

# Food Safety Quiz

Please review the powerpoint first and answer the questions below. Cheating on the test will only harm those around you and prevent you from hosting another food related event. A score of 90% or higher will be considered passing.

- 1) Food safety is a key factor when planning your event because each year \_\_\_\_\_ people are hospitalized annually due to foodborne illness.
  - a. 63,000
  - b. 47,000
  - c. 125,000
  - d. 325,000
  - e. All of the above
  
- 2) Many times foodborne illness is not reported because its symptoms mimic other stomach and flu like ailments. The symptoms of food born illness may include;
  - a. Nausea, vomiting, stomach cramps and diarrhea
  - b. Nausea, fever, stomach cramps and diarrhea
  - c. Nausea, vomiting, fatigue, and diarrhea
  - d. Nausea, diarrhea, sweating and stomach cramps
  - e. All of the above
  
- 3) More than 250 different infections and intoxications are associated with foodborne illness. The most common infections agents are:
  - a. E.Coli, Staph, Lysteria and Campylobacter
  - b. E.Coli, Lysteria, Campylobacter and Salmonella
  - c. E.Coli, Staph, Listeria and Campylobacter
  - d. E.Coli, Salmonella, Listeria and Campylobacter
  - e. All of the above
  
- 4) The food sources of the different infections can vary and depend on cross-contamination, poor hygiene and other factors. However, the foods most associated with these intoxications include:
  - a. Raw produce, raw or under cooked meat, spinach, raw or whole milk
  - b. Raw produce, raw or undercooked meat, poultry and unpasteurized milk
  - c. Raw produce, raw or undercooked meat raw eggs, dairy and poultry
  - d. Raw produce, undercooked poultry, raw or whole milk and spinach
  - e. All of the above
  
- 5) Everyone has the potential to contract foodborne illness. Certain populations, however, can be at far greater risk of developing serious illness, due to underdeveloped or impaired immune systems. These groups are:
  - a. Young children, Pregnant women, Elderly men and women, Individuals with autoimmune disorders, liver disease or decreased stomach acidity (due to gastric surgery or antacid use)
  - b. Alcoholics – because of possible liver damage/disease
  - c. Individuals with reduced immune function due chemotherapy or radiotherapy, and those taking steroids or antibiotics to treat immune deficiencies
  - d. Individuals who are malnourished
  - e. All of the above

- 6) You can control many of the environmental risks associated with foodborne illness outbreaks .  
These risks include:
- Poor personal hygiene and cross contamination
  - Improper refrigeration, storage and undercooking
  - Time or temperature mistakes
  - Both A and C
  - All of the above
- 7) The cooking that takes place at home, in your residence hall, in the UC and off campus are all included in these environmental risks
- True
  - False
- 8) Food handling includes foods that you make on your own, foods from catering or foods that are donated to your group.
- True
  - False
- 9) There are simple but CRITICAL steps to ensure food safety either at home or on campus. How many critical steps did the PowerPoint review?
- 3
  - 12
  - 8
  - 6
  - None of the above
- 10) Handwashing is an extremely important part of the food safety process and may eliminate nearly half of all cases of foodborne illness. In addition, handwashing can significantly reduce the spread of colds and flu. Handwashing should last at least \_\_\_\_ seconds.
- 10
  - 20
  - 60
  - 30
  - None of the above
- 11) When washing your hands, the preferred method uses:
- Warm, soapy water
  - Very hot, soapy water
  - Cool, soapy water
  - Instant hand sanitizer
  - All of the above
- 12) Not only is important to wash your hands properly, but also to wash them frequently. When should you wash your hands?
- Before you: prepare food. After you: Handle garbage or dirty dishes
  - Before you: eat meals. After you: cough, sneeze and use the restroom
  - Before you: feed children. After you : Handle raw food or switch preparation tasks
  - Both A and B
  - All of the above

13) Not only must you wash your hands, you must also wash kitchen and table surfaces. Surfaces include:

- a. Kitchen counter tops
- b. Kitchen sinks
- c. appliances, countertops, cutting boards and utensils
- d. A and B
- e. None of the above

14) Sponges and dish towels can hide many infectious agents what should you do with them?

- a. Wash dishcloths and towels often in the hot cycle of your washing machine.
- b. Sanitize sponges in a chlorine bleach solution (one teaspoon of bleach added to one quart of water) and replace worn sponges frequently.
- c. Use different towels for different tasks: one for drying hands, one for dishes, one for wiping the counter, etc.
- d. A and C only
- e. All of the above

15) What is cross-contamination?

