



Food Safety Worksheet

Laurel Branen, PhD, RD, LD and Janice Fletcher, EdD

Think about your program. Discuss the questions below and write ideas you have for making your program a model of food safety.

1. How successful is our program with adult hand washing and child hand washing?

Things we can do...

2. How does our program assure that children pass food in a safe manner?

Things we can do...

3. How do our serving utensils facilitate safe serving?

Things we can do...

4. What do adults in our program do when children contaminate foods?

Things we can do...

5. How does our program assure that hot foods stay hot and cold foods stay cold?

Things we can do...



Summary of Food Safety Principles

Laurel Branen, PhD, RD, LD

Four rules of safety:

1. Practice good personal hygiene –

- wash hands with soap and warm running water for 20 seconds
- wash hands at arrival, before food related activities, before and
- after eating, after toileting or changing diapers, after touching pets

2. Limit time in the “Danger Zone” - 40° to 140° F

- Cool Safely

divide leftovers into small, shallow containers

stir food when chilling containers of food in an ice bath

refrigerate or freeze promptly

allow air to circulate around food in refrigerator or freezer

- Thaw safely

in the refrigerator

with running water at 70° or less

as part of the cooking process (microwave thaw to cook)

3. Use appropriate sanitizing procedures

- **For sanitizing** – ¼ cup bleach in 1 gallon water (make fresh daily)
- **For surfaces that touch food** – 1/4 to 1 tablespoon bleach in 1 gallon water
(make fresh daily)

4. Avoid cross-contamination

Remember: Children are an at-risk group for food borne illness