

# Study Guide A

## Food Safety & Storage

**Directions:** Read chapter 19, and answer the following questions. Later, you can use this study guide to review.

1. What is a food contaminant?

---

2. What are foodborne illnesses? What causes them?

---

---

3. List four food safety practices.

---

---

4. Describe the single most effective way to prevent the spread of bacteria.

---

---

5. What are some ways to keep your kitchen clean and limit bacteria?

---

---

---

6. Explain how to prevent cross-contamination.

---

---

7. List the food safety guidelines you should follow when cooking.

---

---

---

8. What should you do with spoiled food?

---

9. List at least three ways to protect the quality of stored food.

---

---

---

(Continued on next page)

Chapter 19 Study Guide (continued)

10. How and where should you store food at room temperature?

---

11. Name the types of food that should be refrigerated.

---

---

---

12. How should you care for leftovers?

---

---

13. Why does a fairly full freezer work best?

---

14. How can you prevent freezer burn?

---

15. What is the role of the Food and Drug Administration (FDA)?

---

16. Why are items on the GRAS list not checked intensely by the FDA?

---

17. Name three types of fat replacers.

---

18. Why is irradiation used? Why are some people concerned about using it?

---

---

19. What is the role of the Environmental Protection Agency (EPA) in food safety?

---

20. What is the role of the Centers for Disease Control and Prevention (CDC) in food safety?

---

---

# Study Guide B

## Food Safety & Storage

**Directions:** Read chapter 19, and answer the following questions. Later, you can use this study guide to review.

1. Throughout history, what are the three main ways that people have preserved food?

---

---

2. Why do people preserve food today?

---

---

---

3. Name planning guidelines you should follow in home preserving.

---

---

---

---

4. Describe what happens to frozen foods with high water content.

---

5. Name tips for successfully freezing produce.

---

---

6. Compare the four methods of freezing fruit.

---

---

---

---

---

7. Why do vegetables need to be blanched before freezing, and how is blanching done?

---

---

(Continued on next page)

Chapter 19 Study Guide (continued)

8. What is headspace?

---

9. Why is canning the most demanding method of preserving food?

---

---

10. Describe what type of jars you need for canning and how to care for them.

---

---

---

11. Explain the difference between the two methods of packing food into canning jars.

---

---

---

12. What are the two methods of processing canned foods?

---

13. Describe the test for a safely canned jar.

---

---

14. How do fruit jellies differ from jams and butters?

---

---

---

15. Describe the pickling method.

---

16. How is food dried or dehydrated?

---

---

17. What are the signs that home-preserved food has spoiled?

---

---

# Activity 1

## Food Safety and Storage

### Power Failure

**Directions:** A storm has struck, and your power is going to be out for two days. Your refrigerator and freezer compartment are full. Use the information in your textbook to figure out how to keep this food safe, if possible. In the space provided below, explain which foods you would eat first, the best way to preserve the food in the refrigerator and in the freezer, and which foods you would have to throw out for fear of illness.

Food in the Refrigerator		
1 gallon milk	1 pound butter	8 eggs
1 quart juice	3 packages cheese	mayonnaise
2 packages cold cuts	catsup	mustard
3 lemons	leftover pea soup	lettuce
2 cucumbers	leftover roast beef	broccoli head
½ cheesecake	1 green pepper	carrots
3 containers yogurt		

Food in the Freezer	
1 package shredded cheese	4 bags frozen vegetables
1 pound bacon	2 pounds ground beef
1 package chicken legs	3 cans orange juice
2 pounds walnuts	1 frozen lasagna
1 pound shrimp	ice cream
1 quart spaghetti sauce with meatballs	

1. Foods to eat first: \_\_\_\_\_  
\_\_\_\_\_
2. Best way to preserve refrigerated and frozen foods: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Foods to throw away: \_\_\_\_\_

