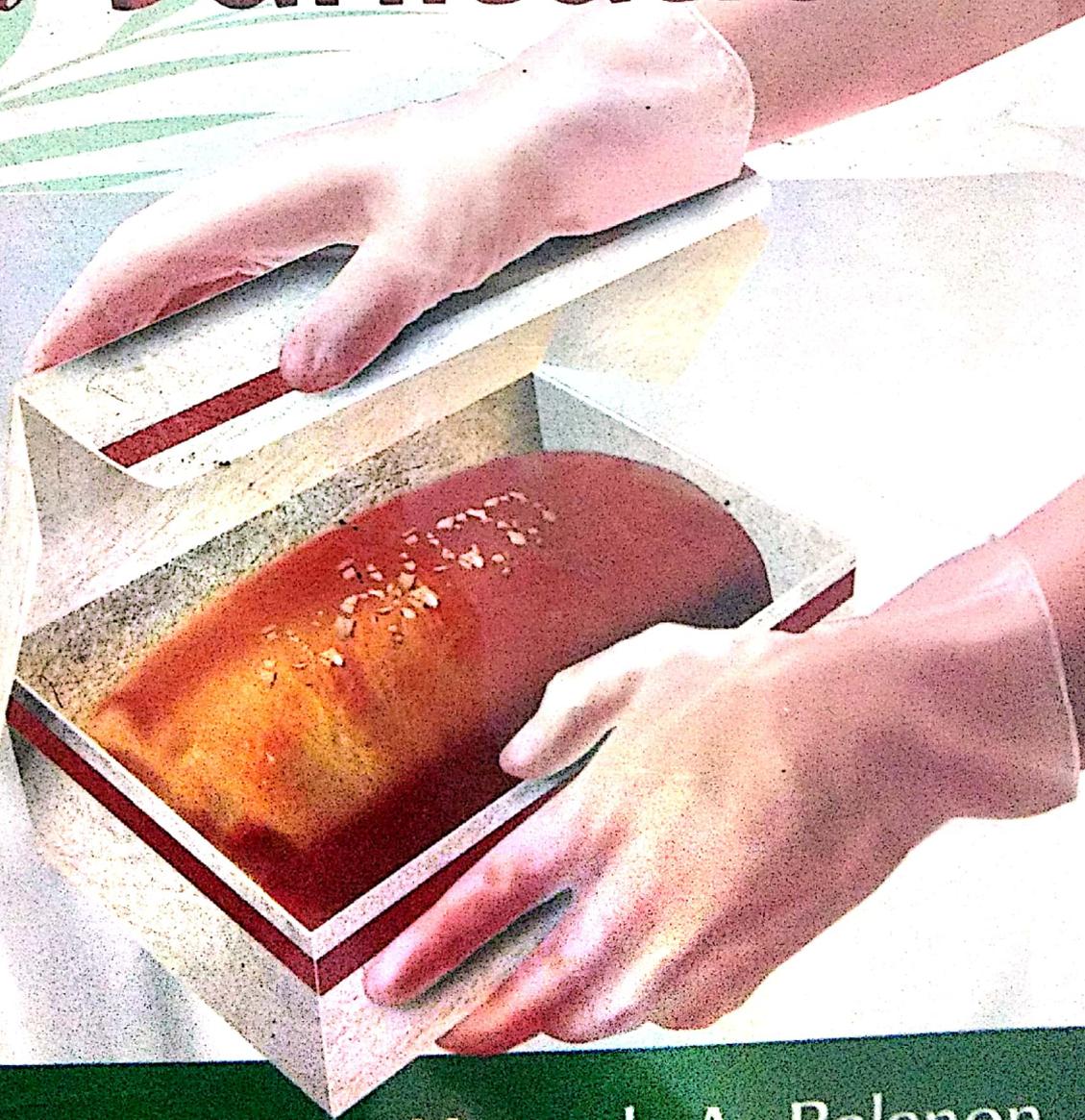


Laboratory Manual in

Food Safety and Sanitation



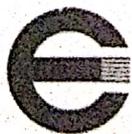
Ref

363.7296
An581
2010
C-2

Mary Jean C. Ang • Hannah A. Balanon

LABORATORY MANUAL IN FOOD SAFETY AND SANITATION

Mary Jean C. Ang and Hannah A. Balanon



C & E Publishing, Inc.
2010



**C & E
Publishing, Inc.**

*C & E Publishing, Inc. was
established in 1993, and is a
member of ABAP, PSAI, NBDE
and PEPA.*

Laboratory Manual in Food Safety and Sanitation
Published in 2010 by C & E Publishing, Inc.
839 EDSA, South Triangle, Quezon City
Tel. No: (02) 929-5088
Telefax: (02) 929-5713
e-mail: info@cebookshop.com

Copyright © 2010 by C & E Publishing, Inc.,
Mary Jean C. Ang and Hannah A. Balanon

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording or otherwise—without the prior written permission of the publisher.

Cataloguing-in-Publication Data

TX Ang, Mary Jean C. 
911.3 Laboratory manual in food safety and sanitation /
.S3 Mary Jean C. Ang and Hannah A. Balanon. - Quezon City :
A36 C & E Pub., 2010.
2010 x, 75 p. : ill. ; 26 cm.

ISBN: 978-971-584-974-6

I. Food service-Sanitation-Laboratory manuals. 2. Food service-Safety measures-Laboratory manuals. 3. Food handling-Safety measures-Laboratory manuals. I. Balanon, Hannah A. II. Title.

Cover Design and Illustrations: Haydee Lyn S. Suarez
Layout: Analyn C. Sumang

TABLE OF CONTENTS

Preface.....	vii
Safety Measures in the Kitchen Laboratory.....	ix

Activity No.

1 Hand Washing.....	1
2 Biological Hazards in Food: Bacterial Analysis of Fish	6
3 Biological Hazards in Food: Parasites in Direct Fecal Smear	14
4 Biological Hazards in Food: Fungi.....	18
5 Control of Microbial Growth through the Application of Heat: Pasteurization and Sterilization of Milk	23
6 Control of Microbial Growth through the Application of Low Temperature: Freeze-Drying Technique.....	29
7 Control of Microbial Growth through Fermentation.....	32
8 Control of Microbial Growth through the Reduction of Available Water: Fish Drying	35
9 Hazard Analysis and Critical Control Points (HACCP)	38
10 Process Approach to HACCP: Process 1	42
11 Process Approach to HACCP: Process 2.....	46

12	Process Approach to HACCP: Process 3	48
13	Food Safety and Sanitation in Menu Planning	50
14	Food Safety and Sanitation in Purchasing and Receiving.....	53
15	Food Safety and Sanitation in Proper Food Storage	58
16	Food Safety and Sanitation in Food Preparation	64
17	Food Safety and Sanitation in Cooking	68
18	Food Safety and Sanitation in Food Serving	72
	References.....	75
	About the Authors.....	76