



Season 1 Episode 5—Food Safety from a Student’s View

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Terence Martin

(Intro with music) This is Food Defender podcast with Dr. Terence Martin, food safety and quality specialist at Alabama Extension at Alabama A&M University. Our Food Defender podcast covers everything that comes to food safety. For example, USDA guidelines, FDA guidelines, and just general consumer safety as it pertains to food.

Well hello once again it's that time for monthly podcast Food Defenders. I am Doctor Terrence Martin, a food safety specialist and quality here at Alabama Extension at Alabama A&M. Today we're going to have a little bit of fun, with our podcast today. Involving one of our students here at the, campus of Alabama A&M. I wanted to bring the students in and get their perspective, basically, around food safety when it comes to them.

I'm gonna let her introduce herself and, what her classification is and what her major is. It's always fun. Reaching out to the students back here on campus and get their input and aspect, especially when it comes to food safety and quality and what's going on in the world around food safety. So. Good morning. Could you introduce yourself?

Diamond Gooden

Good morning. My name is Diamond Gooden. I am a senior Business Administration major with a concentration and management information systems from Atlanta, Georgia.

Terence Martin

Well, welcome, Miss Diamond. Miss. Great to have you here. And taking out the time on your busy day, I'm pretty sure. So basically, we're just going to ask a couple questions and keep it light and, ask about round food safety.

We are the food defenders, so we're here to defend the safety of the food supply. And, make sure that everyone's healthy when they consume our food. So I got a couple of general questions. We'll talk about your first. We talk about general food habits. So let me ask you a question. What is the last thing you wipe down in your kitchen?

Diamond Gooden

The counters.

Terence Martin

it was the counters? It's all right. All right, well, what about your phone? When the Last time you wiped down your phone?

Diamond Gooden

this morning because it got rained on.

Terence Martin

But was it... you use Sanitation or?

Diamond Gooden

I used a little hand sanitizer?

Terence martin

So, you did. You did wipe down your phone or anything else you wipe down this morning?

Diamond Gooden

My glasses count.

Terence Martin

Yeah, your glasses do. Okay. Because we don't, you know, we don't think about all of the things that we touches with our hand that can trans- transform, bacteria. And so one of the other questions that I know, you, you live on campus. Are you live off campus?

Diamond Gooden

I live off campus.

Terence Martin

So you live off campus. So these, food safety habits is going to be real important. Because you have your own place, and you. Do you own a food thermometer?

Diamond Gooden

No.

Terence Martin

Okay, so with not having a food thermometer, a lot of times we try to eyeball whether we know anything is, cooked. Well done. So how do you how do you know whether you say you chicken or if you cooking yourself a steak? Or how do you know whether it's done or not?

Diamond Gooden

I stick my fork in it.

Terence Martin

You stick a fork, you. Oh, so if you don't see, you don't see any blood. So you mean you say, hey, I'm good. You know, one of the things that we're trying to get more people in, get them a food thermometer. That way, you can actually look at the internal temperature. So you're checking to make sure it's at 165. So, we don't want you to get sick right before homecoming cause you're cooking chicken and just eye-ball it and say I didn't see no blood.

Okay. So we'll we'll work on trying to get you a food thermometer and tell your friends that we need to get food thermometer just to make sure that our food is cooked thoroughly. Thoroughly. Especially when it comes to meat. Meat products? Yeah. So now that you living out on your own now, in your own apartment, but at some point, you lived in a dorm. Did you live in a dorm?

Diamond Gooden

I did.

Terence Martin

Ahh dorm. Let me just talk about the dorm life. So what I still want to have is, you know, you probably had a roommate, as we call room dogs back in the day. So. So what are some of the most dangerous food habits that you've seen in the dorm? While you was there?

Diamond Gooden

The plastic in the microwave.

Terence Martin

The plastic. No one thinks about using non-microwavable, containers. So all those containers that they bring back from eating out or plastic plates?

Diamond Gooden

Mhmm, Yes. You know, the little hot pocket wrappers have seen.

Terence Martin

So. Okay. Yeah. So those those are the things that we want to bring to attention those habits. Using microwavable dishes and not just using plastic in the heat. Your food's up. I think probably when you, you guys probably were able to have microwaves in your room, you wasn't able?

Diamond Gooden

No but I did.

Terence Martin

Oh, so don't tell yourself now the. Snitches you get stitches? That's what they say. But, no on the real deal, we're going to keep it.

One of the things that a lot of people do, probably in the dorm and probably at home, have you ever did the sniff test to see if it's bad or good?

Diamond Gooden

Yes, I did with my milk.

