Quiz

Instructions: Answer each question.

1. True or false: It's safe to eat leftovers that have been in the refrigerator for 2 weeks or more.

2. One of the best ways to prevent food poisoning when you’re cooking is to wash your ________________ with soap and water before you start and after you’re done.

3. True or false: You can get sick from raw meats and unwashed fruits and vegetables.

4. If you use a kitchen knife (after a parent says it’s OK), the blade should always be pointed ________________ from you.

5. True or false: If food does not touch the floor for more than 5 seconds, it’s safe to eat.

6. When you’re handling hot pots, pans, or baking trays, you should use ________________ or ________________, not dish towels.

7. True or false: You should not cover a dish of food with aluminum foil before you put it in a microwave.

8. Which is not a symptom of food poisoning?
   a. upset stomach
   b. diarrhea
   c. purple and green spots on your skin
   d. fever

9. Fill in the blank: Kids should never cook unless ________________ is in the room.
   a. a hungry friend
   b. a paying customer
   c. an adult
   d. a professional chef

10. Before handling, cooking, or eating food, you should always ________________.