

Personal Health Series Food Safety

| Name: | Date: |
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Quiz

- 1. To avoid food poisoning, people need to ______ foods properly.
 - a) sniff, handle, and eat
 - b) prepare, cook, and store
 - c) cut, chop, and dice
- 2. Symptoms of food poisoning include
 - a) upset stomach, halitosis, premature balding, and joint pain
 - b) upset stomach, stomach cramps, diarrhea, and fever
 - c) upset stomach, hysterical blindness, anemia, and dandruff
- 3. True or false: It's OK to eat chicken, turkey, or ground meat if it's a little pink inside.
- 4. True or false: You should wash all fruits and vegetables before eating them.
- 5. True or false: You should always wash your hands with soap and water *before* you begin preparing or cooking food, and *before* and *after* handling raw meat, poultry, egg, and fish products.
- 6. Always use these when handling hot pots, pans, or baking trays:
 - a) magnets
 - b) potholders or oven mitts
 - c) dish towels
- 7. You should never put _______ in a microwave.
- 8. Types of germs are:
 - a) filth, muck, dirt, and grime
 - b) bacteria, fungi, protozoa, and viruses
 - c) infections, illnesses, sicknesses, and diseases
- 9. True or false: If food doesn't touch the floor for more than 5 seconds, it's safe to eat.
- 10. True or false: It's smart not to wear anything that's big and loose when you're cooking, because baggy sleeves or clothes could catch fire or get caught in mixer beaters or other equipment.