

**NAME:** ..... **DATE:** .....

**Food Handler's: Testing your knowledge:**

**A) True/False:**

1. It's okay to thaw perishable food like frozen chicken and beef on the kitchen counter or in the sink.
  
2. Foods should be put away in the fridge or freezer within two hours.
  
3. Milk and eggs can be stored in the refrigerator door.
  
4. One of the best ways to prevent contaminating foods is to wash your hands.
  
5. You can tell if food is still safe to eat by smelling it only.
  
6. Keep raw foods and cooked foods separate.
  
7. Fruits and vegetables should be washed, even if you're peeling them.
  
8. The temperature at which you cook leftovers doesn't matter because it's already cooked.
  
9. Steaks can be eaten rare.
  
  
10. Pregnant women, infants, seniors and people with a weakened immune system are at greater risk of developing food- borne illness.

**B. Multiple choice questions – circle your answers:**

1. The responsibility for safe food belongs to:
  - a. the customer
  - b. the government
  - c. the public health inspector
  - d. everyone in the food premises.
  
2. Where should be raw meat be stored in the refrigerator?
  - a) At the top.
  - b) In the middle.
  - c) At the bottom; below all other food.
  
3. What is the correct temperature that frozen food should be kept at?
  - a) 0 degrees
  - b) 15 degrees or lower
  - c) -18 degrees or lower
  - d) 20 degrees or lower.
  
4. The ideal temperature in your fridge should be?
  - a) 4 – 10 degrees
  - b) 1 and 4 degrees
  - c) 0 to 4 degrees
  - d) -2 to 0 degrees
  
5. Which one of the following jewelry is acceptable for a food handler to wear?
  - a) Plain wedding ring
  - b) Arm ring
  - c) Bracelet
  - d) A ring that is a symbol of religious faith.

6. Washing your hands thoroughly and frequently is the most important thing a food service worker can do to keep germs out of the food he/she prepares. As a food server, it is important that you wash your hands:
  - a) After you use the rest room
  - b) After you smoke or eat
  - c) After handling raw eggs or meat
  - d) After touching any part of your body or uniform
  - e) All of the above.
  
7. What are the basic steps for washing hand?
  - a) Wash thoroughly with water and dry.
  - b) Apply soap, wash thoroughly, rinse and use paper towels
  - c) Apply soap, wash thoroughly.
  
8. What is the reason for drying your hands after washing them?
  - a) So that you don't drip water everywhere
  - b) Because germs and bacteria are more easily spread with wet hands.
  - c) Your hands are slippery when wet, and you will not be able to hold kitchen utensils properly.
  
9. It is important to prepare food safely because;
  - a) It helps prevent food poisoning
  - b) Prepared food looks better
  - c) Prepared food tastes better.
  
10. Why are food service workers required to understand and apply food safety knowledge?
  - a) To reduce workplace accidents such as cuts and burns
  - b) To reduce the amount of food thrown away due to spoilage
  - c) To prevent the spread of illness through food.
  - d) To reduce the numbers of complaints from customers.
  
11. When using disposable gloves, how often do you need to change your gloves and/or wash your hands?
  - a) You need to change your gloves often but no need to wash your hands as the gloves protect them
  - b) You do not need to change your gloves unless the gloves get damaged
  - c) You need to change gloves whenever the gloves get damaged or contaminated, and wash hands every gloves change.

12. Cross-contamination is the spread of germs from one place to another.

Which of the following would most likely cause cross-contamination?

- a) Cleaning and sanitizing cutting boards after using them with raw meat.
- b) Utilizing the same cutting board for raw meat and bread without sanitizing
- c) Washing hands after handling raw meat
- d) Washing hands after taking out the garbage.

13. How many times can you reheat leftovers?

- a) As many times as you like.
- b) Twice
- c) Four times
- d) You should only reheat leftovers once.

14. Which of the following is true about bacteria?

- a) Bacteria multiplies and grows faster in warm temperature.
- b) Bacteria needs air to survive.
- c) Every bacteria can give people food poisoning.
- d) By freezing food you can kill bacteria.

15. Which of the following does bacteria need to assist it to grow and multiply;

- a) Water
- b) Food
- c) Warm temperature
- d) All of the above