

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. _____