

NAME_____

___ Per.____ Date_____

Food-borne illness

Mrs.

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<https://www.youtube.com/watch?v=pdKHCVGSg3Q>

<https://www.youtube.com/watch?v=yiNTqUU-h6w>

(4 videos to watch)

<http://www.cdc.gov/foodsafety/outbreaks/multistate-outbreaks/outbreaks-list.html>

1. E.coli-

- Bacteria that lives in the intestines of healthy people and animals.
- Come in contact with it through contaminated water or food- especially raw vegetables, undercooked ground beef or unpasteurized milk
- Abdominal cramping, nausea and vomiting

https://www.youtube.com/watch?v=3ps_Kw4EX7A

2. Noro-virus * Virus- **the most common food-borne illness.**

- Very **contagious**- infected people can spread it through sneezing or contact with another.

- Do not prepare foods **while you're sick**

<https://www.youtube.com/watch?v=XwuqKh5B64o>

3. Salmonella- Bacteria generally affects the intestines

- Children and infants are most susceptible
- Spread by eating or drinking contaminated food

- Found in raw or undercooked eggs and meat, unpasteurized milk and cheese products. Hollandaise sauce, Caesar dressing or homemade eggnog.

https://www.youtube.com/watch?v=IRJVx2_qGQM

- Contact with infected animals especially reptiles. (Pets-Turtles)

4. Botulism- Bacteria- very rare but deadly.

Attacks the nervous system-become paralyzed and ultimately die.

- Bulging cans- improper canning. Be careful with homemade garlic infused oils-should be refrigerated.
- Botulism is destroyed with high temperatures, so cook home canned goods for at least ten minutes.

- Be careful with **raw honey**: It can contain botulism (do not give honey to a child less than 12 months old).

<https://www.youtube.com/watch?v=feHjyM9SKI>

https://www.youtube.com/watch?v=pIZB_CsQLLe

5. Listeria- Bacteria

- Found in the soil
- Can grow even at **refrigerator temperatures**. It can also build up in food-processing plants.
- Unpasteurized milk and milk products, refrigerated smoked salmon
- Most of the time your body is healthy enough to get rid of infected cells. But when it gets in your **gut**- it can get into your bloodstream and cause **listeriosis**.

- It can cause a deadly form of encephalitis and meningitis
- Very dangerous in pregnant women because the infected cells go right for the placenta-causing still birth. The mom may have very mild symptoms but it can be deadly for the baby.

<https://www.youtube.com/watch?v=Qq4w1Lhj5yM>

<https://www.youtube.com/watch?v=4K-lrC8zbnE>

- The worst case of Listeriosis was in 2011 when cantaloupe was infected with the bacteria due to an unsanitary processing plant.

<https://www.youtube.com/watch?v=KGjxAdAEJ1I>

