

# ISBE Food Handler Training Study Guide

## Common Causes of Foodborne Illness

- Poor food handler hygiene
  - Poor hand washing practices
  - Employees working while they are ill
  - Cross contamination
  - Inadequate cooking temperatures
  - Inadequate temperature control

## Hazards in the food service area can be:

- Physical Hazards
  - Objects that inadvertently end up in food may not cause a foodborne illness, but could cause physical injury
    - + Hair
    - + Glass
    - + Dirt
    - + Fingernails
    - + Jewelry
- Chemical Hazards
  - Chemicals can contaminate food if they are improperly stored or used around food
    - + Cleaners
    - + Sanitizers
    - + Pesticides
- Biological Hazards
  - Bacteria alone can cause foodborne illness, but bacteria also produce toxins that may not be destroyed during the cooking process.
  - Viruses may be carried by food handlers prior to them even feeling sick. Coughing and sneezing allow for easy transmission of viruses and is the reason for the recommended practice of double hand washing.
  - Parasites may be in meat or fish, but using proper endpoint cooking temperatures will kill parasites.

## The 'Big 5' of Foodborne Illnesses

- Shigella – Bacteria
- E. Coli – Bacteria
- Salmonella – Bacteria
- Norovirus – Virus
- Hepatitis A – Virus

# Isbe Principal Study Guide

**Rachel S Tattersall**



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