
FOOD SAFETY MANAGER TRAINING HOT WORDS AND DEFINITIONS

ADA	The Americans with Disabilities Act. Guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, State and local government services, and telecommunications.
AEROBIC	A type of bacterium that must have oxygen to grow.
AIR GAP	An unobstructed, open, vertical space between a supply of potable water and any possible source of contamination. It is a device used as a preventive measure against backflow.
ALKALINE	A substance that has a pH of more than 7.0.
ANAEROBIC	A type of bacteria that can live and grow with little or no oxygen.
ANISAKIASIS	Certain types of fish can cause this disease sometimes referred to as “sushi stomach.” It is caused by the anisakis worm parasite that is killed when the fish is cooked or frozen.
ANTIMONY	A brittle, lustrous white metallic element. Used chiefly in metals and medical compounds. Equipment containing antimony should not be used in any phase of food preparation.
AFLATOXIN	The aspergillus mold can produce this toxin.
ASPERGILLUS MOLD	A mold that produces a toxin associated with foodborne illness. Foods that can be contaminated by molds include grains, breads, and nuts.
BACILLUS CEREUS	One of a group of bacteria that can form spores. It is very common in soils where vegetables and grains are grown.
BACKFLOW	The flow of contaminants from nonpotable water sources into the supply of potable water.
BACKFLOW PREVENTER	An approved mechanical device designed to block the flow of contaminants from nonpotable water sources into the supply of potable water.
BACK SIPHONAGE	A form of backflow that can occur when the pressure in the potable water supply drops below the pressure of the contaminated water supply.
BACTERIA	Single-celled microorganisms that require food, moisture, and warmth to reproduce. Some bacteria can cause foodborne infection and intoxication. Bacterium—singular. Bacterial—adjective.
BIMETALLIC	Made or consisting of two metals. In metal stemmed





thermometers, there is typically a layer of stainless steel on the



	outside of the stem, and another metal on the inside.
BOTULISM	Type of food intoxication cause by <i>C. botulinum</i> . It will develop only without air, and occurs in inadequately processed foods, such as canned foods, meats, many kinds of vegetables, and smoked products.
CADMIUM	A metallic element resembling tin in appearance. Equipment containing tin or cadmium should be avoided in all phases of food preparation.
CALIBRATE	To determine, check, and then rectify, the accuracy of a thermometer.
CAMPYLOBACTER JEJUNI	This organism is believed to be one of the leading causes of foodborne illness. It is frequently found in beef, pork, lamb, poultry, unpasteurized milk, and sometimes in contaminated raw vegetables.
CAMPYLOBACTERIOSIS	An intestinal infection caused the <i>Campylobacter</i> bacteria, which is frequently found in beef, pork, lamb, poultry, unpasteurized milk, and sometimes in contaminated raw vegetables.
CCPs	Refers to “Critical Control Points” in a HACCP system. These are the parts of the process where a hazard may be detected and/or eliminated by the action taken at the time.
CERTIFIED	Having or proven to be competent based on the completion of specified standards or criteria, such as an exam, training, or an educational degree program.
CERTIFICATION	Proof, as in a certificate or license, that someone is certified.
CIGUATERA POISONING	A toxin that is not produced by fish, but rather from algae the fish eat that contain the naturally occurring toxin. Ciguatera is one of the most common causes of seafood poisoning. Cooking, freezing, or canning does not destroy the toxin.
CLOSTRIDIUM BOTULINUM	A bacterium that grows without air in improperly processed food, and causes the disease called botulism.
CLOSTRIDIUM PERFRINGENS	A common bacterium found in the intestinal tract of humans and animals, as well as in soil, water, and dust. Poor employee hygiene and unsafe food handling methods often spread it.
COMMENSAL RODENTS	Rodent species that live in conjunction with humans, sharing the same food.
COMPLIANCE	The act of conforming or obeying certain specified rules or regulations. Comply—verb.
CONDIMENT	Something that is used to give special or additional flavor to food, such as ketchup and mustard.



