



Food Safety:
Protecting At-Risk Populations
Supplement for CEV Video #776

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Goal:

To expand the understanding of the people included in these at-risk groups and how these individuals can protect themselves from food-borne illness.

Objectives:

1. to learn who is considered to be in the at-risk population
2. to learn why this population is at greater risk of contracting a food-borne illness
3. to learn the practices these individuals need to follow to safeguard their health

Food Safety: Protecting At-Risk Populations Video Quiz I

Multiple Choice

- ___ 1. Food-borne illnesses are commonly known as
- food poisoning.
 - eating disorders.
 - immune deficiency.
 - food ailments.
- ___ 2. How is it possible to know how many food-borne illnesses occur every year?
- by monitoring the occurrences of the sickness
 - by studying each symptom of each illness
 - There is no way to know because most food-borne illnesses are never reported.
 - none of the above
- ___ 3. How many diseases can be transferred through food?
- 10
 - 250
 - 1,000
 - 50
- ___ 4. What occurs when two or more people develop the same illness after ingesting the same food?
- immune deficiency
 - a food-borne illness outbreak
 - a plague
 - all of the above
- ___ 5. Who is included in the at-risk population?
- pregnant women
 - children under the age of 5
 - elderly
 - all of the above

Food Safety: Protecting At-Risk Populations Video Quiz II

Short Answer

1. Why are children more susceptible to food-borne illnesses?
2. Why are teenagers included in the at-risk category?
3. Why is it dangerous for a pregnant woman to contract a food-borne illness?
4. What are three reasons the elderly are included in the at-risk population?
5. Give examples of people who make up the last group—those with existing weakened immune systems.

Food Safety: Protecting At-Risk Populations Video Quiz III

Multiple Choice

- ___ 1. There are rules to follow when
- dining out.
 - handling food at home.
 - caring for an infant's or small child's food.
 - all of the above
- ___ 2. Someone with a weakened immune system should never buy cans with
- dents.
 - a sell by date what has not expired.
 - a sealed lid.
 - nutritional information on the label.
- ___ 3. At-risk populations should select dairy products, seafood and poultry
- at the beginning of their trip to the grocery store.
 - at the end of their trip to the grocery store.
 - on a separate trip to the grocery store.
 - at-risk populations should not eat these products.
- ___ 4. Any product with a use by date that has expired should be
- consumed.
 - put back in the refrigerator or cabinet.
 - thrown away.
 - transferred to another container.
- ___ 5. To avoid cross contamination in the kitchen, people with weakened immune systems are told to
- wash their hands after handling raw foods.
 - wash any utensils and appliances that have contacted raw foods.
 - wash the counters after putting raw foods on them.
 - all of the above
- ___ 6. All cooked foods should reach an internal temperature of at least
- 130° F.
 - 160° F.
 - 190° F.
 - none of the above

- ___ 7. The temperature danger zone extends from
- a. 40° - 140° F.
 - b. 32° - 100° F.
 - c. 28° - 128° F.
 - d. none of the above
- ___ 8. When dining out, people with compromised immune systems should not eat
- a. raw meat or poultry.
 - b. raw seafood.
 - c. any dish made with raw eggs.
 - d. all of the above

Food Safety: Protecting At-Risk Populations Video Quiz IV

Short Answer

1. Describe the cans and jars people should choose when shopping for baby food.
2. How should the safety button on the lid of a jar of baby food look?
3. Name something you should look for on a can of baby formula.
4. Where should unopened baby formula be stored?
5. What should you do with leftover formula?
6. What should most children be given to eat until they are four to six months old?

Food Safety: Protecting At-Risk Populations Final Quiz

Multiple Choice

- ___ 1. What are people with deficient immune systems supposed to do to their water?
- boil it
 - drink it from the tap
 - don't drink water at all
 - none of the above
- ___ 2. Where do scientists believe people acquire most food-borne illnesses?
- restaurants
 - diners
 - school cafeterias
 - homes
- ___ 3. What can some food-borne pathogens cause?
- cancer
 - serious illnesses and sometimes death
 - immune deficiency
 - all of the above
- ___ 4. How many outbreaks of food-borne illness occur in the U.S. every year?
- less than 100
 - 33 million
 - 400 to 500
 - 10
- ___ 5. What can cause secondary immune deficiency?
- cancer
 - chronic liver or kidney disease
 - diabetes
 - all of the above

Food Safety: Protecting At-Risk Populations

Answer Key for CEV Video #776

Multiple Choice

- a** 1. Food-borne illnesses are commonly known as
- a. **food poisoning.**
 - b. eating disorders..
 - c. immune deficiency
 - d. food ailments.
- c** 2. How is it possible to know how many food-borne illnesses occur every year?
- a. by monitoring the occurrences of the sickness
 - b. by studying each symptom of each illness
 - c. **There is no way to know because most food-borne illnesses are never reported**
 - d. none of the above
- b** 3. How many diseases can be transferred through food?
- a. 10
 - b. **250**
 - c. 1,000
 - d. 50
- b** 4. What occurs when two or more people develop the same illnesses after ingesting the same food?
- a. immune deficiency
 - b. **a food-borne illness outbreak**
 - c. a plague
 - d. all of the above
- d** 5. Who is included in the at-risk population?
- a. pregnant women
 - b. children under the age of 5
 - c. elderly
 - d. **all of the above**

Food Safety: Protecting At-Risk Populations

Answer Key for CEV Video #776

Short Answer

1. Why are children more susceptible to food-borne illnesses?
Their immune systems aren't fully developed.

3. Why are teenagers included in the at-risk category?
Often, their diets are not balanced, so they may be malnourished.

4. Why is it dangerous for a pregnant woman to contract a food-borne illness?
Any illness contracted by a pregnant woman can harm her or her baby. Pregnant women are at a higher risk of developing Listeriosis, a life-threatening food-borne illness that can cause developmental problems in the baby or cause miscarriage or stillbirth.