Terence Martin

With your milk? Yeah. That's one of those. That's one of those products that can be that you maybe can test, which is the sniffing, one of your senses, see if it's bad.

But some certain things time you not may not be able to, look at it or sniff it and make sure it is safe. So just keep in mind, sniffing is one of the senses that you can use to see if something's going bad quality wise. But that for as bacteria wouldn't be harmful bacteria, it might not indicate that you may have, harmful bacteria that not thoroughly cooked.

Okay, okay. Then that's are we going to really reach on down? We always I always get interested in people how they store stuff and refrigerate stuff. So, now that you all grown up and you got your own place off campus in a refrigerator, what is what is the scariest currently thing in your refrigerator? So if you go in your refrigerator, right.

What, would you say is the scariest thing in your refrigerator right now?

Diamond Gooden

It probably would be my milk.

Terence Martin

Your milk. So basically, you're doing a science project with your milk when you're making buttermilk, but basically what you're trying to say. So, that, that that sounds about right. Most people don't know it when it comes to looking at the milk in the cold.

date is going out, to make sure, with you being a student, I know time constraint, you know, you being active on campus, working, and then plus taking classes. How often do you, clean out your refrigerator? That's one of the things that we have to look at when it comes to your actual refrigerator. How often you say you clean out your refrigerator

Diamond Gooden

Like a deep clean or just throw stuff stuff out?

Terence Martin

deep clean.

Diamond Gooden

So I tend to do a deep clean once a month and then, just throwing stuff out. I don't really care for leftovers, so I just throw them out.

Terence Martin

Right. Okay. Well, that's that's good to know. You're doing it at least once a month that you you're going through your refrigerator and thawing things out, looking at cold dates that makes sure things are expired.

To be safe, you want to make sure, you know, one of the things that we talk about in food safety and quality is looking at the sale by dates and best by dates, you know, your students. So I'm pretty sure you're on a budget. So be mindful of foods that's probably not outdated. That you can still use you make can freezer em for later.

But you say you don't like leftovers. But, you know, we believe in food security. You know, be here and teach in that because a lot of the price of foods, I'm sure you go shopping and therefore you have to understand that, the prices of food is up. So take that into consideration and looking at understanding the best by date, sale by dates and use and preservation as far as maybe freezing.

Freezing for later, especially like soups or something like that. Okay, okay. Never thought about it. You know, I actually it may take even better after is a little bit, one of the other question. I know you college student and most college student. I don't know if you like pizza, but a lot of, people eat pizza. Oh, you think pizza should stay out on the counter top.

That's that's one of the things you get your own apartment, come in friends movies and you got. And you got leftovers. How often? How long should leftover to be left on the countertop? Oh, now, do you just leave it there and get up the next morning eating?

Diamond Gooden

No, I say I typically put my stuff up maybe about an hour after I've eaten.

Terence Martin

Okay, so once it reaches room temperature, cool down a little bit. That's a good practice. But believe it or not, some people have pizza they don't understand. They'll leave pizza out on the counter to the next morning.

Diamond Gooden

Really?

Terence Martin

And then eat it. And you know, you got to think about you still taking that risk, when you go and leaving it out on the countertop.

So, I'm glad that you got to get practice when that happens. So I'm gonna revert back to your dorm life. That's what I'm hoping to know about, since you just snitched on yourself told me that you had a microwave or hot plate. Well, you didn't have you had a, microwave? Did you have a none of these I have with those things?

Diamond Gooden

Oh, I had one of those plug in I did. I had an air fryer and I had one of those plug in pots. as well.

Terence Martin

Okay, so you had a hot pot and a microwave and an air fry. My, my, my. So, so those are the common things that you had in your dorm. And I'm sure some of your peers, probably some of them had some of the same things in their dorm room as well.

Diamond Gooden

Or I charged them to use mine.

Terence Martin

Oh, you charge them, you use yours. Oh, there it is. Entrepreneur basically. But and so one of the things as well, especially with your microwaves and air fryers, is you know, as you still hear on campus, you may work with some of the students on campus, meet the ones that may have microwaves that shouldn't have microwaves or air fryers.

One of the thing we want to talk about and make sure they keep them clean because you have food, special air fryers, and you're not cleaning them properly, you know, chances of, bacteria growing in it and, and getting sick. So if you come across someone that has a microwave or air fryer that you know of, just remind them, hey, make sure they're keeping it clean properly, okay?

Okay. Another question. That, you know, youth now and a young, young, younger generation have different thoughts and what's described a strange meal you ever cooked using a microwave?

Diamond Gooden

The strangest meal I've ever cooked. Using a microwave? Yes. I don't think I have one, like, I really just use it.

