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Idaho food safety exam study guide

From pesticides to antibiotics in meat, do you know what you really eat? See what you need to know about food safety. Food can be unsafe for many reasons. It may be contaminated by germs—microbes such as bacteria, viruses or mold. This microbe may have been present before food was shrinked or collected, or it may have been introduced during handling or preparation. In any case, food may look good but can make you very sick. Food can also be unsafe as it has gone bad. Sometimes, you may see mold growing on the surface. Avoid Pain From Your Food For older people, food-related diseases can be life-threatening. As you age, you have more problems fighting microbes. Health problems, such as diabetes or kidney disease, also make you more likely to fall ill than eat unsafe foods. So be careful about how food is prepared and stored. Some foods present a higher risk than others. Here are some tips for choosing low-risk food options: Eating fish, shellfish, meat, and chicken that have cooked to a safe minimum internal temperature, rather than eating raw food or less aquatic. Drink pasteurized milk and juice instead of unpasteurized versions. Make sure that paste eggs or egg products are used in recipes that call for raw or understated eggs, such as homemade Caesar salad dressings, raw cake dough, or eggs. Always wash the vegetables, including all salad ingredients, before eating. Cooked vegetables are also low-risk options compared to raw vegetables. Choose cooked sprouts instead of raw sprouts. Choose hard cheese or processed, cream cheese, or mozzarella, or any clear cheese labeled Made of Pasteurized Milk instead of soft cheese made of unpasteurized (raw) milk, such as Brie, Camembert, blue veiled, or queso frescoes. Heat hot dogs, deli meat, and lunch meat to 165 °F (hot silk), rather than eating unheated meat. Changing Taste and Smell As you get older, your senses of taste and smell may change. Or medications may make things feel different. If you can't rely on your taste or smell to tell that food is broken, be careful about how you handle your food. If something isn't visible, smell, or taste right, throw it away—don't take the opportunity with your health. Smart Storage Food Safety starts by saving your meals properly. Sometimes that's as simple as the following instructions on the container. Example label says refrigerator after opening, do so! It is also a good idea to keep any stuff in the barn and wrapped in a cool place. When you're ready to use packaged foods, check the dates on the label. The bottle of juice may have been in your cabinet for so long it is now out of date. (See Reading Food Labels to understand dates on food labels.) Try to use refrigerator waste within 3 or 4 days to reduce risk of food poisoning. Remove older foods than that or that indicate the mold area. For refrigerators and recommended refrigerator storage times for regular meals, download our storage Cold Food tip sheet (PDF, 75K). Food and Medicines Some foods, as well as caffeine and alcohol, are unsafe to take with certain medications. Food medication interactions can prevent the drug from working properly, causing side effects from medication to worsen, causing new side effects, or altering the way your body processes food or medicine. For example, some statins (cholesterol drugs) act differently on the body if you take a large amount of grape juice. Every time you use a new drug, check the label for interactions. If you have any questions, talk to your doctor or pharmacist. Food Safety When preparing food, follow four basic steps—clean, separate, cook and cold. Clean wash your hands, cutting boards, and counters with hot water, soap, and make knives and other equipment clean before you start preparing food. Clean the canoe lid before opening. Rinse the fruits and vegetables under the flowing water, but do not use soap or detergents. Don't rinse raw meat or chicken before cooking—you might contaminate other things with a microbial splash that causes the disease around it. Keep your fridge clean, especially vegetable barrels and meat. When there is a spill, use hot water and soap to clean it. Separate keep raw meat, chicken, seafood, and eggs (and their juices and shells) away from food that will not be cooked. That starts inside your retail cart-puts raw vegetables and fruits in one part of the cart, perhaps the top. Products such as meat and fish should be inserted into plastic bags and placed in separate parts of the cart. Upon check-out, make sure that meat and raw seafood are not mixed with other items in your bag. When you go home, keep things like raw meat separate from fresh fruits and vegetables (even in your fridge). Do not let raw meat juices drip on foods that will not be cooked before they are consumed. When you cook, it is also important to take care of ready-to-eat foods such as fresh produce or bread besides the food to be cooked. Use different knives and clipping boards for fresh produce than you use for raw meat, chicken, and