

Food Safety Quiz

How much do you know about keeping food safe? Choose the best answer and see how you do. (And no looking ahead for the answers!)

1. The temperature of your home refrigerator should be:
 - A. 50°F(10°C)
 - B. 40°F or below
 - C. I have no idea.

2. The last time you had leftover stew or any other meat, poultry, or fish dish, you:
 - A. Cooled it at room temperature, then put it in the refrigerator.
 - B. Put it in the refrigerator immediately after the food was cooked and served.
 - C. Left it at room temperature overnight or longer.

3. The last time you handled uncooked meat, poultry, or seafood, you cleaned your hands in the following manner:
 - A. Wiping them on a towel.
 - B. Rinsing them under hot, cold, or warm water.
 - C. Washing them with soap and warm water.

4. You defrost meat, poultry, and seafood in the following way:
 - A. Set them on the kitchen counter until they are thawed.
 - B. Take them out of the freezer and put them into the refrigerator.
 - C. Microwave them.

5. You ____ feed your baby directly from the jar of baby food.
 - A. never
 - B. always
 - C. sometimes

Answers

1. **b.** Your refrigerator should always stay at 40°F or below. Measure the temperature with a reliable thermometer and adjust the thermostat if necessary. Check the temperature of your refrigerator periodically.
2. **b.** Refrigerate hot foods within two hours of cooking. If you leave them out for any longer, pitch them.
3. **c.** The only way to wash your hands is with warm soapy water for 20 seconds. Any other way doesn't kill germs. Dry hands with a clean towel.
4. **b and c are correct, but never answer a.** Keeping food out on the counter guarantees that germs will grow as the food warms up to room temperature.
5. **a.** Take a small amount of food out of a baby food jar and place in a bowl. Never return the uneaten portion to the jar for future feeding. Use a clean spoon to get more. Don't use the same spoon to feed baby.

How Did You Do?

Give yourself two points for each correct answer. Food safety is so important that if you scored less than 10, you must read **Food Safety for the Entire Family** to learn how to correct your mistakes. Even if you got a perfect score, keep reading to find out more ways to protect your family from foodborne illness.