CONTAMINANT	A harmful substance that can cause injury or illness to a person who ingests it.
CONTAMINATION	The presence of harmful substances in food that can cause injury or illness to a person who eats or tastes it. Contaminated—adjective.
CROSS-CONTAMINATION	The transfer of harmful substances from one food to another food either by employee handling or by improperly cleaned and sanitized equipment.
CRUSTACEAN	Chiefly aquatic, typically having a body covered with a hard shell or crust. Includes shrimp, crab, and lobster.
DORMANT	Present, but temporarily inactive until the right conditions present themselves.
FACULTATIVE BACTERIA	A type of bacteria that has the ability to grow with or without air.
FDA	The Food and Drug Administration. This is the federal agency that develops and enforces interstate regulations regarding the safety, composition, quality (including nutrition), and labeling of foods, food additives, and food colors. The FDA publishes documents about food sanitation and enforces laws and regulations concerning food service operations by interstate carriers.
FECES	Waste matter discharged from the intestines through the anus.
FIFO	An abbreviation for the phrase “First In; First Out.” The practice of using older food items before newer ones.
FOODBORNE	A sickness or injury that is the direct result of eating contaminated foods.
FOOD CODE	The Food Code, published by the FDA, U.S. Department of Health and Human Services, is the most recent publication for food safety guidance in the food service industry. Note that the Food Code contains recommendations, or guidance, and is not the law.
FOODBORNE INFECTION	Caused by harmful live germs or microorganisms that are present in food when consumed.
FOODBORNE INTOXICATION	Illness caused by food containing the toxins produced by harmful microorganisms.
FUNGI	Includes both molds and yeasts that grow readily on all types of food, in moist or dry environments, at any temperature. Fungal—adjective.
GASTROINTESTINAL	Affecting the stomach and intestines.



HACCP	An abbreviation for the “Hazard Analysis Critical Control Point” system. This is a procedure for monitoring and evaluating food preparation that lowers the risk of contamination and foodborne illness. This system is now accepted by within the food industry.
HEMORRHAGIC COLITIS	A dangerous strain of bacteria that is often passed by fecal contamination. The microorganism may cause serious illness and possibly death in children, and adults with weakened immune systems.
HEPATITIS A	A highly contagious virus affecting the liver. It is usually spread by infected food service employees or contaminated shellfish. It is more likely to be transmitted through unheated food items such as salads and sandwiches.
HYGIENE	Habits necessary for establishing and maintaining good health and preventing the spread of illness.
IMMUNIZATION	A shot or vaccine that protects people from contracting certain types of illnesses.
INCUBATION PERIOD	The time that passes before the symptoms of a disease occur.
LISTERIA	A bacterium found in the soil that can contaminate food and cause the foodborne illness listeriosis.
LISTERIOSIS	The foodborne illness caused by the listeria bacteria. Listeria is a bacterium found in the soil that can contaminate food.
MAP	Modified Atmosphere Packaging. A food packaging technique that replaces oxygen with nitrogen or carbon dioxide to inhibit the growth of bacteria and preserve shelf life.
MATERIAL SAFETY DATA SHEETS (MSDS)	Required by OSHA, chemical manufacturers ship these with their products. They provide information on proper storage, usage, and treatment if the product is improperly used.
MICROBIOLOGY	The study of microorganisms.
MICROORGANISM	Tiny life-form, including bacteria, that can only be seen through a microscope.
NAUSEA	Sickness in the stomach often accompanied by a lack of desire for food, and the need to vomit.
NON-TOXIC	Not poisonous.
NONPOTABLE WATER	Water that is not fit to drink. Can be used in air conditioning and fire protection systems.
NOROVIRUS	A disease of the gastrointestinal tract normally passed by means of poor personal hygiene.



PARASITE	Organism that lives within or feeds off of other organisms. Parasites are many times larger than bacteria and viruses. Most commonly found in hogs, fish, and contaminated water.
PASTEURIZATION	Pasteurization is a process of heating foods to a certain temperature for a specific amount of time to kill bacteria.
pH	A measure of the acid or alkaline content of a solution; pH 7.0 is neutral, below 7.0 is acidic, and 7.1 to 14.0 is alkaline.
PHF (TCS)	Potentially hazardous foods time/temperature control for safety. Foods that provide optimum conditions for bacterial growth that require time and temperature controls to limit pathogenic microorganism growth or toxin formation.
POTABLE WATER	Water that is safe for drinking.
PSEUDOMONAS	A type of bacteria that must have oxygen to grow. This is the type of bacteria that causes food to spoil the most.
QUATERNARY AMMONIUM	Usually referred to as “quats.” A chemical sanitizing compound that is relatively safe for skin contact and won’t corrode most surfaces. It is effective in both acid and alkaline solutions.
RATITES	Being any of a group of flightless birds, such as an ostrich or emus, having a flat breastbone without the keellike prominence characteristic of most flying birds.
SALIVA	A colorless, watery fluid in the mouth that functions in the tasting, chewing, and swallowing of food, keeps the mouth moist, and starts the digestion of starches. Commonly referred to as “spit.”
SALMONELLA	The bacterium that causes salmonellosis if allowed to grow in food. Commonly found in the intestines of people and animals such as rodents, dogs, cats, ducks, and chickens. Cockroaches and flies can also carry this bacteria.
SALMONELLOSIS	One of the most common types of foodborne infections. It can cause death in people with weak immune systems or in elderly people.
SANITARY	Clean and free of harmful organisms.
SANITIZE	The final step after washing and rinsing to reduce the number of harmful microorganisms. Very hot water --171°F (77°C) or a chemical solution that kills microorganisms is used. Sanitized—adjective.
SANITIZER	Very hot water --171°F (77°C) or a chemical solution that kills microorganisms.
SANITATION	In the food industry, the creation and maintenance of hygienic and healthful conditions relative to the production of food



