Chapter 10: Cleaning and Sanitizing Lesson Plan

Learning Objectives

Pre-Test

Cleaning and Sanitizing
- Cleaning removes food and other dirt from surface
- Sanitizing reduces pathogens on the surface to safe levels
- Cleaners
  o Cleaners must be stable, noncorrosive, and safe to use
  o Guidelines: follow manufacturer’s instructors carefully, do NOT use one type of cleaner in place of another unless the intended use is the same
- Sanitizers
  o Food contact surfaces must be sanitized after they have been cleaned and rinsed; using heat or chemicals
  o Heat Sanitizing
    ▪ Soak items in hot water, water must be at least 171°F (77°C)
    ▪ Must soak items for at least 30 seconds
    ▪ Alternative method= run items through high-temperature dishwasher
  o Chemical Sanitizing
    ▪ 3 types of chemical sanitizers= chlorine, iodine, and quaternary ammonium compounds (quats)→ regulated by EPAs
    ▪ Using detergent-sanitizer blends→ use once to clean, once to sanitize
- Sanitizer Effectiveness
  ▪ Factors influencing effectiveness of chemical sanitizers= concentration, temperature, contact time, water hardness, pH

How and When to Clean and Sanitize
1. Scrape or remove food bits from the surface
2. Wash the surface
3. Rinse the surface
4. Sanitize the surface
5. Allow the surface to air-dry

Dishwashing
- Machine Dishwashing
  o Dishwashing machines sanitize by using either hot water or a chemical sanitizing solution
  o High Temperature Machines
    ▪ The temperature of the final sanitizing rinse must be at least 180°F (82°C)
    ▪ For stationary rack, single-temperature machines, it must be at least 165°F (74°F)
  o Chemical-Sanitizing Machines
    ▪ Can clean and sanitize items at much lower temperatures compared to high temperature machines

First Activity #1- Bingo: winners receive candy

- Manual Dishwashing
  o Operations often use a three-compartment sink to clean and sanitize large items
    ▪ Clean and sanitize each sink
    ▪ Fill first sink with detergent and water- water temperature must be at least 110°F (43°C)
    ▪ Fill 2nd sink with clean water
    ▪ Fill 3rd sink with water and sanitizer to the correct concentration
- Storing Tableware and Equipment
  o Storage- store tableware and utensils at least 6 inches off the floor
  o Storage surfaces- clean and sanitize drawers and shelves before storing clean items
  o Glasses and flatware- store glasses and cups upside down on a clean and sanitized shelf or rack
    ▪ Store flatware and utensils with handles up
  o Trays and carts- clean and sanitize, clean as often as needed
Stationary equipment - keep the food contact surfaces of stationary equipment covered unit ready for use

Cleaning and Sanitizing in the Operation

- Cleaning the Premises
  - Cleaning Up After People Who Get Sick
    - Vomit and diarrhea can carry Norovirus, which is highly contagious
- Cleaning Tools and Supplies
  - Storing Cleaning Tools and Supplies
    - To prevent contamination, NEVER clean mops, brushes, or other tools in sinks used for handwashing, food prep, or dishwashing
    - NEVER dump mop water or other liquid waste into toilets or urinals
- Using Foodservice Chemicals
  - Material and Safety Data Sheets
    - The Occupational Safety and Health Administration (OSHA) has requirements for using chemicals
    - OSHA requires chemical manufacturers and suppliers to provide a Material Safety Data Sheet (MSDS) for each hazardous chemical they sell

Developing a Cleaning Program

- Focus on three things:
  - Creating a master cleaning schedule
  - Training your staff to follow it
  - Monitoring the program to make sure it works

Activity #2 - Crossword Puzzle: top winners receive hand sanitizer, others receive candy

Post- Test