



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: An adult should always be with you when you are cooking.
2. Before you start touching foods or cooking, you have to wash your _____ with soap and water.
3. True or false: Leftovers that sit out too long or are in the refrigerator too long can make you sick.
4. If you get sick from food poisoning, you might have:
 - a. an upset stomach
 - b. diarrhea
 - c. fever
 - d. any of the above
5. True or false: You can get sick from raw or undercooked meats and unwashed fruits and vegetables.
6. When you're handling hot pots, pans, or baking trays, you should use _____ or _____, not dish towels.
7. True or false: It's OK to put aluminum foil or other kind of metal in a microwave.