

## FOOD SAFETY TEMPERATURES AND THE DANGER ZONE (БЕЗПЕКА ПРОДУКТІВ ХАРЧУВАННЯ: ФАКТОР ТЕМПЕРАТУРНОГО РЕЖИМУ)

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*Проблема безпеки та збереження харчових продуктів на підприємствах харчування завжди була й залишається актуальною. У доповіді розглянуто питання безпечного температурного режиму зберігання харчових продуктів перед вживанням.*

*Food safety* is a top concern for every commercial kitchen. Time and temperature play a huge role in whether food is safe to eat or needs to be thrown out. In order to keep customers happy, your food safe, it's important to learn about safe and unsafe temperature ranges and how to properly kill bacteria in order to assure each meal is safe for consumption.

*The danger zone* refers to the temperatures between 40°F and 140°F. This is the temperature range in which harmful bacteria multiply the fastest. Perishables left in the danger zone too long will spoil; meaning the amount of bacteria present makes the food unsafe for consumption.

When cooking or cooling perishable food in a commercial kitchen, there's no getting around spending a little time in the danger zone. The trick is to cook or cool the food fast enough to minimize time spent in bacteria-laden temps. There are plenty of options for heating food to optimal safety levels, but cooling is a different beast altogether. Utilizing a blast chiller is the best option, but placing small portions of leftovers in food pans and storing them in a walk-in cooler or freezer would work just fine.

*Perishable food* refers to meat, poultry and seafood that will spoil if not properly refrigerated. Most perishable food must go through a "kill stage," like cooking, to fend off any harmful bacteria that may be present.

*Temperature* is the biggest factor in bacterial growth for perishable food. The key for all foodservice operators is to decrease or eliminate bacterial growth in order to assure maximum shelf life and food safety.

Bacteria multiply rapidly in the danger zone. Bacteria multiply best in a warm, moist environment. Perishable food that is between the temperatures of 40°F and 140°F provide an ideal environment. Bacterial growth slows in a refrigerator, but it does not stop. That's why food still spoils when it's in the refrigerator. Bacteria are dormant when frozen. At temperatures below 32°F, bacteria go dormant and do not reproduce. Bacteria are killed by high temperatures. Once food approaches 145°F, the bacteria start to die.