	products.
SCOMBROID POISONING	Occurs when fish such as mahi mahi (dolphinfish), tuna, mackerel, bluefish, and amberjack are not properly refrigerated and begin to spoil. Scombroid poisoning is a common cause of seafood illness.
SHIGELLA	A bacteria found in the intestines of humans. It can be killed easily by cooking.
SHIGELLOSIS	A foodborne illness caused by the shigella bacteria. It typically results when hands are not washed after a person uses the restroom, and then that person touches a food that will not be cooked.
SOUS VIDE	A method of cooking that is intended to maintain the integrity of ingredients by heating them for an extended period of time at relatively low temperatures.
SPORE	The dormant stage of a bacterium that has formed thick walls to resist heat and lack of moisture. It is capable of returning to a vegetative state where it can grow and multiply and cause foodborne illness.
STAPH	Short for “staphylococcal intoxication”, which is a type of food poisoning caused by toxins excreted by tiny bacteria that live in and on the human body.
STAPHYLOCOCCUS AUREUS	A microorganism commonly found in the nose, throat, skin, and especially in infected cuts, pimples, or boils of humans. Staphylococcal intoxication, commonly referred to as “staph,” is the food poisoning caused by toxins excreted by these microorganisms. They grow fast in moist foods high in protein, and are commonly spread by infected workers and workers with poor hygiene habits. The improper holding and storing of foods enables staph to grow to hazardous levels.
STAPHYLOCOCCAL INTOXICATION	Commonly referred to as “staph,” it is the food poisoning caused by toxins excreted by tiny bacteria that live in and on the human body.
SULFITE	A preservative used to maintain the freshness and color of fresh fruits and vegetables. The use of sulfites is subject to state regulations.
SURFACTANT	A chemical agent in detergent that reduces surface tension, allowing the detergent to penetrate and soak dirt loose.
TOXIC	Poisonous.
TOXIN	A poisonous substance of plant or animal origin.
TRICHINOSIS	A disease caused by the Trichinella spiralis parasite. It can be found in infected pork or wild game, such as bear or buffalo.





This parasite can be effectively destroyed by proper cooking



	temperatures.
TYPHOID FEVER	A bacterial infection caused by <i>Salmonella typhi</i> . Symptoms include fever, headache, intestinal inflammation, ulceration, and constipation in adults. It is transmitted by the fecal-oral route.
UNCONTAMINATED	Free of harmful substances.
UNPASTEURIZED	Not pasteurized. Pasteurization is a process of heating foods to a certain temperature for a specific amount of time to kill bacteria.
UNSANITIZED	Something that has not had the bacteria reduced to safe levels. Unsanitary—adjective.
VACUUM-PACKED	Food processing methods where food is packed using a system that withdraws all air from the package. Gases are sometimes added after the air is removed, to aid in preserving food.
VARIANCE	An official permit by a regulatory agency to do something normally forbidden by regulations. In the case of a foodservice operator, a variance might require certain documentation or proof of process. In the case of food, a HACCP plan might be required.
VIBRIO PARAHAEMOLYTICUS	Referred to as “vibrio.” A common bacterium that thrives in seawater and is associated with pollution. This microorganism is one of the most common causes of bacterial foodborne infections caused by seafood. Seafoods that carry this bacterium include oysters, shrimp, and blue crabs.
VIRUS	A disease causing agent even smaller than bacteria that does not multiply in foods, but can be transmitted to food by infected food workers, and then to those who eat the food. Poor personal hygiene often contributes to the spread of a virus to foods. Viral—adjective.
YERSINIA	The bacterium that causes yersinosis. It is found in the intestines of animals and humans. The bacteria continue to multiply even at temperatures below 41 °F; however, thorough heating will destroy it.

