Quiz

1. When you're grocery shopping, you should put refrigerated items in your cart ____________________.

2. and 3. Frozen meat, poultry, and fish should be thawed in a ____________________ or ____________________, never at room temperature.

4. Never ____________________ 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 ____________________.

6. All fruits and veggies should be scrubbed with plain ____________________ to remove any pesticides, dirt, or bacterial contamination.

7. Always wash your ____________________ with warm water and soap before preparing any food.

8. Never put cooked food on a dish or cutting board that was holding ____________________ meat, poultry, or fish.

9. Put leftovers in the fridge as soon as possible, within ____________________ hours.

10. Never put ____________________ in a microwave.