ServSafe® Study Outline

Chapter 3

Hand washing
- Before and after handling raw meat/poultry/seafood
- Before putting on gloves

Hand Sanitizer
- Only use after washing hands

Change gloves:
Before:
- Starting new task
- Handling ready-to-eat food

After:
- Handling raw meat/poultry/seafood
- Touching anything besides food

Food Handler Health
Must have medical clearance to return to work IF:
- Fever
- Vomiting
- Diarrhea
- Jaundice
- Diagnosed with any HESSNS organism
ServSafe® Study Outline
Chapter 4

Pathogen = harmful micro-organism

**Food Safety Hazards**

Cross-contamination (or cross-contact):
- Transfer of pathogens to food

Time-Temperature Abuse:
- Temperature: “Danger Zone” (see explanation next page)
- Time: 4 hours maximum in danger zone (NOTE: USDA says 2 hours)

**Thermometers**

*HINT: Rule of 2’s:*
- Measure 0 – 220°F
- Dial marked 2-degree increments
- Accurate ± 2°F

Stem (bi-metallic) – see picture
- Sensing area – tip to dimple
- Wait 15 seconds before reading

Digital (or thermocouple) – see below
- Used for thin foods (ex. Hamburgers)
  FYI – “penetration” probe

http://www.webstaurantstore.com

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Temperature Danger Zone

*note:
ServSafe® temperatures are different from USDA.
USDA standard -

40°F to 140°F

Maximum in Danger Zone

ServSafe = 4 hours
(learn 4 for the test)
USDA = 2 hours

ServSafe®

Pathogens survive and grow
Pathogens grow rapidly

70°F to 125°F

41°F to 135°F

40°F to 140°F

140°F 60°C

40 °F 5°C

USDA

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ServSafe® Study Outline

Chapter 5

**Purchasing/Receiving Foods**

Refrigerated or Frozen Foods

Check temperatures

- Insert thermometer into food OR between 2 flat packages

<table>
<thead>
<tr>
<th>Frozen Food</th>
<th>Refrigerated Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temp</td>
<td>0°F</td>
</tr>
<tr>
<td></td>
<td>Most cold food</td>
</tr>
<tr>
<td>Reject if you see:</td>
<td>Ice crystals</td>
</tr>
<tr>
<td></td>
<td>Water-stained box</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk, Shell eggs</td>
<td></td>
</tr>
</tbody>
</table>

Check Packaging

- Boxes/bags: no holes, tears, or stains
- Cans: no swelling, dents, or rust

**Storing Food**

ServSafe® and USDA are different again! (ServSafe® for the test!)

Ready-to-Eat Foods:

- ServSafe®: 7 days maximum
- USDA: varies 3 – 5 days maximum

Refrigerator Thermometer: place in warmest part (door)

Storage Order for Refrigerator (see next page)
CH 5: Refrigerator Storage

A Ready-to-Eat Foods
B Seafood
C Whole Cuts of Meats
D Ground Meats and Seafood
E Whole and Ground Poultry

*HINT:
Storage order is the exact reverse of cooking temperatures
(covered in Chapter 6)

165°F Whole and Ground Poultry
155°F Ground Meats & Seafood
145°F Whole Cuts of Meats
145°F Seafood
135°F Ready-to-Eat Foods