



CONTAMINATION HYGIENE

- Transferring pathogens from raw chicken to a ready-to-eat food is biological cross-contamination.
- Physical contamination is a hard or foreign object in food, such as glass, metal shavings, bandage fragments, or bones.
- Storing chemicals above or beside food risks chemical contamination if the bottle leaks, drips, or is knocked over.
- Raw meats are stored below ready-to-eat foods so their juices cannot drip down and contaminate them.
- The Big 9 major allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame.
- NYC prohibits bare-hand contact with ready-to-eat food; workers must use gloves, tongs, deli tissue, or other utensils.
[NYC Health Code Article 81](#)
- Color-coded boards help staff keep raw meats, poultry, seafood, and produce separated to prevent cross-contamination.

FOODBORNE ILLNESS

- FAT-TOM stands for Food, Acidity, Time, Temperature, Oxygen, and Moisture — the six factors that let bacteria multiply.
- Most disease-causing bacteria grow best in foods with a pH between 4.6 and 7.5.
- Anisakis is a roundworm found in marine fish that can cause abdominal illness when fish is eaten raw or undercooked.
- Trichinella spiralis is a parasitic roundworm historically linked to undercooked pork and wild game such as bear.

HACCP

- HACCP stands for Hazard Analysis and Critical Control Points.
[NYC Health Code Article 81](#)
- A piece of broken glass is a physical hazard, a foreign object that could injure a guest.
- Thawing in the refrigerator at **41 °F** or below keeps the fish out of the danger zone.