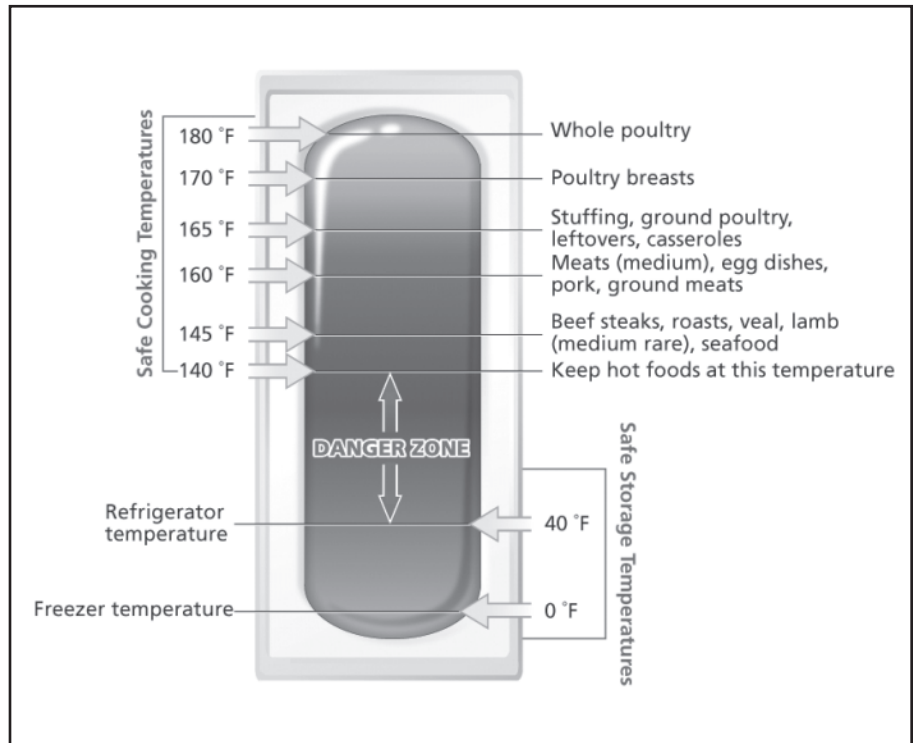
# Activity 2

## Food Safety and Storage

### The Danger Zone

**Directions:** The Danger Zone, where bacterial growth can occur, is indicated on the thermometer below. Put an X next to the statements that are true for the foods that will be in the Danger Zone.

- \_\_\_\_\_ 1. Janice cooked her hamburger to an internal temperature of 165°F.
- \_\_\_\_\_ 2. Michael decided to put the leftover lasagna in the refrigerator after he finished his homework.
- \_\_\_\_\_ 3. Ellen decided to let the boiling hot soup cool off before putting it in the refrigerator.
- \_\_\_\_\_ 4. The meat counter was Stan's last stop in the supermarket where he bought a package of chicken breasts. As soon as he got home, he put the package in the freezer.



- \_\_\_\_\_ 5. When everyone had been served at the buffet, Joan whisked the leftover casseroles into the refrigerator.
- \_\_\_\_\_ 6. Jason and his friends left the remaining banana cream pie on the table thinking they might want to finish it when they got back from the movies.
- \_\_\_\_\_ 7. Sarah and her friends were planning a cookout. To be certain everything would be ready at 6:00, she removed the frozen hamburger patties from the refrigerator in the morning.
- \_\_\_\_\_ 8. Jack was glad when he found the package of pork chops that had fallen next to the refrigerator when he was emptying the grocery bags the night before. He quickly stuck them in the freezer to keep them safe.
- \_\_\_\_\_ 9. Tina couldn't bear to throw out the remains of the expensive roast beef, even though it had been in the refrigerator over a week.

**Activity 3****Food Safety and Storage**

## Worth Preserving

**Directions:** The following are claims for inventions that currently do not exist but could help people with the task of home preserving. Identify the type of home preserving each invention is designed to facilitate. You will use some types of preserving more than once.

1. The new Blanch-o-matic can shave valuable time off this home-preserving task.

---



---

2. New from Blammo Industries, the space-age “High and Dry” keeps foods at a constant temperature of 90° F (32° C).

---

3. No need to guess whether you’ve left ample room when preserving—thanks to the all-new Head-spacer, which takes the guesswork out of home preserving.

---

4. You say you want to do a lot of preserving in a little bit of space? Now you can, with Biffmore’s Dry-Packer. Great for crowded city apartments.

---



---

5. Are you eager to preserve but frustrated because the kitchen range isn’t working? No problem when you have the Zipco Hot-Packer on your side!

---



---

6. Are you fed up with running out of sugar just when you need it most? Never again, with Sugar-Packies! These amazing, new, quick-dissolving sugar tablets make your home-preserving chores a snap.

---



---

7. Make your own beef jerky in seconds with Dehydro, the amazing high-tech way to preserve at home. One 1-milligram tablet of Dehydro makes up to a pound of delicious, tangy jerky.

---



---

# Activity 4

## Food Safety and Storage

### Which Method Would You Choose?

**Directions:** Respond to each of the situations listed below. Identify which preservation method you would choose for each situation. Then describe the process you would go through in preparing the food for preservation.

1. A friend of yours just gave you a bushel of fresh, ripe peaches. The peaches are delicious, but there are more than your family can eat in several days. Your time is limited. How would you preserve these peaches for future use?

**Preservation Method:** \_\_\_\_\_

**Description:** \_\_\_\_\_

---

---

---

---

2. You've decided to can salsa since your garden produced an abundance of tomatoes this year. How would you can the salsa?

**Preservation Method:** \_\_\_\_\_

**Description:** \_\_\_\_\_

---

---

---

---

---

---

3. You and a friend have just gone blueberry picking. You have about three quarts of fresh blueberries. How would you preserve them to maintain optimum flavor and nutrition?

**Preservation Method:** \_\_\_\_\_

**Description:** \_\_\_\_\_

---

---

---

---

---

---