



Quiz Answer Key

1. When you're grocery shopping, you should put refrigerated items in your cart last.
2. and 3. Frozen meat, poultry, and fish should be thawed in a refrigerator or microwave, never at room temperature.
4. Never wash raw chicken, because that can spread germs around the kitchen.
5. Chicken and turkey, and ground beef, ground veal, ground pork, and ground lamb should be cooked to a certain temperature and until the meat is no longer pink.
6. All fruits and veggies should be scrubbed with plain water to remove any pesticides, dirt, or bacterial contamination.
7. Always wash your hands with warm water and soap before preparing any food.
8. Never put cooked food on a dish or cutting board that was holding raw meat, poultry, or fish.
9. Put leftovers in the fridge as soon as possible, within 2 hours.
10. Never put aluminum foil in a microwave.