



COOKING



for

KIDS

**Food Safety for
Fresh Prep**



Why is Food Safety Important?

Foodborne illness is a preventable and underreported public health problem.

It presents a major challenge to both general and at-risk populations.

Each year, millions of illnesses in the United States can be attributed to contaminated foods.



Importance

- One of the most important tools the child nutrition professional must master is the knife.
- Good knife skills are critical to success because the knife is the most commonly used tool in the kitchen.



Rules of the Knife

- Use the correct knife for the task at hand
- Always cut away from yourself
- Always cut on a clean cutting board
- Do not cut on glass, marble or metal
- Place a damp towel underneath the cutting board to keep it from sliding as you cut



Rules of the Knife

- Keep knives sharp; a dull knife is more dangerous than a sharp one
- When carrying a knife, hold it pointed down, parallel and close to your leg as you walk
- A falling knife has no handle. Do not attempt to catch a falling knife; step back and allow it to fall
- Never leave a knife in a sink of water; anyone reaching into the sink could be injured or the knife could be dented by pots or other utensils



Knife Care

- Sharpening
 - Slide Sharpener
 - Steel
- Washing and storing
 - Do not wash knives in commercial dishwashers
 - Always wash and dry knives by hand



Proper Usage

- Use a grip that is most comfortable for you
- Keep the sharp edge of the blade on the cutting board
- Grip the item being cut with three fingertips and your thumb
- Use the second joint of your index finger as a guide
- Use smooth, even strokes to slice the food
- Do Not use a dull knife



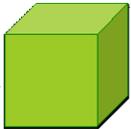
Knife Skills 101



- Slicing, Dicing, Mincing and Chopping
- Classic Cuts
 - Batonnet: $\frac{1}{2} \times \frac{1}{2}$ by 2-2 $\frac{1}{2}$ inches
 - Julienne: $\frac{1}{4} \times \frac{1}{4}$ by 2-2 $\frac{1}{2}$ inches
 - Small Medium Large Dice
 $\frac{1}{4} \times \frac{1}{4}$ $\frac{1}{2} \times \frac{1}{2}$ $\frac{3}{4} \times \frac{3}{4}$
 - Oblique
 - Chiffonade

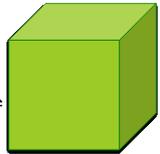
Basic Knife Cuts

Dice:



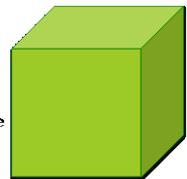
- Small

$\frac{1}{4}$ " X $\frac{1}{4}$ "



- Medium

$\frac{1}{2}$ " X $\frac{1}{2}$ "



- Large

$\frac{3}{4}$ " X $\frac{3}{4}$ "

Batonnet: $\frac{1}{2}$ " x $\frac{1}{2}$ " by 2-2 $\frac{1}{2}$ "



Julienne: $\frac{1}{4}$ " x $\frac{1}{4}$ " by 2-2 $\frac{1}{2}$ "



Honing the Knife



Best Practices for Handling Fresh Produce in Schools

- Fruits and vegetables are an important part of a healthy diet. Introducing children to them in schools will improve their present and future health.
- Fresh produce must be handled safely to reduce the risks of foodborne illness. There are a number of steps that food service employees can take to minimize the chances for fruits and vegetables they handle to become contaminated.
- Contamination of produce with harmful microorganisms can occur at all stages of production, processing, transportation, storage, preparation, and service. To prevent foodborne illness, fresh produce needs to be handled with care at each step from farm to table.



Purchasing and Receiving



- Storing at Proper Temperatures
- Establish Procedures for Check-In Process and Storage Procedures
 - Could someone give an example of a proper delivery check-in procedure?

Washing and Preparing

- Inspect all produce for signs of soil or damage prior to cutting, slicing or dicing.
- When in doubt about damaged produce, cut away or do not use.
- Wash produce before serving or cutting by:



- Continuous running water.
- Approved vegetable cleansers or disinfectant.
- Do not soak produce or store in standing water
- Wash all equipment, utensil and food containers used for produce prep.