seafood. Or, use a set, and cut all fresh produce before handling the cooked food. Wash your equipment and cut off the board in hot water, or dishwasher, and clean your counter and hands afterwards. If you put raw meat, chicken, or seafood on a plate, wash the dishes in hot water and soap before reusing them for cooked food. Cook Use a food installer. Place in the thickest part of the food you cook to check that the interior has reached the right temperature. The chart below shows what temperature should be in the food before you stop cooking No more runny fried eggs or pink hamburgers in the middle. Bring sauce, marinades, soups, and boiling gravy when reheating. You might always think that you should let hot food cool before putting them in the fridge. Not true. Placing hot food items in the fridge as soon as possible will keep the bacteria from growing in your food. Divide the feed into smaller parts, place them in shallow containers, and refrigerate. How much do you not know about food safety? find out... 1. Food poisoning is a serious business If you think foodWhen cleaning with bleach is less. How much do you not know about food safety? find out... 1. Food poisoning is a serious businessIf you think food poisoning is little more than mean stomach bugs 24 hours, you are not alone. You're also wrong. More than 3,000 people in America alone die from foodborne diseases each year, and many more suffer from persistent health problems that are due to food poisoning.2. A little bleach kills a lot of bacteriaWhen it comes to eradication of your countertops with bleach, less is more. A teaspoon of liquid bleach to one quaza of water is all you need. Select an unanticed type to avoid unnecessary add-ons.3. There's a reason microwave commands include standing times Let meals sit for a few minutes after microwaving doesn't just stop you from burning yourself—it actually allows cooking food more closely. Food that has been the microwave continues to cook after the oven is closed, so pause before grabbing the potholders to avoid eating anything less affordable.4. Producing should always be washed—although it has peel skin or orange rinds, lemons, bananas, and other inevitable results in contact with the part you are going to eat—such as doing any germs or bacteria it holds. To prevent foodborne diseases, wash all the fruits and vegetables carefully under the flowing water (detergents and soaps can add unsafe chemicals) before preparing or eating.5. Cooked foods are not safe from hot or cold bacterialWhen foods, bacteria cannot survive. But nasty little organisms love hot temperature waste and your room. Serve food while it is hot and cools anything that easily perishes within two hours of cooking to avoid food poisoning. Plus: 8 Tips for Preventing Foodborne Diseases: FoodSafety.gov morning can be difficult! To make it better, we set out to find the best coffee brands for our daily routine. Learn the store options that buys a shop taking the coffee crown. Skip to the main contentDon doesn't let perishable food stay in the danger zone—between 40 and 140 degrees—for more than two hours. Store a food toasty, or set your refrigerator at 40 degrees, maximum. Cream-free fruit pies can sit for a day or two. Get your canometer ready! Cook steaks, cuts and roasts to 145 degrees; ground meat and pork to 160 degrees; chickens and chickens land up to 165 degrees. Degrees. the whole bird, testing the most in the thighs and wings and the thickest parts of the breast. Eggs in your nog can be contaminated with salmonella. (And, no, rum won't kill germs.) Bernard advises making nog pies, ice cream and custard with a cooked egg base—heat eggs and liquids in a saucepan to 160 degrees, stirring slowly to avoid scratching. Refrigerate the remnants of food in small, shallow containers so that the food is cold quickly and altogether, and enjoy within three days of it, food can be bad even in the fridge. Eat them cold, or heat up to 165 degrees. Serve on a small plate so less food sits at room temperature. Predated turkeys look like time-savers, but unless they've been preceded at the USDA-checked factory, there's no way of knowing whether it's handled properly. So make your own messaging (get in or out of the bird), mixing the ingredients right before cooking. Make sure the prolongation reaches 165 degrees, since it can be an excellent place for bacteria to grow. Defrost birds in the refrigerator (24 hours for every 4 to 5 pounds); do it in cold water, replacing water every half an hour (30 minutes per pound); or nuke each of your microwave manuals. For the latter two methods, cook as soon as it is diluted to avoid bacterial growth, warns Kathy Bernard, the USDA.6 Low-Cal Party Recipes20 Award-Winning AppetizersSELF does not provide medical advice, diagnosis, or treatment. Any information published on this website or by this brand is not intended as a substitute for medical advice, and you may not take any action before consulting a healthcare professional. TopicsFoodHolidaypartysafetyTips professional. TopicFoodHolidaypartysafetyTips