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Foodborne Illness and Cross Contamination

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Introduction

Objective

To outline the causes of foodborne illness and ways of prevention.

Key Message:

- To understand the germs that cause foodborne illness and how to prevent them
- To describe the proper cooking temperature to prepare various foods to avoid foodborne illness
- To educate on preventing cross contamination



Foodborne Illness

Causes and Prevention

Bugs That Cause Foodborne Illness

CDC estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized and 3,000 die.

The top five germs that cause illnesses from food eaten in the United States are:

- Norovirus
- Salmonella
- Clostridium perfringens
- Campylobacter
- Staphylococcus aureus (Staph)

<https://www.cdc.gov/foodsafety/foodborne-germs.html>

Internal Temperature Cooking Guide

Category	Internal Temperature
Fresh Beef, Veal, Pork and Lamb	145°F, must rest for a minimum of 3 minutes
Poultry	165°F
Ground Meats	160°F, except for ground poultry which is 165°F
Seafood	145°F
Leftovers	165°F

Preparing foods to these recommended internal temperatures will greatly reduce the risk of foodborne illness.

What is Cross Contamination and How Can You Prevent It?

Cross contamination occurs when a bacteria or virus is transferred from one food product to another. As a result, cross contamination is one of the leading causes of foodborne illness.

Kitchen procedures where cross contamination can occur and ways to prevent them:

- **Food Storage:** store raw meats below ready-to-eat items and fruits/vegetables, and away from any dairy products
- **Food Preparation:** using color-coded cutting boards (red for raw meat, green for produce, white for ready-to-eat items) can greatly reduce the risk for cross contamination
- **Personal Hygiene:** always wash your hands/change your gloves before handling any food product and between different types of food (e.g., raw chicken to raw beef)
- **Prepared Foods:** when plating prepared foods, avoid using the same utensils to serve different food items
- **Food Preparation:** always use a probe wipe for sterilizing your food thermometer

Key Takeaways

- Foodborne illness causes an estimated 48 million people to get sick each year. By following the guidelines for internal temperature food preparation and cross contamination avoidance, you can help to lower the risk for your customers



References

- <https://www.eatright.org/homefoodsafety/four-steps/cook/complete-list-of-cooking-temperatures>
- <https://www.webstaurantstore.com/article/48/preventing-cross-contamination.html>
- <https://www.cdc.gov/foodsafety/foodborne-germs.html>

Cross Contamination Post-Test Answers

1. Per the CDC, approximately how many people get sick from foodborne illness each year?
 1. 5 million
 2. 3,000
 - 3. 48 million**
 4. 30 million
2. Clostridium perfringens is one of the Top 5 Bugs that cause foodborne illness.
 - 1. True**
 2. False
3. Ground Beef should be cooked to an internal temperature of 145°F.
 1. True
 - 2. False**
4. Which color cutting board should be used when slicing a loaf of bread?
 1. Red
 - 2. White**
 3. Green
 4. All the above

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