: Never eat canned foods if the can is bulging or looks like it has had a leak.

A: When cooking foods, what should I watch out for?



Dialogue

B: Make sure all foods are cooked well. It's also important to clean all cooking areas and utensils. Washing your hands before and after handling uncooked food is necessary, too.

A: Anything else?



Dialogue

B: Perishable food should never be kept at temperatures between 40°F or 4.4°C and 140°F or 60°C for more than 2 hours. Also, it is important not to let bacteria from raw foods stay on your hands. You may transfer them to your mouth or other foods. That's why you need to wash your hands often when handling food.

Dialogue

A: When sanitizing dish-cloths or cutting-boards at home, what should I watch out for?

B: Add one teaspoon of chlorine bleach.

A: Thank you. I'll keep that in mind.



Choose the Correct Choice

1. At what temperature should your refrigerator be kept?

☒ a. 40°F.

b. 60°F

Choose the Correct Choice

2. In order to properly wash your hands before or after handling food, what is the minimum amount of time you should wash your hands under running water?

☒ a. 20 sec.

☐ b. 1 minute.

Choose the Correct Choice

3. Which is the minimum temperature at which hot foods on a buffet should be maintained?

a. 212°F.

☒ b. 140°F.

Choose the Correct Choice

4. The majority of foodborne illnesses are a result of which of the following?

☒ a. Improper handling of foods by the consumer.

☐ b. Improper handling of foods in restaurants or food service settings

Choose the Correct Choice

5. When sanitizing dish clothes or cutting boards at home using chlorine bleach, how much bleach should be added, per quart of water?

☒ a. 1 teaspoon.

b. $\frac{1}{2}$ tablespoon.

Choose the Correct Choice

6. Which of the following ways is NOT a safe way to defrost raw meat?

a. In the refrigerator.

☒ b. On the counter.

Choose the Correct Choice

7. What is the minimum temperature ground beef should be cooked to in order to assure safety?

a. 155°F.

☒ b. 160°F.

Choose the Correct Choice

8. Which food is associated with the most cases of foodborne illness due to Salmonellosis?

a. Raw chicken.

☒ b. Raw eggs.


Vocabulary Exercise

1. Every year, millions of people may experience one or more episodes of foodborne illness.
2. Are there ways I can prevent E. coli from occurring in my house?


Vocabulary Exercise

3. Stay away from ground meat that many contain nervous tissue such as the brain.
4. It's also very important that you clean all cooking areas and utensils.


Vocabulary Exercise

5. Washing your hands before and after handling uncooked food is necessary.
 6. Perishable food should never be kept at temperatures between 40°F (4°C) and 140°F (60°C) for more than 2 hours.
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Vocabulary Exercise

7. It is important not to let the bacteria from raw foods stay on your hands where you may transfer them to your mouth or other foods.
 8. Frozen raw meat and poultry should never be thawed by leaving them on the counter at room temperature.
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Vocabulary Exercise

9. Because there may be Salmonella in eggs, you should also always make sure that you cook your eggs thoroughly before eating them.
10. Reheating foods cannot destroy the toxins of some bacteria if a food has been handled incorrectly.
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Word Comparisons

- ▶ utensil versus instrument
 - ▶ thaw, defrost
 - ▶ refrigerate, freeze
 - ▶ sanitize, sterilize
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Patterns and drill

- ▶ I wonder if there is anything I can do to avoid E. coli.

salmonella

diarrhea

toxins

Patterns and drill

- ▶ Make sure you cook all foods well.

handle

wash

thaw

Patterns and drill

- ▶ Do I need to worry about food safety?
road
water
toy

Patterns and drill

- ▶ When cooking foods, what should I watch out for?

eating
transferring
thawing

Patterns and drill

► Is it safe to eat?

drink
reheat
cook