



FOOD SAFETY WORD LIST

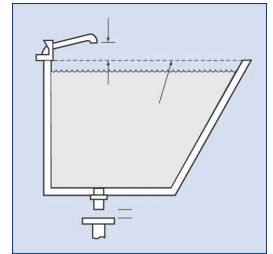


Active Managerial Control

This approach to reducing food-borne illness focuses on controlling the CDC's most common risk factors.

Air Gap

Air space used to separate a water supply from any potentially contaminated source. The air space between the floor drain and the drainpipe of a sink is an example.



Allergic Reaction

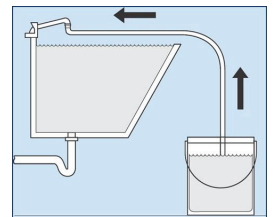
Can include wheezing, shortness of breath, tightening of the throat, hives, cramping, vomiting, diarrhea and death.

Backflow

The backward flow of dirty water into food or potable (safe to drink) water.

Backflow-prevention Device

A special part, like a valve or air gap, on water pipes that blocks dirty water from going back into the sink.



Bacteria

Tiny living things that are not animals or plants. You can only see them through a microscope and you cannot smell or taste them. Some bacteria are helpful. Other bacteria can cause sickness. The bacteria that causes sickness are often called germs.

Bare-hand Contact

To pick up or touch food with bare hands; without gloves on or without using utensils.

Biological Contamination

When harmful microorganisms or toxins get into food and make it unsafe to eat.

Biological Hazard

Any microorganism or toxin that can cause foodborne illness. Includes bacteria, viruses and parasites. Other words for this are biological contaminant and microbial contaminant.

Boiling Point Method

A way to check a thermometer to be sure it is working correctly. You dip the thermometer into boiling water for 30 seconds to see if it shows 212 degrees F (100 degrees C). If it does not, you must reset the thermometer to show the correct temperature for boiling water, 212 degrees F.

Calibrate

To check a thermometer to be sure it is working correctly and resetting it if it does not show the correct temperature.

CDC Centers for Disease Control and Prevention

CDC is the government agency that works to prevent and control diseases (sickness in the United States). CDC also keeps track of how many people get sick from foods and why.

CDC Risk Factors

Five most common factors that contribute to food-borne illness: purchasing food from unsafe sources, failing to cook food adequately, holding food at incorrect temperatures, using contaminated equipment, practicing poor personal hygiene.

Chemical Contamination

When harmful chemicals get into food and make it unsafe to eat.

Chemical Hazard

Harmful chemicals that can get into food. Includes pesticides (bug-killing chemicals), cleaning compounds and harmful metals. Another word for it is chemical contaminant.

Clean

To remove all dirt and bits of food that you can see from dishes, counter tops, cutting boards and other food contact surfaces. Cleaning is NOT the same as sanitizing.

Cold-holding

Keeping cold foods cold and out of the Danger Zone. This means keeping cold foods at a temperature of 41 degrees F or lower.

Contaminant

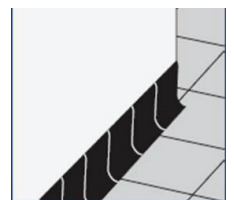
Anything that gets into food, naturally or by accident, that can cause sickness.

Contamination

When harmful germs, chemicals or foreign objects get into food, either naturally or by accident. Food that has been contaminated can make people sick and is not safe to eat.

Coving

A curled, sealed edge placed between the floor and wall to eliminate sharp corners.



Corrective Action

Steps taken to fix a problem in the flow of food. Actions taken by food workers to stop a hazard from making food unsafe to eat.

Cross-connection

A link between a source of clean water (like a faucet) and a source of dirty water (like a drain, sewer or mop bucket). The link can let the dirty water mix in with the clean water making it unsafe to drink or use.

Cross-contamination

Transfer of pathogens from one surface or food to another.

Cross Contact

When allergens are transferred to food, i.e. when using a knife for peanut butter and then for a turkey sandwich.

FAT TOM (Food, Acidity, Temperature, Time, Oxygen, Moisture)

These six things are what pathogens need to grow. To keep foods safe it is important to control one or more of these six things.

FDA (Food and Drug Administration)

The FDA is the United States government agency that protects the health of people by working to make sure that drugs (medicines) and good products are safe.

