



Food Poisoning

Bacterial Poisoning

Causes:

Prevention:

Parasite Poisoning

Causes:

Prevention:

Protozoa Poisoning

Causes:

Prevention:

Viral Poisoning

Causes:

Prevention:

Cut all pages on solid lines.
Stack with cover on the top.
Staple at bottom.



Food-Borne Illness

A food-borne illness is a disease transmitted by food. You may have heard on the news of food being recalled due to cases of food poisoning. Food poisoning is caused by bacteria, parasites, protozoa (one-celled animals), and/or viruses. The symptoms of food poisoning can include vomiting, diarrhea, severe abdominal pain, fever, headache, and even death. It is important to learn about these diseases before you start cooking so you can properly prepare food that won't get anybody sick.

Bacterial Poisoning – Proper and thorough cooking will kill most harmful bacteria, but food that is not properly cooked, is left out at room temperature after being cooked, or is touched by contaminated hands or utensils can have unsafe levels of harmful bacteria. The most common food poisonings are *botulism*, *E. coli* infection, and *salmonella*. *Botulism* is found in improperly processed canned goods. Never use anything from a bulging can or that has a funny smell. *E. coli* infection is caused by undercooked ground beef, raw milk, contaminated water, or vegetables grown in cow manure. *Salmonella* is a bacterium found in poultry, red meats, eggs, dried foods, and dairy products that are not properly cooked and handled.

Parasite Poisoning – Pork products sometimes have a parasite causing a disease called *trichinosis*. You can prevent this disease by thoroughly cooking all pork products to an internal temperature of 160 degrees.

Protozoa Poisoning – Protozoa poisoning is not very common in this country. Drinking polluted water or eating vegetables that are grown in polluted soil causes *Amebiasis* and *Giardiasis*. Making sure your water is purified can prevent these diseases.

Viral Poisoning – Raw or undercooked shellfish such as oysters and clams can transmit a viral disease called *hepatitis A*. This virus comes from shellfish that are in contaminated waters. The disease can be prevented by thoroughly cooking all shellfish.