



WELLNESS WORKSHEET 68

Food Safety Quiz

Fill in the correct answer to each question.

- ___ 1. Mayonnaise and foods prepared with mayonnaise, such as potato salad, are common sources of foodborne illness. True or False?
- ___ 2. After handling raw meat, poultry, or fish, you should wash your hands with warm water and soap. True or false?
- ___ 3. The warmest safe temperature for refrigerated food is 50°F (10°C). True or false?
- ___ 4. Canned foods can be kept indefinitely. True or false?
- ___ 5. Food that is contaminated with a foodborne pathogen often looks and smells completely normal. True or false?
- ___ 6. Approximately what percentage of raw ground poultry sold in stores is contaminated with *Salmonella*?
 - a. 15%
 - b. 30%
 - c. 50%
- ___ 7. Which of the following is a safe method for defrosting meat or poultry?
 - a. setting it on the kitchen counter
 - b. placing it in the refrigerator
 - c. microwaving it
- ___ 8. How long is it safe to store ground meat in the refrigerator prior to using it?
 - a. 1–2 days
 - b. 3–4 days
 - c. 1 week
- ___ 9. The best place to store milk and eggs in the refrigerator is
 - a. the door.
 - b. an inside shelf.
- ___ 10. In the event of a power failure, how long will food in the refrigerator last?
 - a. 1–2 hours
 - b. 4–6 hours
 - c. 10–12 hours
- ___ 11. How long will an opened package of hot dogs keep in the refrigerator?
 - a. 3–4 days
 - b. 1 week
 - c. 2 weeks
- ___ 12. A whole roasted turkey or chicken should be cooked to what temperature?
 - a. 140°F
 - b. 160°F
 - c. 180°F
- ___ 13. If you use a sponge to clean up kitchen counters or cutting boards that have come in contact with raw meat, poultry, or fish, you should
 - a. rinse the sponge with water and let it dry completely.
 - b. place the sponge in the dishwasher.
- ___ 14. What is the maximum amount of time that perishable food can safely be left out of the refrigerator?
 - a. 30 minutes
 - b. 2 hours
 - c. 5 hours

(over)

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- ___ 15. When you eat out, it's safe to order your hamburger cooked
- a. rare.
 - b. medium.
 - c. well-done.

Answers

1. False. Store-bought mayonnaise is usually made from pasteurized eggs and contains other ingredients such as salt and lemon juice that can slow the growth of foodborne pathogens. Eating foods made with homemade mayonnaise made with raw eggs is riskier.
2. True. Just wiping hands on a towel or rinsing them under tap water, even hot tap water, will not remove foodborne pathogens. Hands should be washed in soapy water for at least 20 seconds.
3. False. Food safety experts recommend a temperature of 40°F (5°C) or less. Consumers should use a thermometer to check their refrigerator's temperature and adjust the control dial as needed.
4. False. Canned foods last a long time, but not forever. Two years is a safe limit for most foods, but highly acidic foods such as tomatoes should be used within one year.
5. True. Most food that is contaminated has no strange odor or visible mold.
6. c. About 20% of broiler chickens and 10% of raw ground beef is also contaminated.
7. b. or c. Foodborne pathogens can multiply quickly at room temperature. If using the microwave, cook foods immediately after thawing.
8. a. Ground meats should be refrigerated and then cooked or frozen within 1–2 days of purchase.
9. b. Foods in the door don't stay as cold as foods stored in other parts of the refrigerator. Highly perishable food items should be stored on an inside shelf, which stays colder.
10. b. Without power, the refrigerator will keep food cool about 4–6 hours, depending on the temperature of the room. Placing blocks of ice on refrigerator shelves can help keep food cooler for a longer period of time.
11. b. An opened package will keep about a week, an unopened package for about 2 weeks. Lunch meats perish more quickly and should be used within 3–5 days of being opened.
12. c. Use a meat thermometer in several spots to check that the food is heated all the way through.
13. b. It's best to avoid using sponges to clean up potentially contaminated surfaces. If you do use sponges, place them in the dishwasher daily.
14. b. Foodborne pathogens multiply rapidly at room temperature. If you are going on a picnic, pack food in insulated carriers with cold packs.
15. c. It's safest to order your hamburger well-done—cooked until it is no longer red in the middle and the juices run clear. At home, use a meat thermometer to verify that hamburgers are cooked to at least 160°F (71°C).

Scoring

Give yourself 1 point for each correct answer to questions 1–5 and 2 points for each correct answer to questions 6–15.

Score	Rating
25	Excellent
20–24	Very good
12–19	Need improvement
11 or below	Reexamine your food handling practices

SOURCES: Food and Drug Administration. 1996. Can your kitchen pass the food safety test? Reprint from *FDA Consumer Magazine*. FDA pub. no. 96-1229; What's your food safety IQ? 1996. *Environmental Nutrition*, June; USDA Food Safety and Inspection Service. 1995. *A Quick Consumer Guide to Safe Food Handling*. Home and Garden Bulletin No. 248.