Multiple Choice

Choose the best answer for each statement.

1. What must foodhandler’s do after touching their hair, face, or body?
   a. wash their hands
   b. rinse their gloves
   c. change their aprons
   d. use a hand antiseptic

2. What should foodhandlers do after prepping food and before using the restroom?
   a. Wash their hands
   b. Take of their hats
   c. Change their gloves
   d. Take off their aprons

3. Which piece of jewelry can be worn by a foodhandler?
   a. Diamond ring
   b. Medical bracelet
   c. Plain metal band
   d. Watch

4. Foodhandlers should keep their fingernails:
   a. short and unpolished
   b. long and unpolished
   c. long and painted with nail polish
   d. short and painted with nail polish

5. Hands should be washed after:
   a. using the restroom
   b. touching the hair, face, or body
   c. taking out garbage
   d. all of the above

6. The five main kitchen hazards are:
   a. food, juice, meat, poultry, and fish
   b. falls, cuts, electrical shocks, burns, and poison
   c. showers, sinks, baths, counters, and floors
   d. cabinets, drawers, counters, appliances, and microwaves
7. The people who are most at risk for food poisoning are:
   a. teenagers, infants, and women
   b. senior citizens, adolescents, and boys
   c. boys, old people, and young people
   d. older adults, very young children, and people with chronic illnesses

8. Refrigerate perishable foods after:
   a. one hour
   b. two hours
   c. three hours
   d. four hours

**Safe or Unsafe**

Answer each statement as a safe practice with an S or an unsafe practice with a U.

9. _U_ Use a knife to tighten a screw on a pan handle.
10. _S_ Wipe up any spills immediately.
11. _S_ Use a cutting board when using a knife.
12. _S_ Pour baking soda over the flames of a grease fire.
13. _U_ Wash knives together with the flatware when doing dishes.
14. _S_ Wait until a wet floor dries before walking on it.
15. _U_ Pour water on a grease fire.
16. _U_ Invite the family dog to sit in the kitchen while you are prepping food.
17. _S_ Keep flammable materials away from the stove top.
18. _U_ Leave cabinet doors and drawers open in case you need more items.
19. _U_ Wear loose long-sleeved garments to protect your arms while cooking.
20. _S_ Remove lids and plastic wrap carefully from microwave dishes to avoid steam burns.
21. _S_ Use a stool or step ladder to reach something on a high shelf.
22. _U_ Keep pan handles toward the edge of the stove top so they are easy to reach.
23. _U_ Use electric appliances with wet hands.
24. _U_ Store household cleaners in the same cabinets with food.
25. _U_ Use a towel to remove a pan from the stove top.
26. _S_ Sweep up broken glass with a broom or brush immediately and use a damp paper towel to pick up tiny pieces.
27. _U_ Use a chair or box to reach an item on a high shelf.
28. _U_ Touch the surface unit on a stove top after use to be sure it is turned off.
29. _U____ Use your hand to push your hair away from your face while you are cooking.
30. _U____ Use a knife to open cans.
31. _U____ Store knives loose in a drawer with other utensils.
32. _S____ Clearly label poisons.
33. _U____ Let food spoil in the refrigerator.
34. _S____ Promptly refrigerate leftovers in clean, covered containers.
35. _S____ Keep large appliances clean inside and out.
36. _S____ Keep the food preparation area clean.
37. _U____ Taste food that might be spoiled
38. _S____ Thaw meats in the refrigerator.
39. _U____ Store extra pots and pans in the oven.
40. _U____ Floppy slippers can be worn in the food prep area.
41. _S____ Store meats on the bottom shelf of refrigerator.

**Fire Extinguisher Use**

Fill in the fire extinguisher use in order.

42. __PULL___________
43. __AIM_____________
44. __SQUEEZE__________
45. __SWEEP____________

**Hand washing Steps**

Number the steps in the correct order.

46. __5____ Dry hands and arms with a single-use paper towel or a warm-air hand dryer.
47. __2____ Apply soap.
48. __3____ Vigorously scrub hands and arms for at least 10 to 15 seconds
49. __1____ Wet your hands with running water as hot as you can comfortably stand (at least 100°F [38°C]).
50. __4____ Rinse your hands thoroughly under running water.