FDA Food Code

A set of guidelines, written by the FDA, for preparing foods safely. Massachusetts and other states use the FDA Food Code as a model when they make rules about food safety for foodservice establishments.

FIFO (First In First Out)

Method of rotating food during storage so the oldest inventory is used first.

Flow of Food

All the steps that food goes through in a foodservice establishment from beginning to end. The steps include: receiving (getting deliveries), storing, preparation (washing, cutting, mixing), cooking, hot-holding, cooling, cold-holding, serving and reheating. Food workers must do the right things at each step in the flow of food to keep foods safe.

Food Allergy

When people have an allergic reaction when they eat a certain food. Some foods that cause allergic reactions in some people are: milk, eggs, wheat products, soy, peanuts, tree nuts, fish and shellfish.

Food Contact Surface

Any part of equipment, utensils, dishes, cutting boards, container or wrapping that directly touches food.

Foodborne Illness

Disease transmitted to people by food

Foodborne Illness Outbreak

When two or more people get the same illness after eating the same food from the same place.

Foodborne Infection

A sickness caused by eating a food that contains harmful microorganisms (germs) that grow inside the body.

Foodborne Intoxication

A sickness caused by eating food that contains a toxin (poison).

Foodborne Toxin-mediated Infection

A sickness caused by eating food containing bacteria that also makes toxins. The person gets sick from both the toxin (intoxication) and the bacteria (infection).

Fungi

A group of microorganisms that includes molds and yeasts.

HACCP (Hazard Analysis Critical Control Point)

A system to make sure food is prepared safely at every step in the flow of food.

Hair Restraint

A hair net or hat that a food worker wears to keep his or her hair covered and away from food.

Hand Sanitizer or Hand Antiseptic

A soap or liquid rubbed onto the hands to kill harmful germs on the hands. Using hand sanitizer does NOT take the place of hand washing.

High Risk Population

Groups of people who get sick more easily than others from eating contaminated food. High risk populations include babies and young children, older adults, pregnant women and people whose immune systems don't work well due to other illnesses.

Hot-holding

Keeping hot foods hot and out of the Danger Zone. This means keeping hot foods at a temperature of 140 degrees F (57 degrees C) or higher.

Ice Point Method

A way to check a thermometer to be sure it works correctly. You dip the thermometer into crushed ice for 30 seconds and look to see if it shows 32 degrees F (0 degrees C). If it does not, you must reset the thermometer to show the correct temperature for ice, 32 degrees F.

Infrared (Laser) Thermometer

Measures surface temperature of food and equipment.

Internal Temperature

The temperature deep inside the food, not the temperature on the surface of the food .

IPM (Integrated Pest Management)

IPM is a program to prevent and control pests from contaminating food.

Jaundice

When someone's skin or the whites of the eyes turn yellow. Jaundice is a sign of a sickness called Hepatitis A.

Microorganisms

Very tiny living things that can only be seen through a microscope. Includes bacteria, viruses, parasites and fungi. Some microorganisms are helpful to people and other are harmful.

Molds

Microorganisms that look fuzzy and can spoil food. Some molds also make toxins if they are in food long enough.

MSDS (Material Safety Data Sheet)

The MSDS is a form that gives important information about chemical products (such as cleaning compounds) to people who work with them. It tells how the chemical can be harmful to people, how to handle the chemical safely and how to give first aid if the chemical gets into or onto a person.

Parasite

A microorganism that lives in some animals, fish or plants. The parasite needs the animal, fish or plant in order to live. People can get sick if they eat a live parasite in food, which will then grow in them.

Pasteurized

Foods like milk or cider that have been heated to a high temperature for a short period of time to destroy bacteria that cause sickness.

Pathogens

Certain bacteria, viruses, parasites and fungi that can cause illness.

Personal Hygiene

Keeping yourself clean by having good health habits like bathing, washing hair, wearing clean clothes and washing hands often.

Pests

Bugs or animals like mice. Pests can carry harmful germs and bring them into food.

pH

The measure of how much acidity is in a food.

Physical Contamination

When foreign objects like glass, hair or fingernails get into food.

Physical Hazard

Dirt, glass, metal and other solid things that should not be in food. Another word for it is physical contaminant, sometimes called a foreign object.

Potable Water

Water that is safe to drink.