Terence Martin

You just do it for the noodles?

Diamond Gooden

No. I even cook my doodles on the stove. Like I don't like microwave noodle.

Terence Martin

Yeah, okay. You know, just one, because, you know, you know, here on, on the campus A&M, you have different students that may have different cultural and different foods.

You know, they you know, I never cook nothing different like that in the microwave. So it's just a question that throw out, question is if you had to choose, would you rather use a slow cooker or a single use rice cooker for all your meals? Have you used a slow cooker? Do you know what a slow cooker is?

Diamond Gooden

Yes, I know what a slow cooker is.

Terence Martin

I just want to know. Miss Diamond.

Diamond Gooden

I think I'd rather use the slow cooking slow cooker.

Terence Martin

So, I think, why would you want to use.

Diamond Gooden

Okay, I don't know, I, I like to walk away from the stove.

Terence Martin

So the access of being able to set it and forget it. Yeah. Like I got class. I got things to do. I can slow cook it by the time I come back home. It's already, but, yeah, I, I like that concept too especially when you got a busy schedule, like school and work and other things, that slow cooker method probably works best where you able to walk away and forget it until you get back home.

So, Next question is, what was the food? You should never, ever try to cook in a microwave. What do you think would be a food that you shouldn't put in the microwave.

Diamond Gooden

Anything. Meat related? You know, like, are we like cooking? Cooking like or just heating up?

Terence Martin

Just cooking. Cooking.

Yeah. I don't think I should cook my meat in the microwave. Do people like, they meat in the microwave they can you. Can you cook your meat in the microwave?

Terence Martin

I think some people do. If you look at your microwave, they have those settings, but different. Meat like the defrost I know you can defrost it but to cook it. that's the winter.

You understand? You can thaw your meat defrost your meat in the microwave. Good. Good point. Upset there. Think in here or in the office here. I probably wouldn't want nobody could fish in the microwave. That would kind of smell on. Yeah. And that's one of those questions I just had to ask one. What food you think you shouldn't.

Do you know which kitchen items are permitted in your dorm? Obviously. Not. We go, we gon' laugh. at this right here. She's pretty much, Miss Diamond has pretty much told things that she's not supposed to have.

Diamond Gooden

Are microwaves and air fryers not supposed to be allowed in dorms?

Terence Martin

Right. They suppose to have a common area for microwaves. Probably downstairs somewhere. But, like I say, I'm food, food safety and quality and also safety.

And one of the things I know, we're laughing about, the hot pots, the microwave, we have to make sure we take safety precaution, too, because a lot of fires do happen, on campus due to some using the high plates microwave. Unfortunately, a lot of the building may not be up to code to handle that much, circuitry.

So, just be mindful when you talk to other students that you may come across that may want a microwave hot plate. The safety that may be a concern. That's why everybody can't have shouldn't have a microwave or something like that in a dorm for the power outage. Then everybody first. We don't have no power. Okay? And even sometime in your own apartment, those small appliances in multiple plug ins, it make or break, you know, so now we're going to get to a couple fun, fun questions as we, we get ready to finish this up. What's the weirdest food you ever eaten? And did you question its safety at all?

Diamond Gooden

I had some, octopus before. Yes, but at the time, I didn't know that's what it was. Okay. And so I was. Question because I'm a picky eater, very picky. And I did not want to try it. They told me it was chicken

Terence Martin

the age old saying everything tastes like chicken.

Diamond Gooden

Okay. But, I ate it. Spit it out because I was like, that's not the right texture of chicken.

So yeah. So when it came to after you eat it, did you think about the safety component of octopus? Was it thoroughly cooked? Or since you don't know anything about it, I know. Did you think about, well, was it prepared to save or.

Diamond Gooden

I mean, I did because, I love seafood, but that's the side of seafood I don't try.

Terence Martin

Okay.

Diamond Gooden

So yeah, because I was like, I don't know what this is. How are you supposed to cook it? How are you supposed to clean it? Like it just didn't make sense. And why are people eating octopus?

Terence Martin

That's a good question. Good question. Next question is, if you were a kitchen utensil, what would you be and why?

Diamond Gooden

I think I would like to be a whisk.

Terence Martin

A whisk. Yes. Oh, okay. Why was is that?

Diamond Gooden

because, like, there's so many different things you can do like i just love with like the consistency they want to stuff going inside in between and just falling through. And then you can hold up the handle, watch it drip down okay.

Terence Martin

So a whisk. So this is this is a question that, you know, to be asked what what what used kitchen utensil. That's right. I'm gonna have to think about that myself. I never thought about that question to I came up with what utensil would you put? And why, so what's your go to? I'm so tired. I don't care anymore.

