

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