



## Food Safety is for Everyone Post-test

1. Most cases of foodborne illness are caused by:  
a. Molds                      b. Bacteria                      c. Parasites                      d. Viruses
2. The most common mistake that leads to a foodborne illness is:  
a. Unwashed hands.    b. Unwashed cutting boards    c. Improper cooling of foods.
3. The following people can become ill from foodborne illness:  
a. At-risk populations  
b. Adults age- 21-50  
c. Seniors 75 and older  
d. All of the above
4. To prevent cross-contamination it is best to refrigerate meat:  
a. On the top shelf.    b. On the middle shelf.    c. On the bottom shelf
5. Ice cubes that are used to cool food:  
a. Can destroy bacteria on contact.  
b. Are not fit for human consumption.  
c. Can be used to cool beverages.
6. Eggs should always:  
a. Be cooked until the yolk is firm.  
b. Be fried sunny side-up.
7. Refrigerator temperature should always be kept at:  
a. 40° or below    b. 45° or below    c. 46° or below    d. 47° or below
8. Bacteria grow most rapidly between:  
a. 35° and 131°    b. 30° and 140°    c. 40° and 140°
9. To reheat leftovers it is not safe to use:  
a. the oven                      b. a slow cooker                      c. the microwave

10. Fruits and vegetables should be washed under potable water for at least \_\_\_\_seconds before eating.
- a. 10                      b. 20                      c. 30                      d. 40
11. Leftovers should be heated to at least:
- a. 140° F                      b. 165°F                      c. 170°F
12. A food thermometer should be used to check the internal temperature of food to:
- a. Confirm safe internal food temperatures  
b. Confirm the internal temperature is 130° F  
c. Confirm the internal temperature is at least 165° F  
d. To prevent foodborne illness  
e. a and c
13. Which of the following methods is unsafe for thawing meat and poultry?
- a. On the bottom shelf of the refrigerator.  
b. In the microwave oven.  
c. On the kitchen counter.  
d. In cold water; changed every 20 minutes.
14. Hamburger and meat loaf are always safe to eat if they are cooked to an internal temperature of:
- a. 145 ° F                      b. 130 ° F                      c. 160 ° F                      d. 155 ° F
15. Pop up food thermometers are
- a. Safe to use                      b. Dangerous to use  
b. Not accurate
16. If the color of the meat or poultry changes during freezer or refrigerator storage, the food should be:
- a. Discarded immediately.  
b. Checked for any odor or slime before discarding.  
c. Washed and cooked immediately.  
d. Soaked in a salt solution.
17. Product dating is only required on:
- a. Canned foods                      b. Some baby food                      c. infant formula  
  
d. Perishable food items                      e. Infant formula and some baby food
18. A "Sell-by Date":
- a. Is used only by the manufacturer.  
b. Is the last date recommended for the use of the product while at peak quality.  
c. Is recommended for best flavor or quality.  
d. Tells the store how long to display the product for sale. You should buy the product before the date expires.

19. Perishable food should never be left out of refrigeration longer than:

- a. 30 min.
- b. 1 hour
- c. 2 hours

20. When in doubt:

- a. Taste it.
- b. Throw it out.
- c. Smell it.
- d. Freeze it.