Potentially Hazardous Foods (PHF)

Foods that harmful germs can grow in easily if they are not handled correctly. Such food requires time-temperature control for safety. Also called TCS foods (time and temperature control for safety).

Ready-to-eat Food (RTE)

Foods that are not cooked or prepared any more before we can eat them. Breads, cooked meats, sandwiches, soups and salads are ready-to-eat foods.

Sanitize

Using heat or chemicals to reduce the number of microorganisms on a surface to a safe level. Sanitizing is done to food contact surfaces that have already been cleaned.

Single-use Gloves

Plastic, latex or vinyl gloves that you should throw away after you use them.

Spore

A wall or coating that some bacteria put around themselves to protect them. Spores can keep bacteria from being destroyed by heating, freezing or sanitizing.

Symptom

Changes in the body that are signs of sickness, like stomach ache, fever or vomiting (throwing up).

TCS

Foods requiring time and temperature control for safety or foods considered potentially hazardous.

Temperature Danger Zone (TDZ)

Temperature between 41 degrees F and 140 degrees F. Bacteria grows fastest in this range. *For exam: TDZ: 41 degrees F - 135 degrees F.

Toxin

A poison that can make a person sick. There are toxins in some plants, some mushrooms and some fish. Certain bacteria and mold make toxins in food. Other microorganisms make toxins in the body.

Ultra-high Temperature (UHT) Pasteurized Food

Food that is treated at high temperatures to kill micro-organisms. Often aseptically packaged-- sealed under sterile conditions.

Underwriters Laboratories (UL)

Provides sanitation classification listings for equipment found in compliance with NSF International Standards.

USDA (United States Department of Agriculture)

A government agency that works to make sure that meat, poultry and egg products are safe. Also responsible for foods shipped across state lines.

Variance

Document issued by a regulatory agency that allows a requirement to be waived or modified.

Virus

Viruses can't grow in food. They need a person or an animal in which to grow. Viruses are usually spread through unwashed hands.

FOODBORNE PATHOGENS

Anisakis

A parasite that can cause a foodborne infection. It may be found in raw or under cooked fish and other seafood. Correct cooking can kill the parasite so that it does not cause illness. If the seafood is to be eaten raw, deep freezing of the food can also kill the parasite.

Bacillus cereus

A bacteria that can cause a foodborne intoxication. It may be found in cooked starchy foods like rice, pasta and potatoes that are not cooled correctly or not hot-held correctly after cooking.

C. botulinum

A bacteria that can cause a foodborne intoxication that can kill you. It may be found in canned foods that were not canned in the right way or were damaged. It can also be found in some kinds of cooked foods like baked potatoes or grilled onions that are not held at safe temperatures.

Ciguatera

A toxin that can cause a foodborne intoxication. It is a toxin that occurs naturally and is sometimes found in tropical fish like barracuda, snapper and grouper.

E. coli (Hemorrhagic Colitis)

A bacteria that can cause a foodborne toxin-mediated infection. It may be found in foods like ground beef that have been contaminated by animal wastes or sewage. It can also be found in fruit juices that were not pasteurized.

Hepatitis A

A virus that can cause a foodborne infection. Hepatitis A can get into food when food handlers who are sick with this virus do not wash their hands after using the toilet. The virus can also be found in water contaminated by sewage and in shellfish taken from contaminated water.

Listeria

A bacteria that can cause a foodborne infection. It may be found in dairy products that were not pasteurized and in some contaminated processed meats like hot dogs or bologna that are refrigerated for several weeks.

Salmonella

A bacteria that can cause a foodborne infection. It is often found in poultry products and may be found in shell eggs. This bacteria is also found in the stools of infected food employees. It can cause illness when these foods are served raw or are under cooked.

Staphylococcus aureus

A bacteria that can cause a foodborne intoxication when cooked foods are not cooled the right way or are held at unsafe temperatures. This bacteria is also found in human cuts and sores.

Trichinella

A parasite that can cause a foodborne infection. It may be found in under cooked pork or wild game meat.

Vibrio

A bacteria that can cause a foodborne infection. It may be found in fish or shellfish, usually oysters, that are raw or not cooked the right way.

Adapted from “Taking a Closer Look: Food Safety Word List,” developed by UMass Extension Nutrition Education Program and Department of Nutrition in cooperation with World Education, 2/06.