Food and Nutrition Sciences

Unit 1A Test: Safety & Sanitation

**PLEASE DO NOT WRITE ON THIS TEST**

**Directions:** Pick the answer that is most correct for the question asked. (1 point each question)

1. Choose the statement that is the safest kitchen practice: (1.1.a)
   1. Standing on a wet floor when plugging in your blender
   2. Turning handles outward on the stove top
   3. Using a sharp knife to chop vegetables
   4. Storing the cleaning spray on the counter by your spices
2. What should you **never** put on a grease fire? (1.1.b)
   1. A metal lid
   2. Baking soda
   3. Salt
   4. Water

Mark the methods that are safe for thawing/defrosting foods: (1.5.g)

**Mark “A” for safe methods**

**Mark “B” for unsafe methods**

1. \_\_\_\_\_\_ In the refrigerator
2. \_\_\_\_\_\_ Under warm water for 20 minutes
3. \_\_\_\_\_\_ Microwave
4. \_\_\_\_\_\_ In cold water, changed every 30 minutes
5. \_\_\_\_\_\_ On the counter at room temperature
6. First-aid for a first degree burn is to: (1.2.b)
   1. Place the burned area under cold, running water.
   2. Apply butter, oil or mayonnaise to the burn.
   3. Break any blisters that form.
   4. Wrap the burned area tightly with sterile gauze.
7. In case of electric shock, FIRST: (1.2.c)
   1. Pull the victim away from the source of power.
   2. Disconnect the main power source.
   3. Spray the victim with water to cool them down.
   4. Administer CPR immediately.
8. How should you lift the lid off of a pan that is full of hot, steamy food? (1.1.d)
   1. Lift the lid so the steam is directed toward you.
   2. Lift the lid straight up.
   3. Lift the lid so the steam is directed away from you.
   4. Lift and fan the lid over the steam to re-direct the air.
9. A mixture of chlorine bleach and ammonia creates: (1.2.a)
   1. A cloth sanitizing detergent.
   2. An explosion.
   3. A toxic and deadly gas.
   4. A safe cleaning solution.
10. The “bad” bacteria that cause food borne illness are called: (1.5.a)
    1. Electrons
    2. Fungi
    3. Microorganisms
    4. Pathogens
11. The first aid for a bleeding cut is to (after washing): (1.2.b)
    1. Apply Neosporin
    2. Put a bandaid on it
    3. Wrap the cut in sterile gauze
    4. Apply direct pressure
12. The first dishes to be washed are: (1.4.a)
    1. Glassware
    2. Cutting boards
    3. Knives
    4. Pots and Pans
13. Choose the statement that is **NOT** a safe kitchen practice: (1.1.d)
    1. Standing on a step stool to reach things up high
    2. Waiting to clean up a spill until the end of a lab
    3. Washing your hands after handling raw meat
    4. Putting long hair up during cooking.
14. What is the temperature range of the danger zone? (1.5.f)
    1. 41˚-135 ˚F
    2. 40 ˚-140 ˚F
    3. 31 ˚-145 ˚F
    4. 20 ˚-120 ˚F
15. Food should not be left in the danger zone longer than \_\_\_\_\_\_ hours: (1.5.f)
    1. One
    2. Two
    3. Three
    4. Four
16. Bacteria need the following to grow: Food, Acidity (low), Oxygen, Time, Temperature and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

(1.5.b)

* 1. Moisture
  2. Ascorbic acid
  3. Darkness
  4. Pathogens

**Directions:** Read through each of the descriptions listed in the column on the left. Match the correct food-borne illness listed on the right to its description. (1.5.b)

|  |  |  |  |
| --- | --- | --- | --- |
| 19. | \_\_\_\_\_ | Undercooked Ground Beef | A. Botulism |
| 20. | \_\_\_\_\_ | Raw Poultry and Eggs | B. E.coli |
| 21. | \_\_\_\_\_ | Improperly Canned Foods/Honey (for babies) | C. Campylobacter SSP |
| 22. | \_\_\_\_\_ | Unpasteurized (raw) Milk/Contaminated Water | D. Salmonella |
|  |  |  |  |
| 23. | \_\_\_\_\_ | Feces/Poop and Not Washing Hands Frequently | A. Staph |
| 24. | \_\_\_\_\_ | Time/Temperature Abused Foods | B. Clostridium Perfringens |
| 25. | \_\_\_\_\_ | Human Mucous From Sneezing and Coughing | C. Hepatitis A |
| 26. | \_\_\_\_\_ | Infected handler | D. Norovirus |

**Directions:** Identify the correct internal cooking temperatures for food safety. **Some answers may not be used.**

(1.5.f)

|  |  |  |  |
| --- | --- | --- | --- |
| 27. | \_\_\_\_\_ | Ground Meats (Like Hamburger) | A. 135°F |
| 28. | \_\_\_\_\_ | Seafood, Beef, Veal, Lamb, Pork | B. 145°F |
| 29. | \_\_\_\_\_ | All Poultry | C. 155°F |
| 30. | \_\_\_\_\_ | Leftovers | D. 165°F |

BONUS:

At the bottom of your bubble sheet, answer the following questions:

1. What does YOPI stand for? **[1/2 pt each, 2 pts total]**
2. Why are the YOPI’s more vulnerable to food borne illness? **[2 pts total]**

KEY:

1. C
2. D
3. A
4. B
5. A
6. A
7. B
8. A
9. B
10. C
11. C
12. D
13. D
14. A
15. B
16. A
17. B
18. A
19. B
20. D
21. A
22. C
23. C
24. B
25. A
26. D
27. C
28. B
29. D
30. D

Bonus:

1. Young, Old, Pregnant, Immuno-Compromised
2. These population groups have weakened immune systems, making them more vulnerable to food-borne illness.