

Serious About Sanitation!

Read the following scenario and answer the questions below.

Jessica and David decide they would like to make chicken stir-fry for their family for dinner. The night before the day they plan to prepare the meal, Jessica places frozen 3 frozen chicken breasts on the counter to thaw overnight.

On the day of cooking, Jessica ties her hair back into a ponytail before heading downstairs to begin prep work for the stir-fry. David isn't feeling very well with an upset stomach and low-grade fever but still wants to help cook.

When beginning prep, David washes his hands for 10 seconds and dries them on a dish towel leftover from yesterday's dishes. He then takes the chicken from the counter and cuts them on a cutting board into small pieces. David accidentally sneezes onto the chicken but assumes most of it hit the counter and not on the food. After David cuts the chicken, Jessica cleans/sanitizes the chef knife used by David but keeps same cutting board to chop the broccoli and carrots.

David heats up the wok with a small amount of oil and cooks the chicken until it was no longer pink. Jessica then used her bare hands that had an open wound (from a paper-cut she got earlier that day) to add the vegetables. They stir-fried the combination until the vegetables were slightly warmed.

David and Jessica's parents were running late from work but decided together that they can just let the food sit on the stove without heat until they would get home in a few hours. Once everyone was home and ready to eat, they quickly heated up the food so it was at least somewhat warm and served it with glasses of milk. The milk expired a week ago but they didn't see chunks so assumed it was safe to drink.

Unfortunately, the entire family began experiencing flu-like symptoms such as abdominal cramps, headache, fever, nausea, and diarrhea the following day.

Questions:

- Identify 5 different unsanitary kitchen practices Jessica and/or David exhibited. For each unsanitary practice, describe the CORRECT way Jessica or David should have worked in the kitchen. (10 points)

UNSANITARY PRACTICE #1:

CORRECT PROCEDURE:

UNSANITARY PRACTICE #2:

CORRECT PROCEDURE:

UNSANITARY PRACTICE #3:

CORRECT PROCEDURE:

UNSANITARY PRACTICE #4:

CORRECT PROCEDURE:

UNSANITARY PRACTICE #5:

CORRECT PROCEDURE:

2. Identify 3 possible food borne illnesses that may have caused the family to suffer flu-like symptoms. For each illness, describe what they could have done to prevent contamination. (6 points)

FOOD BORNE ILLNESS #1:

PREVENTION PROCEDURE:

FOOD BORNE ILLNESS #2:

PREVENTION PROCEDURE:

FOOD BORNE ILLNESS #3:

PREVENTION PROCEDURE:

3. The following week, Jessica and David wish to prepare dinner again for their family. They are able to find an uncooked beef roast that they choose to thaw on the top shelf of the refrigerator. They still have some leftover beef gravy from a week ago so they decided to use that for the roast. For a side, they plan to use the foiled baked potatoes from a previous meal (still foiled from when they were baked) and also they have their choice of frozen green beans or a can of green beans but the can is slightly bulging at the top. To drink, they have their choice of fresh orange juice or unpasteurized milk. Identify three items that Jessica and David should avoid and the possible food borne illness associated with that food. (6 points)

Food Item

Associated Food-borne Illness

1. _____ : _____

2. _____ : _____

3. _____ : _____