

# Lesson 11:

## Chapter 4 Module 2

### Preparing Foods Safely

#### **Chapter 4: The Flow of Food Safely through your Establishment**

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## Chapter 4 - Module 2: Preparing Foods Safely

### PREPARING FOODS SAFELY

#### Key Words:

- Hazard Analysis Critical Control Point (HACCP)
- Critical Control Point (CCP)
- Corrective Action
- Cold Holding
- Cold Food Prep Area
- Cross-Contact
- Date Marking
- Critical Limit (CL)
- Temperature Danger Zone (TDZ)
- Ready-to-Eat (RTE) Foods
- Cross-Contamination
- Standardized Recipes

#### Main Ideas:

- HACCP guidelines are used to help keep foods safe
- Foods left in the Temperature Danger Zone for 4 hours or longer must be discarded
- Employees must wash hands and clean and sanitize equipment before beginning food preparation

## Preparing Foods Safely

### HACCP Guidelines

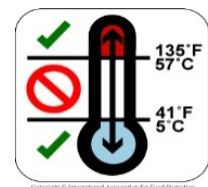
Hazard Analysis and Critical Control Point (HACCP) guidelines are used to keep foods safe.

HACCP guidelines include:

- Critical Control Points
- Critical Limits
- Corrective Action

**Critical Control Point (CCP)** is the point during food preparation where actions can be taken to eliminate or reduce the risk of a food safety hazard. For example, when holding food on a buffet line, the food must be kept at the right temperature to prevent it from going bad (prevent quality and food safety issues).

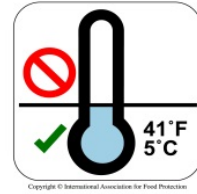
**Critical Limit** is the actual measurement or value to which a biological, chemical, or physical parameter must be controlled. For example, cold foods must be kept below 41°F, and hot foods must be kept above 135°F. Remember, foods kept in the **Temperature Danger Zone** (41°F to 135°F) for 4 hours or longer are unsafe.



**Corrective Action** describes what should be done if a **Critical Limit** is not met. For example, if the food is not kept at the proper temperature, it must be discarded.

Cold **Ready-to-Eat (RTE)** foods such as salads, lunch meats, cheeses, and raw fruits and vegetables do not undergo additional cooking before being served to customers. Therefore, according to **HACCP** guidelines, cold holding is the only **Critical Control Point** that can prevent growth of harmful bacteria in these foods. These cold RTE foods must be kept at cold temperatures below 41°F.

The temperature of 41°F is considered the **Critical Limit** for cold holding of RTE foods.



If temperatures of these foods rise above the **Critical Limit** of 41°F and they remain in the **Temperature Danger Zone** (41°F to 135°F) for 4 hours or longer, the food must be discarded.

Critical Control Point	Critical Limit	Corrective Action
Cold Holding	Below 41°F	Discard food if held above 41°F for 4 hours or longer
Hot Holding	Above 135°F	Discard food if held below 135°F for 4 hours or longer

Table 8: Critical Control Points for Hot and Cold Holding

Discarding a salad on a buffet line with a holding temperature of 45°F is an example of a **Corrective Action**, or what must be done if your **Critical Limit** is not met. To prevent throwing away food, employees must limit the time that **Time/Temperature Control for Safety Foods** are in the **Temperature Danger Zone** during receiving, preparation, display, and serving.

## Cross-Contamination

**Cross-Contamination** happens when bacteria from Time/Temperature Control for Safety Foods is transferred to another food either through direct or indirect contact.



- **Direct contact** can happen through food drippings or splashes from Time/Temperature Control for Safety Foods such as raw beef, chicken, or fish.
- **Indirect contact** can happen from an employee's unwashed hands, by used gloves, or through the use of dirty cutting boards, sinks, counter tops, or equipment. For example, using a cutting board to cut raw meat and then to cut bread transfers bacteria from the raw meat to the bread. Color coded cutting boards and utensils can be used as a tool to prevent cross-contamination.



### Scenario 6: Bare Hand Contact Causes Foodborne Illness Outbreak

A restaurant in Fayetteville, NC, was linked to at least 100 cases of foodborne illness occurring in May 2013. Among the sanitation violations found by investigators was bare hand contact with Ready-to-Eat foods.



