

Food Safety - Consumer Test

Circle the answer you think is correct, then check your answers against the answer key to measure your knowledge of food safety.

1. Hands should be rinsed in water for at least five seconds before preparing foods and after handling raw meats.
 - A. True
 - B. False
2. One way to prevent cross contamination is to use two cutting boards, one strictly for raw meats, poultry and seafood and another for ready-to-eat foods.
 - A. True
 - B. False
3. After cutting meat on a cutting board, the best way to clean a cutting board is to:
 - A. Wipe off with clean sponge.
 - B. Wash in hot water with soap.
 - C. Wash in hot water, rinse with clear hot water and sanitize with a bleach water solution.
 - D. All of the above are acceptable.
4. A meat cooking thermometer is the only reliable way to check the doneness of meats, poultry, egg dishes and leftovers.
 - A. True
 - B. False
5. Leftover foods should be reheated to:
 - A. 140 degrees F
 - B. 150 degrees F
 - C. 165 degrees F
 - D. Doesn't matter
6. Meat, fish and poultry should be defrosted:
 - A. On the counter.
 - B. In the refrigerator.
 - C. In the microwave.
 - D. In the refrigerator or microwave.
7. The proper temperature for a home refrigerator should be below 40 degrees F.
 - A. True
 - B. False
8. As a rule of thumb, leftover foods should not stay out of refrigeration for more than ___ hours. In hot weather (80 degrees F or more) this time is reduced to ___ hours.
 - A. Four, three
 - B. Three, one
 - C. Three, two
 - D. Two, one

9. The Centers for Disease Control and Prevention (CDC) suggest 4 simple actions to take control of food safety in your kitchen. Which tip is MOST important?
- A. Wash hands often.
 - B. Keep raw meats and RTE foods separate.
 - C. Refrigerate promptly below 40 degrees F.
 - D. Cook to proper temperatures.
 - E. All of the above.
10. Hard boiled eggs are safe and don't need to be refrigerated.
- A. True
 - B. False
11. Ground beef has been cooked safely by:
- A. Cooking to 155 degrees F.
 - B. Making sure there is no longer any pink and juices run clear.
 - C. Hands have been washed before and after handling raw meats.
 - D. All of the above.

Answers:

1. F – Hands need to be washed with warm water and soap, and rinsed with clear warm water. This process should take about 20 seconds, paying special attention to those areas in between the fingers. Paper towels work best for drying to prevent cross contamination.
2. T – But keep in mind that different meats have different cooking temperatures, so if you use the cutting board for raw chicken first, which requires 165 degrees F, and then put a raw steak on the cutting board, which has a much lower cooking temperature, then you would have bacteria from the raw chicken on the steak.
3. C – The hot soapy water will remove the organic food residue, the hot water rinse will remove the soap and the bleach water solution will kill any harmful bacteria left on the cutting board. One teaspoon bleach per gallon of water will make the proper 50-100 ppm bleach needed.
4. T – A thermometer is the best way to check if food is completely cooked.
5. Could be D or C – If you are reheating for immediate service, the reheat temperature does not matter. For example, if you cooked roast beef today and made a cold roast beef sandwich tomorrow, the roast beef does not need to be reheated before consuming. However, if you cooked a roast beef today, and you used the leftover meat to make a soup you were transporting to work for a pot luck, then it should be reheated to 165 within two hours. The difference is the amount of time the product will be held hot before being served.
6. D – Defrosting in the refrigerator is the safest way, but foods can also be defrosted in the microwave if they are going to be cooked immediately afterwards. Foods can also be defrosted during the cooking process.
7. T – Although cold temperatures do not kill bacteria and viruses (not even freezing temperatures) temperatures of 40 degrees F or less do slow down bacterial growth.
8. D – Again, it takes time for bacteria to grow to sufficient numbers to make us sick. Warmer temperatures speed up the time it takes for bacteria to divide (which is how they grow).
9. A and E – All these food safety practices are very important. Probably the number one thing you can do in your home kitchen is to wash your hands before beginning food preparation and then again anytime your hands are contaminated.
10. T
11. A or D – Ground beef must reach an internal temperature of 155 degrees F to ensure the meat is cooked to kill any *E. coli* that might be present. Other food safety items listed are also important.