

## Facts About Bacteria Notes

1. \_\_\_\_\_ are tiny, single cell organisms that can be seen only with a microscope.
2. Only one is called a \_\_\_\_\_.
3. Bacteria rarely are found \_\_\_\_\_ as they multiply rapidly.
4. Bacteria are found \_\_\_\_\_, in the air, water, on the ground, on our skin and in our bodies.
5. The types of bacteria are:
  - \_\_\_\_\_ bacteria are actually helpful to us. These bacteria are used to make food such as cheese and yogurts. Others live in our bodies to fight harmful bacteria.
  - \_\_\_\_\_ bacteria are neither helpful nor harmful. They have a purpose, but are of no concern to us in food service.
  - \_\_\_\_\_ bacteria cause food spoilage. They won't make you sick, but they have strong odors, and may make food sticky, slimy or cause discoloration. Food waste.
  - \_\_\_\_\_ are the bacteria that cause most foodborne illnesses. They do not always leave detectable odors or tastes in food. This makes it impossible to tell if the food is contaminated. They can cause \_\_\_\_\_ and even \_\_\_\_\_.
6. Bacteria are \_\_\_\_\_. This means that bacteria multiply by dividing. One splits into two, two become four, four become eight and so on and so forth.

7. A few bacteria aren't enough to make someone sick. But bacteria can multiply rapidly to dangerous levels. Bacteria divide every \_\_\_\_\_ minutes and can multiply to a million in less than 6 hours.

8. FAT TOM:

- F
- A
- T
- T
- O
- M

9. FAT TOM stands for the \_\_\_\_\_ that are needed for bacteria to grow and multiply. By removing \_\_\_\_\_ or more conditions, we can reduce bacteria growth.

9. Cross Contamination means how bacteria are transported from one place to another. What are the 3 methods of cross contamination?

- 1.
- 2.
- 3.

10. List a few ways to prevent bacteria from contaminating food during preparation, service and storage.

- 1.
- 2.
- 3.
- 4.