## Cross-Contact

**Cross-Contact** happens when food allergens are transferred from one food to another food. As you learned in previous chapters, even the smallest amount of food allergen can cause an adverse reaction. **Cross-Contact** between foods containing allergens and foods being served as free of a specific food allergen must be avoided.

For example, if an employee first prepares a salad with nuts and then, without washing his/her hands and changing gloves, prepares a nut-free salad for a customer with a nut allergy, **Cross-Contact** has occurred. The food product **cannot** be fixed by removing the allergen, such as by taking the nuts off of the salad.



Another example is using a toaster to toast regular bread and then later gluten-free bread. If a mistake is made and a food product does come in contact with a food allergen, the food must be marked as containing that food allergen or thrown away.



Employees should wash hands with soap and water and put new gloves on before working with food that is being served as free of a specific food allergen. Utensils, equipment, and surfaces must be cleaned and sanitized between uses. Another option is to designate a special work area for preparing specific allergen-free foods.



## Standardized Recipes

Following standardized recipes ensures standards are met for cost, quality, food allergens, and food safety. Standardized recipes should include procedures for the following:

- Pre-chill shelf-stable ingredients
- Limit the time that high risk foods are in the **Temperature Danger Zone**
- Contain food allergen warnings

If food substitutions must be made, employees must get a manager's approval, document the changes, and be sure that food safety and food allergen standards are met. Examples of standardized recipes for Cold Food Production and Hot Food Production are included in the modules corresponding to Cold and Hot Food Preparation.

## **STANDARD OPERATING PROCEDURES: Preparing Foods Safely**

- Develop and follow HACCP guidelines
  - Identify Critical Control Points (CCP)
  - Establish Critical Limits (CL)
  - Take appropriate Corrective Action when CL are not met
- Minimize the time food spends in the Temperature Danger Zone (41°F to 135°F)
- Maintain temperatures below 41°F for Ready-to-Eat foods
- Wear disposable gloves when handling Ready-to-Eat Foods
- Avoid Cross-Contact of food allergens
- Wash hands thoroughly before preparing an allergy-free food
- Change gloves before preparing an allergy-free food
- Clean and sanitize the work area and utensils before preparing an allergy-free item

**[View Video linked from Chapter 4 Module 2.](#)**

**Quiz...Next Page**

## Preparing Foods Safely

**Module Quiz:** Please make sure you have read Chapter 4 – Module 2 and watched the corresponding video before you take the quiz. If you have any questions about the information found in Module 2, please ask your manager before you begin.

1. \_\_\_\_\_ is what must be done if a Critical Limit is not met.
  - a. HACCP
  - b. Critical Control Point
  - c. Critical Limit
  - d. Corrective Action
2. \_\_\_\_\_ is the point during food preparation where actions can be taken to eliminate or reduce the risk of a food safety hazard.
  - a. HACCP
  - b. Critical Control Point
  - c. Critical Limit
  - d. Corrective Action
3. \_\_\_\_\_ guidelines are used to keep foods safe.
  - a. HACCP
  - b. Critical Control Point
  - c. Critical Limit
  - d. Corrective Action
4. \_\_\_\_\_ is the actual measurement or value to which a biological, chemical, or physical parameter must be controlled.
  - a. HACCP
  - b. Critical Control Point
  - c. Critical Limit
  - d. Corrective Action
5. Using a cutting board to cut raw meat, then using it to cut bread will transfer bacteria to the bread, is an example of:
  - a. Direct Contact
  - b. Indirect Contact
  - c. Cross-Contact
  - d. None of the above
6. A dessert was accidentally sent out with nuts sprinkled over it for a customer who is allergic to nuts. Which action should be taken?
  - a. The nuts should be removed and sent back to the customer.
  - b. A new dessert without nuts should be made for the customer.
  - c. Nothing; the customer can remove them.
  - d. All restaurants should be nut-free.
7. Standardized recipes should include which of the following procedures:
  - a. Pre-chilling instructions for shelf stable ingredients
  - b. Time frame that high risk foods are allowed in the TDZ
  - c. Food allergen warnings
  - d. All of the above

8. If food substitutions must be made in a standardized recipe, a manager's approval is not necessary as long as the employee has compared the food label ingredients.
  - a. True
  - b. False
9. Employees should wash hands with soap and water and put new gloves on before working with food that is being served as free of a specific food allergen.
  - a. True
  - b. False
10. Cold holding is the only Critical Control Point that can prevent growth of harmful bacteria in Ready-to-Eat foods.
  - a. True
  - b. False