Kitchen and Food Safety Test

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

**Fire Extinguisher Use**

Fill in the fire extinguisher use in order.

42. ____________
43. ____________
44. ____________
45. ____________

**Hand washing Steps**

Number the steps in the correct order.

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