

Food Safety Quiz-1

1. Which three major factors cause food contamination?

- **(A) Physical, biological, and chemical**
- (B) Physical, biological, and radiological
- (C) Physical, psychological, and health
- (D) Physical, chemical, and psychosocial

2. There is nothing wrong with using the same knife for cutting vegetables that you use for raw meats, poultry, seafood, and eggs.

- (A) True
- **(B) False**

3. Which of the following should you NOT do while buying food?

- **(A) Buy items in dented or bulging cans**
- (B) Select fish, poultry, eggs and meat towards the end of the shopping trip
- (C) Wrap up perishable items so that their juices do not drip onto other items
- (D) Buy frozen or refrigerated items after purchasing non-perishables

4. You can always smell, see, or taste harmful bacteria in food that can cause illness.

- (A) True
- **(B) False**

5. Perishable foods should be refrigerated within ____ hours of purchase.

- (A) One and a half
- **(B) Two**
- (C) Two and a half
- (D) Three

6. How long can high-acid canned food such as tomatoes be stored?

- (A) 10 to 30 days
- (B) 2 to 6 months
- **(C) 12 to 18 months**
- (D) 2 to 4 years

7. For how long (at a minimum) should you wash your hands before and after handling food?

- (A) 15 seconds
- **(B) 20 seconds**
- (C) 30 seconds
- (D) 60 seconds

8. How should you thaw perishable food?

- (A) In the microwave
- **(B) Under cold running water**
- (C) On the counter
- (D) In a sink of hot water

9. The following is a list of food items and the minimum internal food temperature at which they should be cooked. Which of these is incorrect?

- (A) Fish and Shellfish – 145 degrees Fahrenheit
- (B) Leftovers - 165 degrees Fahrenheit
- (C) Ground beef – 160 degrees Fahrenheit
- **(D) Eggs – 145 degrees Fahrenheit**

10. Hot foods should be maintained at a temperature of ____degrees Fahrenheit or higher.

- (A) 100
- (B) 120
- (C) 135
- **(D) 140**