

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: IFS 100 Food Safety

UNIT VALUE: 3.0

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS:

Appropriate language skills.

ENTRANCE REQUIREMENTS

PREREQUISITE: None.

COREQUISITE: None.

RECOMMENDED PREPARATION: None.

SCOPE OF COURSE:

Principles for prevention of foodborne illnesses during food production. Safe food handling practices applied to purchasing, receiving, storage, preparation, and service. Food microbiology, personal hygiene, maintaining sanitary equipment and facilities, accident prevention, crisis management and regulatory issues explored. Hazard analysis critical control point (HAACP) and current FDA Food Code discussed.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. synthesize basic concepts of sanitation to food preparation, service and storage.
2. apply principles of sanitation and safety to the selection, layout and use of foodservice equipment.
3. apply knowledge gained to manage an employee sanitation training session.
4. identify causes and prevention of foodborne illnesses.
5. identify factors influencing bacterial growth.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Causes of foodborne illness
 - A. Micro-organisms and their environment
 - 1. Sources of micro-organisms
 - a. food itself
 - b. people
 - c. equipment used in food handling
 - 2. Specific micro-organisms
 - a. Salmonella
 - b. Staphylococcus
 - c. Shigella
 - d. Clostridium botulinum
 - e. Clostridium perfringens
 - f. Hepatitis
 - g. Typhoid
 - h. E. Coli
 - i. Others
 - 3. Factors influencing bacterial growth
 - a. nutrients
 - b. moisture
 - c. temperature
 - d. time
 - e. acidity (pH)
 - 4. Classification of foodborne illnesses
 - a. infection
 - b. intoxication
 - B. Physical Hazards
 - 1. Improperly cleaned equipment
 - 2. Broken or incorrectly operated equipment
 - C. Chemical Hazards
 - 1. Safe kitchen storage of chemicals
 - 2. Proper handling and use of cleaning supplies
- II. Protecting food to prevent foodborne illness
 - A. Temperature control
 - 1. "Danger zone" for microbial growth
 - 2. Refrigeration and freezing (cold) to retard bacterial growth
 - 3. Heating properly to destroy bacteria
 - 4. Other methods to maintain appropriate temperature control
 - a. ice beds
 - b. steam tables
 - c. thermal containers
 - d. external heat
 - B. Safe food storage principles
 - 1. Lag time and appropriate length of times for refrigeration and freezer storage
 - 2. Appropriate methods for thawing frozen foods
 - 3. Proper handling of covered containers in refrigerated storage
 - 4. Refrigerator and freezer cleaning requirements
 - 5. Safe refrigerator and freezer storage temperatures
 - 6. Proper techniques for storage of dry foodstuffs
 - C. Safe food handling and preparation techniques

1. Cleaning fruits and vegetables
2. Proper cooking temperatures
3. Handling and disposition of leftovers
4. Methods to avoid cross-contamination
- D. Methods for guarding against chemical hazards
- E. Protection against physical hazards
 1. Disposition of broken or chipped glass
 2. Guarding against metal chips

III. Role of the food service worker/supervisor/manager in maintaining safe and sanitary conditions

- A. Importance of personal hygiene
- B. Personal hygiene practices to prevent foodborne illness
 1. Clean/neat appearance and clothing
 2. Hairnets or head coverings
 3. Proper handwashing technique
 4. Frequency of handwashing
- C. Safe and sanitary working habits
 1. Handling clean utensils and equipment
 2. Handling soiled utensils and equipment
 3. Handling food prepared for service

IV. Providing a safe and sanitary food environment

- A. Facilities
- B. Equipment selection and maintenance
 1. large equipment
 2. small equipment
- C. Dishwashing
 1. manual
 2. mechanical
- D. Pest control
- E. Disposition and recycling of trash

V. Managing a safe and sanitary food service operation

- A. Employee training
- B. Regulations and standards

REQUIRED READING:

Wilkins, Joyce. Safe-at-the-Plate. Carlsbad: Published by Joyce Wilkins. 2000.

SUGGESTED READING:

Department of Health materials.

Various periodicals related to industry.

REQUIRED WRITING:

Two mid-terms and a final exam are given during the semester. Mid-terms include objective and essay questions. Each essay must be at least two paragraphs in length. Students must also prepare and present a lesson plan for an in-service on a sanitation or safety topic in a hypothetical foodservice facility or role play the part of a county sanitarian and prepare an inspection report on an assigned facility.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Students will be expected to read the textbook and prepare projects in addition to studying for exams.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Quizzes and exam (objective, short answer, and essay)	-	60%
Project presentation	-	30%
Participation	-	10%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: _____

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

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SIGNATURES ON FILE