
STUDY Premier Food Safety Food Manager Certification Study Guide

foodborne infection -

- ✓ delayed onset- up to 72 hours; salmonella and E.Coli are examples

foodborne intoxication -

- ✓ from ingesting toxins or excrements in food, or chemical, or from food left in TDZ, RAPID onset, Staphylococcus Aureus and Clostridium Botulinum are examples

3 areas of food safety and sanitation -

- ✓ Time and Temperature (T&T), Heat and Cold, Washing of hands and ware-washing

PIES (high risk populations) -

- ✓ pregnant/nursing, infants/children, elderly, systems (immune) compromised

4 categories of food contaminants -

- ✓ biological (anything living), physical, chemical, cross contamination

4 kinds of biological hazards -

- ✓ bacteria, viruses, parasites fungi

What accounts for 90% of foodborne illness? -

- ✓ bacteria

How fast does bacteria grow? -

- ✓ doubles every 20 minutes if in the danger zone

toxins -

- ✓ waste products that come from bacteria consuming the nutrients in foods, and then giving off waste; may feel/look like slime; can NOT be killed with heat or cold; SOME are good (yogurts, cheese, sour cream)

spores -

- ✓ resistant to heat and dry; thick 'shell'. will not reproduce but can go back to growth state if conditions are right; common in home canned foods

Study Guide For Food Safety Certification

RJ Shavelson



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