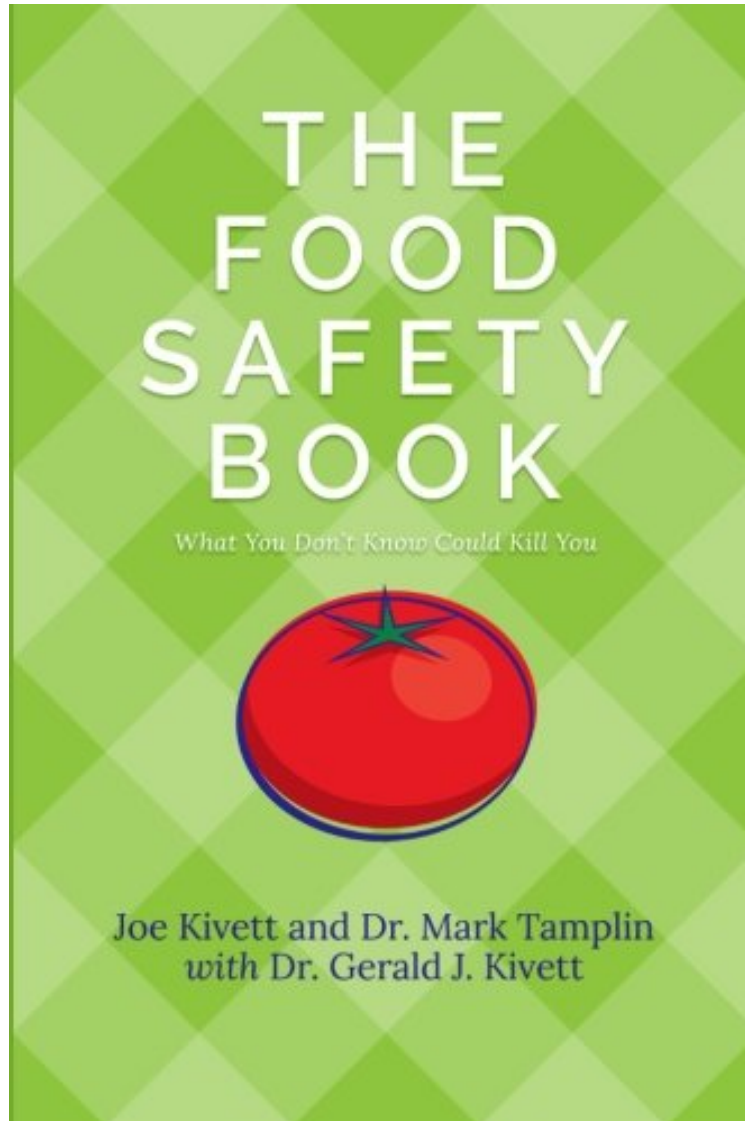


(Pdf free) The Food Safety Book: What You Don't Know Could Kill You

The Food Safety Book: What You Don't Know Could Kill You

Joe Kivett, Mark Tamplin

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Joe Kivett, Mark Tamplin : The Food Safety Book: What You Don't Know Could Kill You before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food Safety Book: What You Don't Know Could Kill You:

2 of 2 people found the following review helpful. Tips Tricks to Food Safety, Quality, and LongevityBy ConnyWe feel that The Food Safety Book offers consumers a simple, one-stop reference for basic issues regarding food safety, Joe Kivett and Dr. Mark Tamplin with Dr. Gerald J. Kivett write in the introduction of their book.~ What ~At two-hundred-thirty-eight pages, this paperback targets those who want to learn more about safety, quality, and longevity in

the foods we eat. After an introduction and four basic concepts of food safety, the book is divided into ten parts, ending with helpful tips, an afterword, index, references, additional resources, and the authors biographies. The first section discusses tips on purchasing food, followed by a forty-one page A to Z guide to fresh fruits and vegetables. Part three and four involve storing food and longevity charts. While the next three chapters cover safety in the kitchen, preparing food, and safe cooking practices, next discussed are topics on holiday, outdoor, and traveling involving food. The final chapter is about foodborne illnesses.

