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# Food Manager Certification Exam 2023 - 2024 Study Guide

Average number of food borne illnesses per year - 76 million people (1/4 people in the us)

Symptoms of foodborne illness - cramping in the abdominal area

vomiting

nausea

diarrhea

fever

dehydration

Listeria and Botulism - have a greater health effect on pregnant women

2 types of food borne illness - Foodborne infection and foodborne intoxication

Foodborne Infection - an illness caused by a bacteria, virus, or parasite that has contaminated a food

- most common are salmonella and E. Coli.

foodborne intoxication - an illness caused by toxins that an organism has produced in a food; toxins may also be produced by chemicals, heavy metals, or other substances

-most common are staph and clostridium

three main areas of food safety and sanitation - -time and temp

-heat and cold

-handwashing/ware-washing(plates and etc)

poultry - cooked to and internal temp of 165 for 15 seconds

ground beef - cooked to and internal temp of 155 for 15 seconds

pork - cooked to and internal temp of 145 for 15 seconds

food must be stored properly - when food isn't being used it should be held hot or kept cold

keeping food at room temperature is dangerous

Food preparers must - wash hands for at least 20 seconds

High Risk Populations - Young children

# Certified Food Manager Study Guide

**J Ma**



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