



Name: _____

Date: _____

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.