~ Why ~It is highly important to know what foods are safe to eat when they are sold, prepared, or stored. I like how the book covers a myriad of food choices and how to select, cook, freeze, or store them. From mentioning how to handle the product to avoid a foodborne illness, also explained are transporting and storing food so it remains fresh. The charts review selection, storage location and length, and availability as well as sometimes including tips and ripening. A helpful section is the longevity charts comparing an item being unopened or opened on a shelf and in a refrigerator or freezer.

~ Why Not ~Those who do not care about what they eat or using precautions when handling food will avoid this book. Some may be too busy or be preoccupied with other things to look up shelf life or preparation tips when handling foods and forget this reference book.

~ Who ~Founder of a production company, Kivett worked for Walt Disney Entertainment and lives in Florida with his family. Residing in the United States and Australia, Dr. Tamplin has a Ph.D. in medical sciences and worked as a university professor, adjunct researcher, and advisor for thirty years internationally. Serving in the United States Navy for twenty-four years, Dr. Kivett is a family practice doctor in Florida.

~ Wish ~I wish this book could be turned into a pocket guide that could be kept on a kitchen counter for quick reference.

~ Want ~For those who are interested in buying, preparing, and storing food safely, this makes an excellent resource book, especially as a gift for those that like to cook or be around food. Thanks to Bookpleasures and the author for this book that I freely evaluated.

2 of 2 people found the following review helpful. If my kids get sick it wasn't my kitchen for food fault if I follow this guide.

By H. Wimmer I received this book for my honest opinion This is a wonderful reference book for those who are away from home for the first time. Heck even I am using this as a reference book and I am a stay at home mom who has been cooking for a family of six. (2 adults 4 pickie eating kids) The other day I was looking at the package of hot dog sitting in the frig unopened and I was wondering how long can they be like that? Will they go bad if I don't open them? If they are opened how long to I have before they go bad? I realized I had no idea. All I knew was that hot dogs needed to boil or be cooked to 165 degrees before eating. I grabbed the book and quickly looked it up and found what I was looking for. I found what I had been questioning about lunch meats as well. I will be better able to prepare family lunches and dinners know what is still good and what has gone bad. It will save us lots of money because I don't be throwing away as much food thinking it has gone bad. No saying my kids won't still wait food because they will but I don't. I plan on giving this book away to all my friends who kids are graduating from college, new parents and newlyweds. I am so happy I was able to review this awesome reference guide to food prep, keeping my kitchen clean and knowing if my kids get sick it wasn't my kitchen for food fault if I follow this guide.

2 of 2 people found the following review helpful. Wonderful Guide to stay well.

By Jackie McNutt I've been a homemaker for 46 years and I am very impressed with the depth of information about food safety in this book. While I expected General information about storing food safely, I did not expect this book to cover everything from what to look for in selecting food, the best way to store and transport everything safely, but also the detailed and easy to understand information concerning how to prevent, recognize and treat food borne illness. While I have always been careful with food selection and storage, this book offered information that I find very useful. I highly recommend this book for seasoned food handlers and novices alike. This is a much needed guide to keep ourselves and others safe and informed.

THE FOOD SAFETY BOOK is a guide for consumers that answers just about every food safety, quality, and storage-related question anyone might have. Facts were culled from the Food Marketing Institute, the World Health Organization, the Centers for Disease Control, the United States Department of Agriculture, and Dr. Mark Tamplin (a professor and renowned foodborne pathogen scientist with expertise in food safety). THE FOOD SAFETY BOOK provides practical information including: A 41-page "A to Z" Guide to selecting and storing over 75 fruits and vegetables Storage and longevity charts for over 340 items including bakery items, frozen foods, refrigerated foods, fresh foods, shelf foods, shelf-stable foods, and even spices Information on understanding product dating Helpful tips on how to keep food fresher longer How to reduce food waste Information on milk and dairy's true shelf life Foods to avoid when pregnant Information on baby food do's and don'ts A holiday and party food safety guide A guide to preventing, identifying, and treating numerous foodborne illnesses

From the Back Cover The Centers for Disease Control and Prevention (CDC) estimates that 48 million Americans are affected by food borne illness each year, 128,000 are hospitalized, and about 3,000 die. The Food Safety Book answers just about every food safety, quality, and storage-related question anyone might have.