Quiz Answer Key

1. True or false: An adult should always be with you when you are cooking.

2. Before you start touching foods or cooking, you have to wash your _________hands_______ with soap and water.

3. True or false: Leftovers that sit out too long or are in the refrigerator too long can make you sick.

4. If you get sick from food poisoning, you might have:
   a. an upset stomach
   b. diarrhea
   c. fever
   d. any of the above

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

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

7. True or false: It’s OK to put aluminum foil or other kind of metal in a microwave.