

Integrated Introduction to Culinary Arts Management

Safety, Recipes and Certification



Visit the following websites to learn more about this book:



[amazon.com](https://www.amazon.com)

[Google books](https://books.google.com)

[BARNES & NOBLE](https://www.barnesandnoble.com)

Table of Contents

1 A WORLD OF FOOD 1

Introduction.....	1
Key Terms.....	1
Objectives.....	1
ROOTS OF THE MODERN RESTAURANT	3
Global Roots	3
Western Roots	4
A CAREER IN FOOD	6
Primary Employment.....	6
Secondary Employment	7
Temporary Employment.....	7
Food-related Employment.....	8
A MULTITUDE OF ROLES.....	8
Host.....	9
Server.....	9
Foodservice Manager	10
Bus Staff	10
Cook (Chef).....	11
Prep Cook.....	12
Classic Kitchen Brigade.....	12
Dishwasher	13
Bartender.....	13
SKILLS REQUIRED	14
Communication Skills.....	14
Customer-service Skills.....	14
Physical Strength	15
Physical Stamina	15
THE ANATOMY OF A RESTAURANT ..	16
Entrance (Host Stand).....	16
Waiting Area	16
Hosting Stand.....	16
Front-of-house (Dining Areas).....	17
Back-of-house	18
Summary.....	22
The Student's Workbook.....	22
Review Questions.....	23

2 HANDLING FOOD SAFELY .. 25

Introduction.....	25
Key Terms.....	25
Objectives.....	25
WHY IT MATTERS	27
PERSONAL HYGIENE	27

HANDWASHING	28
Where to Wash Hands	28
When to Wash Hands	30
Hand Antiseptics	30
Manager's Responsibility	31
READY-TO-EAT (RTE) FOODS	32
PROTECTIVE COVERINGS	33
Single-use Gloves.....	33
Hair Restraints.....	34
PERSONAL EATING AND DRINKING	35
Contained Beverages.....	35
Eating and Tasting Food	35
STAFF HEALTH- RELATED ISSUES	36
Highly Susceptible Population	36
Exclusion and Restriction	37
Manager's Responsibility	37
Summary.....	38
The Student's Workbook.....	38
Review Questions.....	39

3 BAD BUGS 41

Introduction.....	41
Key Terms.....	41
Objectives.....	41
INTRODUCTION	44
LIVING ORGANISMS.....	45
Bacteria.....	45
FAT TOM.....	46
Fungi.....	49
Mushrooms	50
Mold	50
Yeasts	52
Parasites.....	53
NON-LIVING ENTITIES.....	54
Viruses.....	54
Norovirus.....	55
Spores.....	56
Toxins	57
BAD BUG SYMPTOMS	57
Summary.....	60
The Student's Workbook.....	60
Review Questions.....	61

4 FOOD HAZARDS & ALLERGENS 63

Introduction.....	63
Key Terms.....	63
Objectives.....	63
INTRODUCTION.....	65
Types of Contaminants.....	65
Sources of Contaminants.....	66
PHYSICAL HAZARDS.....	66
Materials of Concern.....	66
Preventative Measures.....	67
CHEMICAL HAZARDS.....	68
Materials of Concern.....	68
Preventative measures.....	71
ALLERGEN HAZARDS.....	71
The Big 9 – Major Food Allergens ..	72
Prevention and Cross-Contact	73
Menus	73
Service	74
Preparation	74
Symptoms of Food Allergies.....	75
Food Allergen Labeling	76
Gluten	76
Manager’s Responsibility	76
CROSS-CONTAMINATION.....	77
Associated Bad Bugs.....	78
Manager’s Responsibility	79
Preventative Measures.....	79
Color-coded Cutting Boards.....	80
When to Clean and Sanitize.....	80
INTENTIONAL	
CONTAMINATION.....	81
Preventative Measures.....	81
Manager’s Responsibility	83
Summary.....	84
The Student’s Workbook.....	84
Review Questions.....	85

5 TCS FOODS & CONTROLS .. 87

Introduction.....	87
Key Terms.....	87
Objectives.....	87
FOOD SAFETY CONTROLS.....	89
The Flow of Food.....	90
TIME/TEMPERATURE	
CONTROL FOR SAFETY.....	91
Which Foods are TCS Foods?	92
MONITORING TEMPERATURE.....	94
Types of Thermometers.....	95

Thermometer Calibration.....	98
When to Measure Food Temperature	99

MONITORING TIME.....	100
Reheating Temperature Log.....	101
Cooling Temperature Log.....	101
Refrigeration Temperature Log.....	102
Food Temperature Log.....	102
Manager’s Responsibility	103
Summary.....	104
The Student’s Workbook.....	104
Review Questions.....	105

6 SOURCES & RECEIVING .. 107

Introduction.....	107
Key Terms.....	107
Objectives.....	107
FOOD SOURCES.....	109
U.S. Food Law Requirements.....	109
FDA Food Code Requirements.....	110
Inspection and Grading	111
Use-by Dates.....	112
Recalls and Public & Health Alerts ..	112
Recall websites.....	113
Recall Classifications	113
RECEIVING.....	114
Key Drop Delivery.....	115
Packaging.....	115
Labeling	116
Temperature.....	116
Eggs	117
Milk	118
Ice	118
Shucked Shellfish	118
Shellstock.....	119
Finfish	120
INSPECTIONS.....	120
Checking Temperatures	120
Inspecting for Quality	121
Health Inspector Visit – Receiving	124
RECEIVING CHECKLIST.....	125

7 STORAGE..... 129

Introduction.....	129
Key Terms.....	129
Objectives.....	129
TYPES OF STORAGE	131
Dry Storage	131
Refrigerated Storage.....	132
Frozen Storage.....	132
Garbage Storage	133

