

Choose the best answer for each statement.

1. What must foodhandler's do after touching their hair, face, or body?
 - a. wash their hands
 - b. rinse their gloves
 - c. change their aprons
 - d. use a hand antiseptic
2. What should foodhandlers do after prepping food and before using the restroom?
 - a. Wash their hands
 - b. Take of their hats
 - c. Change their gloves
 - d. Take off their aprons
3. Which piece of jewelry can be worn by a foodhandler?
 - a. Diamond ring
 - b. Medical bracelet
 - c. Plain metal band
 - d. Watch
4. Foodhandlers should keep their fingernails:
 - a. short and unpolished
 - b. long and unpolished
 - c. long and painted with nail polish
 - d. short and painted with nail polish
5. Hands should be washed after:
 - a. using the restroom
 - b. touching the hair, face, or body
 - c. taking out garbage
 - d. all of the above
6. The five main kitchen hazards are:
 - a. food, juice, meat, poultry, and fish
 - b. falls, cuts, electrical shocks, burns, and poison
 - c. showers, sinks, baths, counters, and floors
 - d. cabinets, drawers, counters, appliances, and microwaves
7. The people who are most at risk for food poisoning are:
 - a. teenagers, infants, and women
 - b. senior citizens, adolescents, and boys
 - c. girls, old people, and young people
 - d. older adults, very young children, and people with chronic illnesses
8. Refrigerate perishable foods after:
 - a. one hour
 - b. two hours
 - c. three hours
 - d. four hours

Answer each statement as a safe practice with an S or an unsafe practice with a U.

9. ____ Use a knife to tighten a screw on a pan handle.
10. ____ Wipe up any spills immediately.
11. ____ Use a cutting board when using a knife.
12. ____ Pour baking soda over the flames of a grease fire.
13. ____ Wash knives together with the flatware when doing dishes.
14. ____ Wait until a wet floor dries before walking on it.
15. ____ Pour water on a grease fire.
16. ____ Invite the family dog to sit in the kitchen while you are prepping food.
17. ____ Keep flammable materials away from the range.
18. ____ Leave cabinet doors and drawers open in case you need more items.
19. ____ Wear loose long-sleeved garments to protect your arms while cooking.
20. ____ Remove lids and plastic wrap carefully from microwave dishes to avoid steam burns.
21. ____ Use a stool or step ladder to reach something on a high shelf.
22. ____ Keep pan handles toward the edge of the stove top so they are easy to reach.
23. ____ Use electric appliances with wet hands.
24. ____ Store household cleaners in the same cabinets with food.
25. ____ Use a towel to remove a pan from the stove top.
26. ____ Sweep up broken glass with a broom or brush immediately and use a damp paper towel to pick up tiny pieces.
27. ____ Use a chair or box to reach an item on a high shelf.
28. ____ Touch the surface unit on a stovetop after use to be sure it is turned off.
29. ____ Use your hand to push your hair away from your face while you are cooking.

FOOD QUIZ