



Test Your Food Safety IQ

Name _____

Directions: Test your food safety IQ by writing "T" in the blanks next to the true questions and "F" in the blanks next to the false questions.

- _____ 1. Most foodborne illness is the result of unsanitary practices during food processing.
- _____ 2. Foodborne illness is a public health problem because anyone who prepares and serves food influences the health of those who eat it.
- _____ 3. Many people mistake the symptoms of foodborne illness for the stomach flu.
- _____ 4. Foodborne illness creates an increased health risk for children, pregnant women, elderly people, and people with a weakened immune system.
- _____ 5. Symptoms of foodborne illness include upset stomach, nausea, vomiting, and diarrhea.
- _____ 6. Foodborne illness never results in death.
- _____ 7. Hands should be washed before preparing and eating food.
- _____ 8. Instant hand sanitizing products are just as effective as proper handwashing.
- _____ 9. When washing hands, it only takes five seconds to get them clean.
- _____ 10. Cross-contamination is the transfer of harmful microorganisms from one food to another.
- _____ 11. Sometimes there are harmful microorganisms present in raw meat, poultry, and eggs.
- _____ 12. When grilling hamburgers, it is safe to use the same plate for the raw and cooked meat.
- _____ 13. Raw meat and poultry should be stored on the top shelf of the refrigerator.
- _____ 14. Wooden cutting boards should not be used in food preparation.
- _____ 15. A good way to save money is to reuse plastic food storage bags.
- _____ 16. Clean dishcloths and dish towels should be used daily.
- _____ 17. Never buy food in cans that are dented or bulging.
- _____ 18. The temperature of the refrigerator should be 50 °F.
- _____ 19. Frozen food should be thawed at room temperature on the countertop.
- _____ 20. The temperature range that microorganisms grow best is 40 °F to 140 °F.