Hand Hygiene



Tips

- Wash hands thoroughly with soap and water, rewash hands after breaks, visiting restrooms, sneezing, coughing, handling trash or money.
- Use barrier such as gloves or deli paper or utensil to touch ready to eat produce.
- Always wash hands before putting on disposable gloves.
- Change disposable gloves anytime the gloves have been contaminated



Serving

- Don't store in water or in direct contact with ice.
- Mark the time when cut produce is displayed without refrigeration. 4 Hours is the limit.
- Change utensils periodically.
- Keep cold foods cold below 41 degrees.
- Never add freshly prepped food to food already on salad bar and self service lines.
- Clearly label all salad dressing and other containers to discourage tasting.



Storage

- Maintain produce temperature
- Store produce at least 6 inches off the floor
- Store produce in covered containers
- Follow manufacturer's instructions/recommendations
- Have “prepared on” or “used by” dates established
- Wash produce just before preparation, not before storage



There are 3 important categories



- Melons
- Tomatoes
- Leafy Greens and Sprouts

Melons

Display melons for a maximum of 4 hours without being kept cool with refrigeration or ice and discard uneaten melons at the end of 4 hours.



MELONS

- Avoid using whole melons that have visible signs of decay or damaged rinds (such as mechanical damage or cracking) due to the increased risk that harmful bacteria may have contaminated the melons.
- Wash the outer surface of the melon thoroughly under running cool tap water to remove surface dirt. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Discard cut melons after 4 hours if maintained at 41°F or above. If possible, display cut melons in a refrigerated case, not just on top of ice.
- Display cut melons for a maximum of 4 hours without being kept cool with refrigeration or ice and discard uneaten melons at the end of 4 hours.
- Mark the date on refrigerated cut melons to indicate that they must be consumed or discarded within 7 days.



Tomatoes

Do not wash tomatoes in cold water!

Use water that is at least 10 degrees warmer than the tomato temperature to prevent exterior bacteria from entering the interior of the tomato during washing.

TOMATOES

- Do not wash tomatoes in cold water. Use wash water temperatures that are at least 10°F warmer than the internal tomato temperature to prevent exterior bacteria from entering the interior of the tomato during washing.
- Ensure whole tomatoes are free from obvious signs of soil and skin damage, such as punctures, prior to cutting, slicing, or dicing. Either cut away any bruised or damaged areas, or do not use the tomato.
- Hold tomatoes at 41°F or below after cutting, including during display on serving lines and salad bars.
- Ensure the temperature of tomatoes purchased as fresh-cut (i.e., sliced, diced, or chopped) is 41°F or lower upon delivery and the tomatoes were kept cool continuously during transport. Reject fresh-cut tomatoes delivered at a temperature higher than 41°F.
- Mark the date on refrigerated cut tomatoes to indicate that they must be consumed or discarded within 7 days.
- Do not store cut tomatoes in direct contact with ice or water.



Leafy Greens and Sprouts

If washing lettuce, use 3X method and salad spinner.

Do not rewash packaged produce labeled ready to eat.



LEAFY GREENS & SPROUTS

- Do not use leafy greens with visible signs of decay or damage because there is an increased risk of the presence of harmful bacteria. When in doubt about the use of decayed or damaged product, either remove the unusable portions or do not use the leafy greens.
- Do not rewash packaged produce labeled “ready-to-eat,” “washed,” or “triple washed.”
- Due to the increasing number of illnesses associated with eating raw sprouts, the Food and Drug Administration has advised all consumers—especially children, pregnant women, the elderly, and persons with weakened immune systems—to not eat raw sprouts as a way to reduce the risk of foodborne illness. All sprouts should be cooked thoroughly before eating to reduce the risk of illness.



Food Safety Temperatures



165 degrees F Poultry, Stuffing, Reheat

155 degrees F Ground meat, injected meat, shell eggs

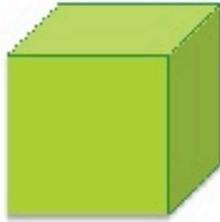
145 degrees F Seafood, steaks, chops, commercial game

135 degrees F Fruit, veg, grains and legumes that will be hot held for service

Demo and Practice

Complete
these
knife
cuts:

- Medium Dice:** Sweet Potato (See page 21)



- Batonnet:** Bell Peppers and Carrots (See page 21)



- Julienne:** Bell Peppers and Carrots (See page 22)



- Chiffonade:** 10-15 leaves Spinach (See page 22)

- Chiffonade:** 5 Collards Leaves (See page 22)

- Mince:** Garlic (Watch demo)

- Small Dice:** Onion (Watch demo & see page 20)