Bacteria

\*Single cell microorganisms

\*Good ones = medicine, digestion

\*Neutral = harmless

\*Bad = food poisoning

\*Growth

\*Need 3 things to grow – FOOD, MOISTURE, & WARMTH

\*Geometric growth – doubles every 15-30 minutes

\*1 becomes 2, 2 becomes 4, 4 becomes 8, etc.

\*Food Poisoning = Foodborne Illness

\*illness that comes from eating or drinking contaminated food or liquid

\*stomach ache, fever, cramps, nausea, vomiting, diarrhea

\*symptoms can appear anywhere from 30 minutes to 70 days

\*usually within 4-48 hours

\*Prevention

\*cook foods thoroughly

\*work cleanly

\*WASH HANDS!!!!!

\*Treatment

\*most can be treated at home

\*liquids (no caffeine or dairy), bland food

\*symptoms lasting longer than 2 days may require medical help