

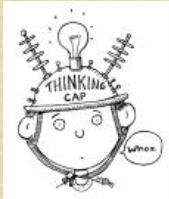
Foodborne Illness

Risks and Prevention

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Preview Question

✖ What are three things you already know about foodborne illness?




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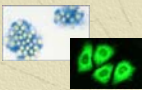
What is Foodborne Illness?

✖ Any illness that humans get from food.


✖ Can be caused by bacteria, viruses, parasites, or toxins (poisons)



Parasites like this tapeworm can make you sick.



Hepatitis and Norwalk viruses can cause foodborne illnesses.



Staphylococcus aureus

Salmonella

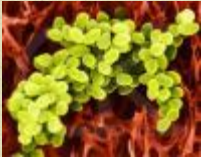
E. coli O157:H7


These bacteria can contaminate foods.

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A Closer Look: Bacteria

Salmonella

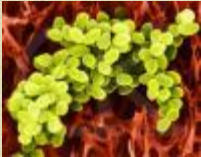




E. Coli O157:H7



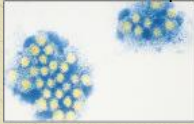
Staphylococcus aureus




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A Closer Look: Viruses and Parasites

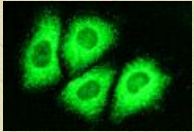
Hepatitis



Tapeworm



Norwalk




Hepatitis and Norwalk viruses can cause foodborne illnesses.

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What habits lead to foodborne illness?

✶ The reported foodborne outbreaks from 1993-2003 were most often caused by:

- ◆ Not keeping food hot or cold enough
- ◆ Poor personal hygiene (not washing hands, covering mouth and nose when coughing or sneezing)
- ◆ Not cooking or reheating food to the proper temperature
- ◆ Cross-contamination of raw and cooked foods
- ◆ Not cleaning equipment well



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Review Question

- ✧ What is a foodborne illness and how are you most likely to get one?



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What are the symptoms?



- ✧ Diarrhea, constipation, or stomach ache
- ✧ Headaches
- ✧ Nausea and vomiting
- ✧ Fever
- ✧ Possibly, blood in the feces
- ✧ Serious symptoms may require medical attention

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How can I prevent food poisoning?

- ✧ Pay attention to cleanliness (wash hands)
- ✧ Make sure that all food is thoroughly cooked
- ✧ Refrigerate all leftovers immediately
- ✧ Separate meat and veggies when preparing foods



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What are basic rules for preparing food safely?



- ✘ Wash your hands after going to the bathroom and before preparing food.
- ✘ Wash your hands when switching from one type of food to another (vegetables to meat).
- ✘ Wash kitchen utensils when switching from one type of food to another.
- ✘ Store food in the refrigerator. Don't leave meats, poultry, and fish out for a long time.

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Review Question

- ✘ How can you prevent a foodborne illness?



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