Food Safety: How Food Safe Are You?

Assessment

After reviewing the Power Point presentation, fill in the blanks below with the correct answers.

1. Every year about ___________ people die from food borne illness.

2. Germs are tiny, living creatures, called ____________________ that live inside of your body.

3. Germs can get into your body by hitching a ride on the _____________ you eat and the _____________ you drink.

4. Eating or drinking food that contains harmful microbes can cause ____________ ____________________.

5. Food that looks or smells _______________ should be thrown out.

6. Never ____________ food that you think might be bad.

7. Name the 4 major concepts to keep your food safe.
   a. _______________
   b. _______________
   c. _______________
   d. _______________

8. Wash your hands for a minimum of _________ seconds before and after handling food.

9. Use one _______________ ______________ for raw meat, poultry, and seafood and another for salads and ready-to-eat foods.

10. In order to see that food has been cooked properly use a __________

    ________________

11. Stir, _____________ the dish, and ________________ food when microwaving to prevent cold spots where bacteria can survive.

12. Bring sauces, soups, and gravies to a rolling __________ when reheating.
13. Cool the refrigerator to _____ degrees or below and use an appliance thermometer to check the temperature.

14. Chill leftovers and takeout foods within _____ hours, and divide foods into shallow containers for rapid cooling.

15. Meat, poultry, and seafood should be _____________ in the refrigerator, not on the counter.

Answer true or false to the following statements.

16. Billions of microorganisms live inside of your body. ______________

17. Almost all of these microorganisms can cause you to be sick. ______________

18. You can always tell whether food is rotten by smelling it. ______________

19. It is OK to take a tiny taste of a food to test it to see if it is bad. ______________

20. Meat should be stored in the refrigerator in a way that prevents juices from dripping onto other foods. ______________