5. What are three reasons the elderly are included in the at-risk population?
**Their stomachs are less acidic.
Their kidney functions weaken as they grow older.
Their immune systems weaken with age.**

6. Give examples of people who make up the last group—those with existing weakened immune systems.
Those with primary immune deficiency (due to a genetic or metabolic "mistake,") are born without good immune defenses.

Those with secondary immune deficiency that may result from cancer, diabetes, chronic liver or kidney disease, the HIV infection that results in AIDS, and transplant recipients.

Food Safety: Protecting At-Risk Populations

Answer Key for CEV Video #776

Multiple Choice

- d** 1. There are rules to follow when
- a. dining out.
 - b. handling food at home.
 - c. caring for an infant's or small child's food.
 - d. all of the above**
- a** 2. Someone with a weakened immune system should never buy cans with
- a. dents.**
 - b. a sell by date what has not expired.
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 - d. nutritional information on the label.
- b** 3. At-risk populations should select dairy products, seafood and poultry
- a. at the beginning of their trip to the grocery store.
 - b. at the end of their trip to the grocery store.**
 - c. on a separate trip to the grocery store.
 - d. at-risk populations should not eat these products.
- c** 4. Any product with a use by date that has expired should be
- a. consumed.
 - b. put back in the refrigerator or cabinet.
 - c. thrown away.**
 - d. transferred to another container.
- d** 5. To avoid cross contamination in the kitchen, people with weakened immune systems are told to
- a. wash their hands after handling raw foods.
 - b. wash any utensils and appliances that have contacted raw foods.
 - c. wash the counters after putting raw foods on them.
 - d. all of the above**
- b** 6. All cooked foods should reach an internal temperature of at least
- a. 130° F.
 - b. 160° F.**
 - c. 190° F.
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- a** 7. The temperature danger zone extends from
- a. 40° - 140° F.**
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 - c. 28° - 128° F.
 - d. none of the above
- d** 8. When dining out, people with compromised immune systems should not eat
- a. raw meat or poultry.
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 - c. any dish made with raw eggs.
 - d. all of the above**

Food Safety: Protecting At-Risk Populations

Answer Key for CEV Video #776

Short Answer

1. Describe the cans and jars people should choose when shopping for baby food.
Cans and jars should be intact, sound, sealed and clean. They should not have dents, bulges, tears or loose lids.

2. How should the safety button on the lid of a jar of baby food look?
The safety button should be down when you purchase and store the product. Never use a jar with a button that is up; that means the seal has been broken and bacteria may have multiplied to a dangerous level.

3. Name something you should look for on a can of baby formula.
An expiration date

4. Where should unopened baby formula be stored?
Store unopened baby formula in a dry, dark and cool place, away from any appliances that produce heat.

5. What should you do with leftover formula?
Discard it.

6. What should most children be given to eat until they are four to six months old?
Formula or breast milk is all the food children in this age bracket need.

Food Safety: Protecting At-Risk Populations

Answer Key for CEV Video #776

Multiple Choice

- a** 1. What are people with deficient immune systems supposed to do to their water?
- a. boil it**
 - b. drink it from the tap
 - c. don't drink water at all
 - d. none of the above
- d** 2. Where do scientists believe people acquire most food-borne illnesses?
- a. restaurants
 - b. diners
 - c. school cafeterias
 - d. homes**
- b** 3. What can some food-borne pathogens cause?
- a. cancer
 - b. serious illnesses and sometimes death**
 - c. immune deficiency
 - d. all of the above
- c** 4. How many outbreaks of food-borne illness occur in the U.S. every year?
- a. less than 100
 - b. 33 million
 - c. 400 to 500**
 - d. 10
- d** 5. What can cause secondary immune deficiency?
- a. cancer
 - b. chronic liver or kidney disease
 - c. diabetes
 - d. all of the above**

Short Answer

6. What percentage of Listeriosis cases occur during pregnancies?
One-third, or about 33 percent

7. What are commercial cleaning solutions used to clean?
Commercial cleaning solutions are used to clean kitchen counters, appliances, and all other kitchen implements.

8. Where should foods be thawed?
Food should be thawed in the refrigerator; foods can also be thawed in the microwave if they are to be cooked immediately.

9. What does the expiration date on a jar or can of baby food tell a consumer?
The expiration date tells consumers how long the food will be safe to eat.

10. What can be eliminated if safety practices are adhered to properly?
Food-borne illnesses could be eliminated.