**FOOD SAFETY AND SANITATION STUDY GUIDE**

1. Kitchen utensils (matching without pictures)- study from packet
2. ****Define:
   1. foodborne illnesses-
   2. sanitation-
   3. cross contamination-
   4. MyPlate-
3. Know the temperature range of the Danger Zone \_\_\_\_\_\_ degrees to \_\_\_\_\_\_ degrees
4. Storing foods – Where should you store meats in a refrigerator? Why?
5. How to measure dry and liquid ingredients:
   1. Frist grab the \_\_\_\_\_\_\_\_\_ measuring cup. Then \_\_\_\_\_\_\_ the ingredients with a \_\_\_\_\_\_\_\_\_ into the \_\_\_\_\_\_\_\_ measuring cup. Next, take a \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ off the top of the measuring cup.
   2. First grab the \_\_\_\_\_\_\_\_\_\_\_ measuring cup. Then set it on a \_\_\_\_\_\_\_\_\_\_\_\_ surface. Get down to \_\_\_\_\_\_\_\_ level in order to \_\_\_\_\_\_\_\_\_\_ the side of the measuring cup.
6. Where to cut meats versus fruits and vegetables
   1. Which cutting board?
7. Know what MyPlate looks like – Draw and label the 5 food groups
8. Reading a food label –
   1. good percent daily values vs. bad percent daily values
9. Safety in the kitchen – specifically spills

3 steps you should take before entering the kitchen

1-

2-

3-