**Student Name:**

**Course Code:**  CTTT055 ProStart IA

**Course Title:**  Food Safety and Sanitation

**Course Instructor:**  Chef Karen Quitugua

**Date:** *8/23/20*

VIDEO REFLECTION WORKSHEET #1

Answer the following questions.

1. **What is the title of the assigned video that you watched?**

The title of the video I watched was “**Part 1 of 6: Introduction to Safe Food Handling”**

1. **List the 2 things that you learned from the video.  Minimum of two (2) sentences for each answer**

1. Foodborne illness costs include lawsuits, increased insurance, low moral, high turnover, and negative media. It can cause closure of a food establishment.

2. Bacteria can grow anywhere and can reproduce on their own. The best way to remember the reproduction of bacteria is by using the acronym FAT TOM. Potentially hazardous foods that have the potential to cause foodborne illness are high in protein or carbohydrates, moist, slightly acidic, and have caused foodborne illness.

1. **Overall, why do you think it is important for you to know these things as a ProStart I student? Answers must be a minimum of three (3) sentences.**

As a learning ProStart I student, it is important for me to know how bacteria works. By using the acronym FAT TOM, it will help me identify and eliminate any factors that cause bacteria to grow and reproduce. For those who are planning to pursue a career in culinary arts, it is good for them to keep this information to avoid the foodborne illness costs.

**Student Name:**

**Course Code:**  CTTT055 ProStart IA

**Course Title:**  Food Safety and Sanitation

**Course Instructor:**  Chef Karen Quitugua

**Date:** 08/19/20

VIDEO REFLECTION WORKSHEET #2

Answer the following questions.

1. **What is the title of the assigned video that you watched?**

The title of the assigned video I watched was “**What does SPORE mean? SPORE meaning, definition, & explanation**”

1. **List the 2 things that you learned from the video.  Minimum of two (2) sentences for each answer**

1.  A spore is a unit of a sexual reproduction thatmaybe adapted for dispersal and for survival, often for extended periods of time. Spores form part of the life cycle of many plants like algae, fungi, and protozoa.

2. Bacterial spores are not part of the sexual cycle, but are resistant stretchers used for survival under unfavorable conditions. Spores help bacteria last longer when they run out of nutrients to feed on.

1. **Overall, why do you think it is important for you to know these things as a ProStart I student? Answers must be a minimum of three (3) sentences.**

I think it is important for me to know this as a Prostart I student because bacterial spores can cause food spoilage and food borne illnesses. We are currently learning about food contaminants and bacterial spores just so happens to be a common contaminant of food products. Spores are the ones that allow the bacteria to survive longer so in order to successfully eliminate it, we need to know what their weaknesses are and what they’re resistant to.