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