

Populations at High Risk for Foodborne Illnesses

Certain groups of people have a higher risk of getting a foodborne illness.



Elderly people

People's immune systems weaken with age. The immune system is the body's defense against illness.



Preschool-age children

Very young children have not built up strong immune systems.



People with compromised immune systems

- People with cancer or on chemotherapy
- People with HIV/AIDS
- Transplant recipients
- People taking certain medications

Apply Your Knowledge

What's the Cause?

Write an **X** next to the 5 most common causes of foodborne illness.

- | | |
|---|--|
| ① _____ Purchasing food from unsafe sources | ⑤ _____ Using contaminated equipment |
| ② _____ Allowing pests to enter the operation | ⑥ _____ Holding food at incorrect temperatures |
| ③ _____ Failing to cook food correctly | ⑦ _____ Practicing poor personal hygiene |
| ④ _____ Failing to rotate food during storage | ⑧ _____ Failing to store dry food correctly |

Which Is It?

Write an **X** next to the food that needs time and temperature control to keep it safe.

- | | |
|---------------------------|------------------------|
| ① _____ Chopped lettuce | ④ _____ Flour |
| ② _____ Sliced watermelon | ⑤ _____ Cooked carrots |
| ③ _____ Dry rice | ⑥ _____ Cheese |

For answers, please turn to page 1.13.