

Nutrition Study Guide
Food Safety Concerns
Chapter 12

Remember, in addition to knowing the information on this Study Guide, you are responsible for knowing the “Chapter Learning Outcomes”, “Chapter Definitions”, and “Practice Test”.

1. Is food-borne illness a serious problem in the United States?
2. What is the difference between a food-borne pathogen and a food-borne “food intoxication”?
3. When does it become your responsibility to reduce the risk of food-borne illness?
4. How are microbes used in food production?
5. How are pathogens transmitted to food?
6. What do microbes need to survive? Are all foods likely to harbor pathogens?
7. What is the most likely cause of “stomach flu”? How is this different than “real flu”?
8. Where do spores come from? How can they cause a health concern?
9. Do viruses cause food intoxication? (no, viruses do not secrete toxins into food)
10. How do parasites and fungi differ from each other?
11. What are aflatoxins?
12. How can you prevent food-borne illness?
13. What are the rules for “Fight BAC” program?
14. How does fermentation preserve foods?
15. List different food preservation techniques:
16. How should you treat “non-acid” home canned products?
17. What can be added to food to prevent naturally occurring food enzymes from reacting with oxygen? Why would this be bad?
18. Do pesticides used in the production of food present a risk to human health?
19. What is travelers’ diarrhea?