PREVENTING CONTAMINATION ..	133	Highly Susceptible Populations.....	176
Food Storage Requirements	134	Children's Menus	176
Food Separation Requirements	135	POST-COOKING	177
Vertical Storage Order	135	Cooling	177
Two Contrasting Examples	137	Reheating.....	180
Poisonous or Toxic Chemicals.....	138	Summary.....	182
Cleaning	138	The Student's Workbook.....	182
PRODUCT CONTROLS	139	Review Questions.....	183
Containers	139	9 FOOD SERVICE..... 185	
Labeling	139	Introduction.....	185
For Use On-site	140	Key Terms.....	185
For Retail Sale.....	140	Objectives.....	185
Date Marking	141	HOLDING FOOD	187
Date marking systems	141	Hot Holding for Service.....	188
Combining Ingredients	142	Cold Holding for Service	189
Product Rotation	142	Time as a Public Health Control (TPHC)..	190
Contaminated or expired food	143	SERVING FOOD	192
STORAGE GUIDELINES BY PRODUCT...144		Tableware	192
Meat.....	144	Preset Tableware	194
Poultry	145	Refills, Returns, and Re-Service.....	195
Fish	146	Self-Service Areas.....	195
Shellfish.....	147	OFF-SITE SERVICE.....	197
Eggs	148	Transportation.....	197
Fresh Produce	149	Catering	198
Canned Goods	150	Temporary Food Establishment	199
Dry Foods	150	Mobile Units	199
ROP Food	151	Vending Machines	200
UHT and Aseptically Packaged Food..	151	Summary.....	202
Summary.....	152	The Student's Workbook.....	202
The Student's Workbook.....	152	Review Questions.....	203
Review Questions.....	153	10 CLEANING & SANITIZING .. 205	
8 FOOD PREPARATION 155		Introduction.....	205
Introduction.....	155	Key Terms.....	205
Key Terms.....	155	Objectives.....	205
Objectives.....	155	CLEANING EQUIPMENT & UTENSILS ..	207
PREPARATION	157	Objective	208
Additives	158	Frequency	208
Thawing.....	159	Methods.....	209
TCS Foods.....	160	Types of Cleaners.....	210
Produce	165	SANITIZING EQUIPMENT & UTENSILS ...	211
Ice 166		Objective	211
Fresh Juice.....	167	Frequency	211
Variances	168	Methods.....	211
COOKING	168	WAREWASHING.....	214
Best Practices	169	Dishwashing Machine	215
Time and Temperature	170	Dishwashing Manually.....	216
Roasts.....	171	PROTECTION OF CLEAN ITEMS	217
Raw or Undercooked	172	Drying	217
Microwave Cooking.....	173	Lubricating and Reassembling	218
Partial Cooking.....	174	Storing.....	218
SAFETY REQUIREMENTS	174		
Consumer Advisories	174		

CLEANING THE FACILITY	218
Wiping cloths	219
Clean-up of Illness Events.....	219
Custodian supplies.....	220
CLEANING SCHEDULE	220
Summary.....	222
The Student's Workbook.....	222
Review Questions.....	222

11 FACILITY & EQUIPMENT 225

Introduction.....	225
Key Terms.....	225
Objectives.....	225
PHYSICAL FACILITIES	227
Architectural Design Process	227
Construction Requirements	231
BUILDING SYSTEMS (MEP).....	233
Water	233
Plumbing	234
HVAC	237
Electrical	237
FOODSERVICE EQUIPMENT	239
Standards.....	239
Summary.....	242
The Student's Workbook.....	242
Review Questions.....	243

12 PEST CONTROL..... 245

TYPES OF PESTS & RODENTS.....	247
Rodents	247
Flies	248
Cockroaches	248
Insects.....	249
Service Animals.....	250
Aquariums.....	250
TAKING PRECAUTIONS.....	250
Exterior Areas.....	251
Interior Areas.....	252
INTEGRATED PEST MANAGEMENT (IPM) PROGRAM.....	253
POISONOUS OR TOXIC MATERIALS ..	254

13 MANAGEMENT SYSTEMS & CRISIS PLANNING .. 259

Introduction.....	259
Key Terms.....	259
Objectives.....	259
PROGRAMS TO MANAGE FOOD SAFETY ..	261

PERSON IN CHARGE (PIC)	262
Becoming a PIC.....	262
PIC Duties.....	262
PIC Responsibilities	263

ACTIVE MANAGERIAL CONTROL .. 265

HAZARD ANALYSIS CRITICAL CONTROL POINT (HACCP) PROGRAM	266
Prerequisite programs	266
HACCP Principles.....	267
HACPP Essentials	272

CRISIS PREPAREDNESS	273
Crisis management plan	274
Ceasing Operations and Reporting ..	275
Resumption of Operations	275
Power Outage	276
Water Service Interruption	277
Sewage Backup	277
Flooding.....	278
Fire Event.....	279
Summary.....	280
The Student's Workbook.....	280
Review Questions.....	281

14 REGULATIONS, INSPECTIONS, & STAFF TRAINING..... 283

Introduction.....	283
Key Terms.....	283
Objectives.....	283

REGULATIONS.....	285
Food and Drug Administration (FDA)	285
U.S. Department of Agriculture (USDA)...	286
Centers for Disease Control (CDC) ...	286
Local, state, tribal, and federal regulators...	287

INSPECTIONS.....	288
Frequency of Inspections	289
Inspection Authority	290
Inspection Report	290
Time Frame for Correction	291
Ceasing Operations.....	292

STAFF TRAINING	293
Assessment.....	293
Training Program	294
Corrective Action	294
Retraining	295
Training Records	295
Training by Example	295
Recognition and Rewards.....	295

INDEX 299