- a. Touching several raw and cooked items without washing your hands with warm, soapy water for 20 seconds or singing "happy birthday" twice. This can also occur when the raw food touches or drips onto cooked or ready-to-eat foods.
- b. The transfer of harmful substances or disease-causing micro-organisms to food by hands, food-contact surfaces, sponges, cloth towels and utensils that touch raw food and then touch ready-to-eat foods. This can also occur when raw food touches or drips onto cooked or ready-to-eat foods.
- c. Leaving ready-to-eat foods out on the counter over night without sanitizing the surface area with bleach solution first. This can also occur when raw foods are left out over night on the counter.
- d. A and B
- e. All of the above

16) You should always keep \_\_\_\_\_ foods and \_\_\_\_\_ foods separated.

- a. Hot and cold
- b. Clean and dirty
- c. Raw and Cold
- d. Raw and Ready-to-eat
- e. Clean and Ready-to-eat

17) Keeping raw and ready-to-eat foods separate helps reduce the risk of cross-contamination.

Examples of ready-to-eat foods are:

- a. Foods that do not require additional cooking or preparation and are already cooked
- b. Grains , like rice
- c. Raw, washed and cut fruit or vegetables
- d. A and B
- e. A and C

- 18) To prevent cross-contamination, the best place to store raw meat or poultry so the juices will not drip on anything else is:
- In the vegetable bin in the refrigerator
  - On the top self in the refrigerator
  - On the counter
  - On the bottom self in the refrigerator
- 19) It is ok to use one spoon to taste what you are cooking and stir the pot with.
- True
  - False
- 20) You should wash plates between uses or use separate plates: one for raw meat, poultry, and seafood; another for cooked foods.
- True
  - False
- 21) Acrylic, glass, marble, plastic or wood cutting boards can be safe if you follow some basic food safety guidelines:
- Use two cutting boards – one for raw meat, poultry and seafood, the other for ready-to-eat foods like bread and vegetables.
  - After cutting raw meats on your board, wash in the dishwasher. To clean by hand, scrub thoroughly with hot, soapy water, rinse thoroughly, then sanitize with a bleach solution (1 teaspoon bleach in a quart of water). Air dry or dry with a clean cloth. If using a dual purpose product, such as a commercial cleaner/sanitizer combination, follow manufacturer's instructions for application.
  - Discard old cutting boards that have cracks, crevices or excessive knife scars.
  - A and B only
  - All of the above
- 22) It is easy to tell if meat is cooked just by looking at it.
- True
  - False
- 23) Harmful bacteria are destroyed when food is cooked to proper temperatures. The only reliable way to determine the “doneness” of cooked food and to ensure safety is by:
- Relying on the color of the meat.
  - Touching the meat to make sure it is hot
  - Using a meat thermometer to measure the internal temperature
  - Cut open the meat with a knife and check the color
  - A and D
- 24) As safe internal temperature for cooking boneless chicken breast is:
- 180° F
  - 165° F
  - 170° F
  - 150° F
  - None of the above

- 25) Ground meat (hamburger, meatloaf, meatballs, etc.) should always be cooked to at least 160°F – the same as “medium” under roasts and steaks.
- True
  - False
- 26) Pasta, rice dishes and leftovers should be cooked and checked with a thermometer to ensure the internal temperature reaches:
- 150°F
  - 165°F
  - 180°F
  - 160°F
  - All of the above
- 27) Eggs also should also be measured to make sure they reach 150°F
- True
  - False
- 28) Food is in a “danger zone” when it is between \_\_\_\_\_°F and the safe cooking temperatures shown in the charts in the Powerpoint. This “danger zone” provides the optimal environment for harmful bacteria to multiply.
- 60°F
  - 80°F
  - 40°F
  - Both A and C
  - Only B
- 29) The steps to take to ensure food stays out of the “danger zone” include:
- Refrigerate within two hours – one hour in hot weather (90°F and above)
  - Store food in shallow containers to ensure even cooling
  - Add ice to thick items (e.g., soup, chili, sauces) to speed up cooling process
  - Set refrigerator to below 40°F – use a refrigerator thermometer
  - All of the above
- 30) It is ok to leave your food out for your event from 4:00pm-9:00pm
- True
  - False
- 31) If you do not know how long something has been left out on the table or counter, what should you do with it?
- Ask if anyone knows how long the food has been out and then eat it.
  - Take the temperature of the food to make sure it isn't in the danger zone.
  - When in doubt...throw it out.
  - Put in the refrigerator and let someone else deal with it
  - All of the above