## ProStart 1 Section 2.1 Key Terms

**1. Foodborne illness –** a disease transmitted or carried to a person by food.

**2.** **Foodborne illness outbreak** – When two or more people get the same illness after eating the same food.

**3. High-risk population** – Groups of people who are especially vulnerable to foodborne illness. Usually included are infants, very young children, pregnant women, the elderly and those with compromised immune systems (cancer, HIV, AIDS, chemotherapy or organ transplants).

**4. Immune system** – the human body’s defense system to prevent and fight disease.

**5. Hazard** – Something potentially dangerous or harmful (broken glass, bacteria, viruses, wet floors, cross-contamination, chemicals, mold and/or many, many other things.)

**6. Contamination** – The introduction of a harmful entity to a food item, beverage or water.

**7. Pathogens** – disease-causing microorganisms.

**8. Microorganism** – Living species that can be seen only through a microsope (bacteria and maybe viruses)

**9. FAT TOM** – Conditions foodborne pathogens need to grow in food.

**10. TCS** – Acronym for Time and Temperature Control for Safety, a label to use to describe food that is vulnerable to pathogen growth.

**11. Ready-to-eat food** – Foods that may be eaten without additional preparation or cooking. (Salad items, cold sandwiches, cooked foods that are waiting to be served).

**12. Viruses** – Pathogenic organisms that are smaller than a single cell and can survive in foods even under refrigeration or freezing.

**13. Bacteria** – Single-cell organism that can grow given the right conditions. Some are pathogenic.

**14. Pathogenic** – capable of causing disease, something that can make one sick is pathogenic.

**15. Parasites –** Organisms that live off of another, contributing nothing and often robbing the host of health and well-being. Tape worms are a parasite. Fleas and ticks are parasites.

**16. Host –** The organism that unwittingly provides home and food to a parasite.

**17. Fungi –** Microorganisms that grow by spore like yeast, mold or mushrooms.

**18. Mold –** A type of fungus that can be beneficial or harmful.

**19. Yeast –** A type of fungus that can be beneficial or damaging to food, depending on the type of yeast.

**20. Cross-contact –** To introduce an allergen to food by equipment. For example, stirring peanut butter with a spoon and then using that spoon to stir something with no peanuts in it.