

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 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. 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. _____ Wipe up any spills immediately.
- 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.

Name _____ Period _____ Date _____

- 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.