

Meal Safety Test

Name: _____

Date _____

County: _____

1. What are three types of hazards that make food unsafe?
 - a. Chemical, physical, and environmental
 - b. Chemical, physical, and biological
 - c. Biological, chemical, and sanitary
 - d. Biological, environmental, and chemical

2. Which one of the following is a way food is made safe?
 - a. By not keeping food at proper temperature
 - b. By not using adequate and proper hygiene
 - c. By preventing any possibility of cross-contamination
 - d. By not cleaning and sanitizing food surfaces properly

3. How can food become unsafe?
 - a. By not following proper food temperature guidelines
 - b. By not following proper hygiene guidelines
 - c. By not cleaning and sanitizing properly
 - d. All of the above

4. Which is the correct order for hand washing?
 - a. Wet hands and arms, apply soap, rinse hands and arms, and dry
 - b. Apply soap, scrub hands and arms, rinse hands and arms, and dry
 - c. Wet hands and arms, apply soap, scrub hands and arms, rinse hands and arms, and dry
 - d. Apply soap, scrub hands and arms, wet hands and arms, rinse hands and arms, and dry

Food Safety Test Continued

5. When should hand antiseptics be used?
 - a. After hand washing
 - b. Instead of hand washing
 - c. Before hand washing
 - d. When gloves aren't available

6. What is the correct temperature to transport and store frozen food?
 - a. 41 degrees or less
 - b. 0 degrees or less
 - c. 10 degrees or less
 - d. 5 degrees or less

7. How often should freezer and refrigerator temperatures be recorded?
 - a. Every two weeks
 - b. Once a week
 - c. Once a year
 - d. Once a month

8. At least how far off the floor should dry goods be stored?
 - a. 0-2 inches
 - b. 2-4 inches
 - c. 4-6 inches
 - d. 10-12 inches

9. Food can be stored at personal residence as long as storage guidelines are met.
 - a. True
 - b. False

10. Do not distribute a can if:
 - a. The can has a hole
 - b. The can has rust
 - c. There is a dent in the seam
 - d. All of the above

Food Safety Test Continued

11. At what temperature do refrigerated items need to be held?
- Below 0 degrees
 - 0-40 degrees
 - 41-60 degrees
 - Above 135 degrees
12. USDA products can be repackaged under certain conditions.
- True
 - False
13. Which of the following items is appropriate to use when transporting refrigerated or frozen food?
- Cooler
 - Thermal blankets
 - Refrigerated vehicle
 - All of the above
14. What is the first step when cleaning and sanitizing correctly?
- Wash the surface
 - Rinse the surface
 - Sanitize the surface
 - Remove food from the surface
15. Storing food under or near cleaning products could lead to which of the following hazards?
- Chemical
 - Physical
 - Biological
 - Environmental

Food Safety Test Continued

16. What is the best practice for rotating food inventory?
- Keeping all dates intermixed on shelving units
 - Throwing away cans to make room for new inventory
 - Store food that will expire first in front of items that will expire later
 - Ignore expiration dates
17. What of the following items **MUST** be discarded at their expiration dates?
- Baby foods and formula
 - Fruits and vegetables
 - Milk and eggs
 - Beans and grains
18. Why is it best not to use your phone during food distribution?
- It's distracting
 - They often are a hotbed of germs
 - It is easily lost
 - To limit your screen time
19. Which one of the following is a way to prevent cross contamination when preparing food?
- Ensuring ready to eat food never comes in contact with raw meat
 - Preparing vegetables and meat on the same cutting board
 - Rinsing the cutting board between preparation of food
 - Keeping raw meat and other food items in close proximity
20. If you are unable to store raw and ready-to-eat food separately, what is the best top to bottom storage method?
- Seafood, whole cuts of meat, ground meat, ready-to-eat food
 - Ready-to-eat food, seafood, whole cuts of meat, ground meat
 - Ready to eat food, ground meat, whole cuts of meat, seafood
 - Ground meat, seafood, whole cuts of meat, ready-to-eat food

21. It is acceptable to rinse and reuse gloves.
- True
 - False
22. What is one thing that should be done prior to prepping food for individuals with food allergies?
- Assume food items don't have any allergens present
 - Use the same cooking equipment without any washing or sanitizing
 - Check ingredients on all food items to ensure that no allergen is present
 - Do not label food items with common allergens
23. Which of the following food items need time and temperature control?
- Fish
 - Dairy
 - Poultry
 - All of the above
24. What is the correct way to dry liquid sanitizer?
- Using a porous sponge
 - Using a dish rag
 - With a clean paper towel
 - Allow the surface to air-dry
25. Which of the following is NOT a way to thaw TCS food?
- Let sit on kitchen counter
 - In a microwave if the food is immediately prepared following
 - In a refrigerator at 41 degrees or lower
 - As a part of the cooking process
26. What temperature should food from plants, (such as rice, pasta, and beans) be cooked to?
- 120°
 - 125°
 - 130°
 - 135°