

# Chapter Summary

A foodborne illness is a disease transmitted to people through food. An illness is considered an outbreak when two or more people have the same symptoms after eating the same or similar food.

Three types of contaminants threaten food safety. They are biological, chemical, and physical. Of these, biological pathogens pose the greatest danger.

Food handlers who do not follow correct procedures can also threaten the safety of food. They can do this when they fail to cook food enough, and when they hold it at incorrect temperatures. Food handlers can also cause an illness when they use contaminated equipment and when they practice poor personal hygiene.



# Preventing Foodborne Illness



## Control Time and Temperature

Food has been time temperature abused when it has stayed too long at temperatures that are good for the growth of pathogens. Pathogens grow well in TCS food. To prevent this growth, this food needs time and temperature control.



## Prevent Cross-Contamination

Pathogens can be transferred from one surface for food to another. This is called cross-contamination. Pathogens can be spread to food if equipment has not been cleaned and sanitized correctly between uses.



## Practice Good Personal Hygiene

Food handlers must maintain proper personal hygiene to prevent contamination of food.



## Purchase from Approved Suppliers

Ensure all food comes from approved, reputable sources.

Some groups are at a higher risk of getting sick from unsafe food. They include preschool-age children, the elderly, people with cancer or on chemotherapy, people with HIV/AIDS, transplant recipients, and people on certain medicines.

Important prevention measures for keeping food safe are controlling time and temperature, preventing cross-contamination, practicing good personal hygiene, purchasing from unapproved suppliers, and cleaning and sanitizing items correctly,