

Common Food Terminology



FOODBORNE ILLNESS

An illness that results from eating contaminated food.

FOODBORNE OUTBREAK

Two or more people eating the same food, at the same place, at the same time and both getting sick.

HIGHLY SUSCEPTIBLE POPULATION

A group of persons who are more likely than others to experience foodborne illness: immunocompromised people, older adults, young children, pregnant women, and anybody on antibiotics.

TIME/TEMPERATURE CONTROLLED for SAFETY FOOD (TCS FOOD)

Food that must be kept hot or cold to limit bacterial growth. Uncommon TCS foods include: Sliced melons, Sliced tomatoes, Cut leafy greens, Garlic in oil, Bean & alfalfa sprouts

READY TO EAT FOODS

Food that is in a form that is edible without additional washing, cooking or preparation. Ready to eat foods are foods that are consumed directly from your hand to someone's mouth.

BACTERIA

A living organism made up of a single cell that grows in/on food. Some organisms need air to live (aerobic) & some do not (anaerobic). Some go dormant (form spores) and can survive heat, freezing or other stresses.

VIRUS

Viruses do not grow on/in food. Food is just the viruses' transportation to people.

PARASITE

Parasites do not grow on/in food. Food is just the parasite's transportation to people. Parasites are found in contaminated water and food.

CROSS CONTAMINATION

The unintended presence of a harmful substance like a bacteria, virus, or parasite. Cross contamination can come from food, hands, food contact surfaces, people, improper storage etc.

SANITIZING

Surfaces that are free of harmful levels of bacteria, virus, and/or parasites. Sanitizing can be done using Chlorine, Quaternary Ammonias (Quat), Iodine, or high heat on food contact surfaces.