



## WELLNESS WORKSHEET 68

### Food Safety Quiz

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Fill in the correct answer to each question:

- \_\_\_\_ 1. The temperature of the refrigerator in my home is
  - a. 50 degrees Fahrenheit (10 degrees Celsius).
  - b. 40°F (5°C).
  - c. I don't know; I've never measured it.
  
- \_\_\_\_ 2. The last time we had leftover cooked stew or other food with meat, chicken, or fish, the food was
  - a. cooled to room temperature, then put in the refrigerator.
  - b. put in the refrigerator immediately after the food was served.
  - c. left at room temperature overnight or longer.
  
- \_\_\_\_ 3. The last time the kitchen sink drain, disposal, and connecting pipe in my home were sanitized was
  - a. last night.
  - b. several weeks ago.
  - c. can't remember.
  
- \_\_\_\_ 4. If a cutting board is used in my home to cut raw meat, poultry, or fish and it is going to be used to chop another food, the board is
  - a. reused as is.
  - b. wiped with a damp cloth.
  - c. washed with soap and hot water.
  - d. washed with soap and hot water and then sanitized.
  
- \_\_\_\_ 5. The last time we had hamburgers in my home, I ate mine
  - a. rare (140°F).
  - b. medium (160°F).
  - c. well-done (170°F).
  
- \_\_\_\_ 6. The last time there was cookie dough in my home, the dough was
  - a. made with raw eggs, and I sampled some of it.
  - b. made with raw eggs and refrigerated, then I sampled some of it.
  - c. store-bought, and I sampled some of it.
  - d. not sampled until baked.
  
- \_\_\_\_ 7. I clean my kitchen counters and other surfaces that come in contact with food with
  - a. water.
  - b. hot water and soap.
  - c. hot water and soap, then bleach solution.
  - d. hot water and soap, then commercial sanitizing agent.
  
- \_\_\_\_ 8. When dishes are washed in my home, they are
  - a. washed and dried in an automatic dishwasher.
  - b. left to soak in the sink for several hours and then washed with soap in the same water.
  - c. washed right away with hot water and soap in the sink and then air-dried.
  - d. washed right away with hot water and soap in the sink and immediately towel-dried.

(over)

## WELLNESS WORKSHEET 68 — continued

- \_\_\_ 9. The last time I handled raw meat, poultry, or fish, I cleaned my hands afterwards by
- wiping them on a towel.
  - rinsing them under hot, cold, or warm tap water.
  - washing with soap and warm water.
- \_\_\_ 10. Meat, poultry, and fish products are defrosted in my home by
- setting them on the counter.
  - placing them in the refrigerator.
  - microwaving.
- \_\_\_ 11. When I buy fresh seafood, I
- buy only fish that's refrigerated or well iced.
  - take it home immediately and put it in the refrigerator.
  - sometimes buy it straight out of a local fisher's creel.
- \_\_\_ 12. I realize people, including myself, should be especially careful about not eating raw seafood if they have
- diabetes.
  - HIV infection.
  - cancer.
  - liver disease.

### Answers

- B (2 points)
- B (2 points)
- A (2 points) or B (1 point)
- D (2 points)
- B or C (2 points)
- D (2 points)
- C or D (2 points); B (1 point)
- A or C (2 points)
- C (2 points)
- B or C (2 points)
- A and B (2 points)
- All answers are correct (2 points)

### Scoring

- 24 points:* Feel confident about the safe food practices you follow in your home.
- 12 to 23 points:* Reexamine food safety practices in your home. Some key rules are being violated.
- 11 points or below:* Take steps immediately to correct food handling, storage and cooking techniques used in your home. Current practices are putting you and other members of your household in danger of foodborne illness.