Food. That's oh, so secretly kind of disgusting. What? That go to food? I'm so tired. I don't care anymore. Food that I also secretly kind of disgusting.

Diamond Gooden

Probably. I don't care anymore.

Terence Martin

Yeah. You don't care anymore. So there's a is there a food that you go to that most people would think is just disgusting?

Diamond Gooden

No, because I'm so picky. Oh. So it's just like, okay, what's the quickest thing? Easiest thing I can find in my reach that I know I actually eat?

Terence Martin

Okay, okay. Yeah. I was just sitting here thinking myself, what would be something disgusting? But it's a go to food, that a lot of people probably would think disgusting. I think with me, I like noodles still, and I like to mix, sardines and noodles. And that's like one of my go to when I'm tired, quick and easy.

Diamond Gooden

I'm internally gagging right now.

Terence Martin

So that was disgusting. But that's my secret. Disgusting meal that I like to go to. So, packet noodles and with some sardines mixed in. It's so, if you could eliminate one food from existence so no one could ever eat it again, what would it be? What it would be

Diamond Gooden

Octopus

Terence Martin

like, why would you-

Diamond Gooden

Well, now sardines too

Terence Martin

Oh. Now sardines. Oh, wow. Last question is, say, if you're in the kitchen or at a tailgate, you know, it's football season. We got the holidays coming up. What would be one of your biggest food pet peeves that you don't like to see people do?

Diamond Gooden

Biggest food pet peeves?

Oof, I don't know, like, I hate it when food is uncovered, especially for outside. I really do hate that when people are like, don't cover it back up. I really just look at them like it takes two seconds to cover, because now all these flies are going to be in food and I don't trust it. So now I got to go find something else to eat. That's one of my biggest. Oh, I hate that.

Terence Martin

That's a good one. Yeah, I like that. One of the ones. One of my pet peeves is you ever think about you being a whisk? One of my thing is, taking a spoon tasting sample and then put it in your back

Diamond Gooden

Putting it back in the pot.

Terence Martin

That's one of my pet peeves. Yeah, some people do the testing, and the food is to see what it tastes like, and then they use a spoon. But but that's one of my pet peeves, right?

Diamond Gooden

Is everybody is going to be there and you just put all your nasty germs, I don't know where your mouth is.

Terence Martin

Or my other pet peeve would be double dip. And if you got dips and chips and somebody double dipping. And so that's kind of, two of my pet peeves right there when it comes around food and food.

Diamond Gooden

Okay. But I can't lie, I have been I have done a double dipping

Terence Martin

Atleast you. Being honest, but that's kind of one of my pet peeves, there.

But as you appreciate you coming on today and, giving us a little aspect, from a student standpoint, with this podcast food, defenders, we're always looking for, new ideas when it comes to food safety and especially around college students and their concerns. When it comes to, food safety, one of the biggest things that I know, you, upperclassman.

And now you go out and probably dinner and stuff like that. One of the things that one of my concerns is probably in the future is going to go around campus is what do you do with your leftovers? Are you bringing it in, living on the countertop on your desk, or do you have a refrigerator in your refrigerator at the right temperature?

So, if you had to guess with some of your friends when you was in the dormitory, what would they do? What they leftovers or did most have refrigerators?

Diamond Gooden

Yeah, So for the most part, we all had refrigerators, in our dorms. But of course, you know, we can only have the little small one point size, so not much fits in there.

So it gets left out it. There was lots of food left out. And if we didn't fit some people would be like, hey, I'm selling this food for \$10. Like who want it first come first, serve it well,

Terence Martin

That's scary, but okay. There's still that that entrepreneurship mentality. Well that's one of the questions that that that always, I ask myself now what what are the students doing with their leftovers if they've gone out to dinner and have leftovers or if they going out to dinner into a movie and, and leave the food in the car, then they bring it back and sit it out and then they consume it, and maybe think they,

they got in some kind of food bug and could possibly, food, foodborne illness or something like that. But once again, we appreciate your time and your candid honesty about your food and and having me, we like, tell everybody about our podcast, Food Defenders. On campus is here. Alabama A&M, Alabama extension. I'm doctor Terrence Martin, food safety specialist and quality.

Here with Miss Diamond Gooden Diamond Gooden. Appreciate you for your time. You have a great day in stay food safe.

Terence Martin

(Outro Music) Once again, this is Dr. Terrence Martin with Food Defenders with Alabama Extension at Alabama A&M. Stay safe and knowledgeable of what's going on around you...everything food.