

Name \_\_\_\_\_ Unit # \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_  
Score \_\_\_\_\_

**Safety and Sanitation Quiz**

35 points

Multiple Choice: Circle the correct letter of the choice that BEST completes each statement. (20)

1. Heavy pots and pans should be stored . . .
  - a. In the oven when it is not in use.
  - b. On low shelves.
  - c. Out of the reach of toddlers.
  - d. In cabinets above the range.
2. When uncovering a pan, to avoid burns from escaping steam, you should . . .
  - a. Lift the cover straight up.
  - b. Lift up the near edge of the cover first.
  - c. Lift up the far edge of the cover first.
  - d. Tip the pan to one side, then remove the lid.
3. Vinegar, lemon juice, and baking soda . . .
  - a. Should be stored away from sources of heat.
  - b. Should be stored in cool, dark places.
  - c. Are poisonous if mixed.
  - d. Are examples of safe substitutes for hazardous chemical cleaners.
4. When a fire starts in a pan on top of the range, you should first turn off the heat, and put out the fire by using any of the following methods EXCEPT . . .
  - a. Pour salt on the flames.
  - b. Pour baking soda on the flames.
  - c. Pour baking powder on the flames.
  - d. Put a cover on the pan.
5. The *first* thing to do when an accident occurs is . . .
  - a. Call 911.
  - b. Stay calm.
  - c. Call a neighbor.
  - d. Get your first aid manual.
6. If you do not wash your hands after blowing your nose or you cough or sneeze while handling food, you could spread \_\_\_\_\_, which results in nausea, vomiting, and diarrhea.
  - a. Salmonella bacteria.
  - b. Staph bacteria.
  - c. Listeria bacteria.
  - d. Botulism.
7. Raw or undercooked eggs, poultry, or meat can cause illness because they often carry \_\_\_\_\_.
  - a. Botulism
  - b. Salmonella bacteria.
  - c. Perfringens poisoning.
  - d. Staph bacteria

8. The “danger zone” refers to temperatures of \_\_\_\_\_ at which bacteria multiply very rapidly.
- 20°F to 120°F.
  - 40°F to 140°F.
  - 60°F to 160°F.
  - 80°F to 180°F.
9. Heating foods to temperatures of \_\_\_\_\_ kills most harmful bacteria.
- 130°F to 165°F.
  - 140°F to 182°F.
  - 150°F to 195°F.
  - 160°F to 212°F.
10. Food may be safely thawed using any of the following method EXCEPT \_\_\_\_\_.
- Thawing in the refrigerator.
  - Thawing in the sink with cold water.
  - Thawing in a microwave.
  - Thawing on the counter.

Fill-in-the-blanks (15)

11. You should wash your hands vigorously for a minimum of \_\_\_\_\_ to practice proper hand washing. (2)
12. When unplugging an appliance, grasp the \_\_\_\_\_ and pull gently. (1)
13. Some food-borne illnesses are not caused by the bacteria themselves, but by the poisons, or \_\_\_\_\_, that the bacteria produce. (1)
14. If you have an open wound on your hands, you should \_\_\_\_\_ when handling foods. (3)
15. Never keep perishable food at room temperature any longer than \_\_\_\_\_. (including time to prepare, serve, and eat). (2)
16. Refrigerate or freeze leftovers \_\_\_\_\_. (1)
17. Wash utensils, containers, and work surfaces \_\_\_\_\_ and \_\_\_\_\_ they come into contact with raw or cooked meat or poultry. (2)
18. Maintain refrigerator temperature at 35°F to 40°F, and \_\_\_\_\_ at 0°F or lower. Check frequently to be sure. (1)
19. Foods will often \_\_\_\_\_ and \_\_\_\_\_ normal even though they are contaminated. (2)