



# **BE FOOD SAFETY SMART**

## **CURRICULUM QUESTIONS**

**Use your mouse to select the best answer to each question.**

## Question 1.

You can tell when food is unsafe to eat by using:

- A. Your sight
- B. Your smell
- C. Your taste
- D. None of your senses



# **Correct!**

**You cannot tell whether food is unsafe to eat by looking at it or smelling it. That would be easy!**

**The best way to keep food safe is to handle, cook, cool, and store it correctly. If you are unsure about a food, throw it out.**

## **Question 2.**

**Bacteria and viruses that can get into food and get you sick can come from:**

- A. Only animals**
- B. Only people**
- C. Only equipment**
- D. Everywhere**



# **Correct!**

**Bacteria and viruses could be found everywhere—on animals, on people, and on or in uncooked food. You cannot see or smell bacteria on any of these, but it is in fact on everything!**

## Question 3.

Harmful bacteria can spread throughout your kitchen by:

- A. Only dirty hands
- B. Only dirty utensils  
(knives, forks, spoons)
- C. Only dirty countertops
- D. Only uncooked food
- E. All of the above



# **Correct!**

**Bacteria can spread throughout the kitchen by dirty hands, countertops, utensils, and uncooked food. Because we cannot see bacteria, something may look clean when it is not. This is why it is important to wash hands and anything used to prepare food to prevent bacteria from spreading.**

**Uncooked food can also carry harmful bacteria, which is why we must always cook and chill foods at the proper temperature.**

## Question 4.

For bacteria to grow quickly, it needs:

- A. Food, water, and very hot temperatures
- B. Food, no water, and warm temperatures
- C. Food, water, warm temperature, and time
- D. Water, warm temperature, time and no food



# **Correct!**

**Bacteria can grow when they have nutrients (food) warm temperature, plenty of moisture (water) and time to grow. Most foods contain a lot of water—fruit, vegetables, meat, fish, eggs—the list just continues.**

**One way we can prevent bacteria from growing is by chilling food properly and not leaving food at room temperatures for more than two hours. Also, cooking to the correct temperature will destroy the harmful bacteria.**

## Question 5.

The temperature “Danger Zone” is:

- A. The temperature range where bacteria are killed
- B. The temperature range where bacteria like to grow
- C. The temperature range where bacteria cannot live
- D. The temperature range that food should be cooked



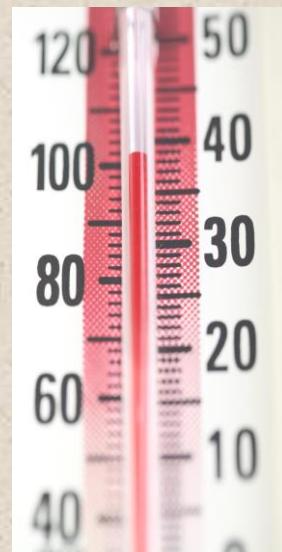
# **Correct!**

**Bacteria grow best in warm temperatures, this is the “Danger Zone.” Harmful bacteria really likes to grow in room temperatures, 72-74° F.**

## Question 6.

The temperature range for the “Danger Zone” is:

- A. 70° F – 140° F
- B. 40° F – 140° F
- C. 72° F – 165° F
- D. 100° F – 140° F



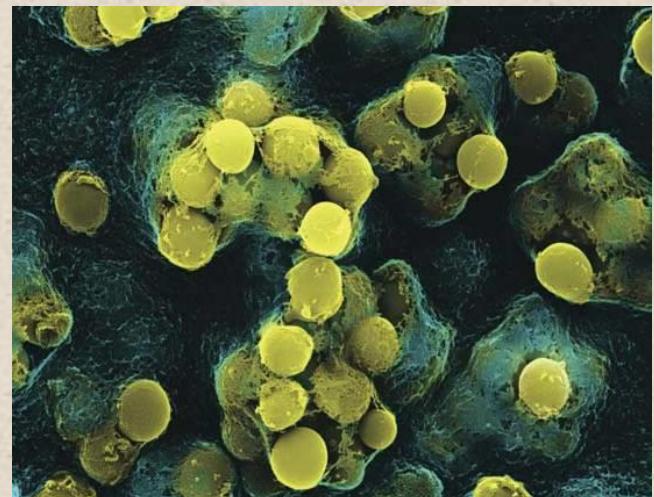
# **Correct!**

**Bacteria grows best at the temperatures 40° F– 140° F. It is important to cook food to a high enough temperature and reheat foods until they reach 165° F. It is also important to chill foods and keep cold foods under 40° F. It is important to move foods out of the danger zone as quickly as possible to prevent harmful bacteria from growing in foods before we eat them. Remember to keep cold foods cold and hot foods hot!**

## Question 7.

Microbes/Microorganisms can grow rapidly in the:

- A. Temperature Danger Zone
- B. Refrigerator
- C. Hot oven
- D. Freezer



# **Correct!**

**Bacteria or microorganisms grow in foods rapidly when food is left in the temperature danger zone. The growth of microorganisms is prevented or slowed by the refrigerator because the temperature of the refrigerator is too cold to allow a lot of growth. A hot oven kills bacteria and does not let microorganisms grow rapidly, or even at all.**

**A freezer prevents growth of microorganisms because they need water to grow. If the water is frozen, there is no water for bacteria, so they don't grow!**

## Question 8.

Your hands should be washed with:

- A. Warm water and soap,  
rubbing your hands together  
for 10 seconds
- B. Warm water only
- C. Warm water and soap,  
rubbing your hands together  
for 20 seconds
- D. Cold water only



# **Correct!**

**It is important to wash your hands with warm water and soap for at least 20 seconds in order to prevent dirty hands from spreading harmful bacteria to utensils, food, and other items used in food preparation or serving. Always be sure to rub your hands together when washing with soap in order to get rid of harmful bacteria and make your hands as clean as possible.**

## **Question 9.**

**You should always wash your hands before preparing food.**

- A. Yes**
- B. No**



# **Correct!**

**You should always wash your hands before preparing food! You should wash hands before preparing food, after using the bathroom, touching a pet, cleaning the house or working outside. You should not only wash hands before preparing food, but also after cutting or working with raw meat and anytime your hands get dirty while preparing food. It is also important to wash hands before eating meals!**

## Question 10.

You should clean pots and pans, utensils and dishes that were used to prepare food by:

- A. Washing with cold water and soap and rinsing in cold water
- B. Washing with hot water and soap and rinsing in hot water
- C. Washing with cold water and wiping with a dishcloth or towel
- D. Wiping with a clean dishcloth or towel



# **Correct!**

**It is important to wash pots and pans, utensils, and dishes with hot water and soap after they were used to prepare food. Using hot water and soap will help clean off any leftover food on pans, dishes, and utensils so harmful bacteria will not grow.**

## Question 11.

The *most important* reason to thoroughly cook chicken or beef is to :

- A. Make sure it is warm enough for you to eat
- B. Destroy harmful microbes/microorganisms that could get you sick
- C. Make sure it is the right color
- D. Make sure it tastes good



# **Correct!**

**Cooking beef or chicken destroys any harmful bacteria that may be there. Different foods have different internal temperatures they should reach in order to kill the bacteria that could grow in them.**

**Not all food products are cooked to the same internal temperature for safety. If you are ever unsure which internal temperature your food needs to reach for safety, always check the Be Food Safe Brochure. If you do not have the brochure, ask your teacher or check the website at: [www.befoodsafe.org](http://www.befoodsafe.org)**

## Question 12.

You know that a food is cooked correctly:

- A. When it reaches the correct internal temperature using a food thermometer
- B. After it has been cooked for a certain amount of time using a timer
- C. After it has been cooked at a certain oven temperature
- D. After you taste it



# **Correct!**

**You should always use a food thermometer to check if a food is cooked correctly! If you are reheating leftovers, make sure they have been cooked to 165 degrees Fahrenheit.**

**When cooking egg dishes, make sure it reaches 160 degrees before serving, and turkey and chicken should reach 165 degrees and hamburger should reach 160 degrees Fahrenheit.**

## Question 13.

The temperature of your refrigerator should be no higher than:

- A. 0° F
- B. 40° F
- C. 50° F
- D. 60° F



# **Correct!**

**Keeping your refrigerator at or below 40 degrees Fahrenheit but not freezing will help keep food safe to eat.**

## Question 14.

Storing foods in the refrigerator is important to food safety because cold temperature:

- A. Will kill bacteria
- B. Will make food taste better
- C. Will prevent or slow the growth of bacteria
- D. Will make the food look better



# **Correct!**

**A refrigerator is one of the most important pieces of equipment in the kitchen! Cold temperatures at or below 40 degrees Fahrenheit can prevent or slow the growth of bacteria. Keeping food in the refrigerator helps keep food safe.**

## Question 15.

After cooking *chicken or beef*, where should you place a food thermometer to check the temperature to see if it is thoroughly cooked?

- A. All the way through the food to the other side
- B. At the edge of the food
- C. In the middle of the food
- D. In the thickest part of the food



# Correct!

When checking the temperature of *chicken or beef* to see if your food is thoroughly cooked, always put the thermometer into the center of the thickest part of the cooked meat. This part will be the last place to reach the correct internal temperature. It is best to use a digital thermometer.

## Question 16.

After cooking a *casserole*, where should you place a food thermometer to check the temperature to see if it is thoroughly cooked?

- A. All the way through the food to the other side
- B. At the edge of the food
- C. In the middle of the food
- D. In the thickest part of the food



# **Correct!**

**When checking the temperature of a casserole or a dish like lasagna, always insert the thermometer into the middle of the dish to see if the food has reached the correct temperature for safety. The outside edges of the casserole will cook first and the middle will get to the right temperature last as food cooks from the outside toward the center.**

**We check the last place to reach the right temperature to make sure the food is safe.**

## Question 17.

If cooked chicken is left out on the table overnight, the best thing to do so you won't get sick is to:

- A. Reheat it so it is very hot
- B. Put it in the refrigerator right away
- C. Throw it out
- D. Put it in the freezer



# **Correct!**

**Avoid eating cooked foods that have been left out overnight! Food should not be left at room temperature, or in the Danger Zone, for more than two hours. Two hours is the longest amount of time any food should be left at the temperature danger zone in order to prevent bacteria from growing.**

**Remember to refrigerate leftovers right away to prevent and slow down any harmful bacteria that could grow in or on a food.**

## **Question 18.**

**It is okay to put a large amount of hot cooked soup in one big container in the refrigerator so that all the soup can be in one place and take up less room.**

- A. Yes
- B. No



# **Correct!**

**You should not put large amounts of soup in one container in the refrigerator to cool it. It is important that the soup, or any food, cools down quickly to get out of the temperature danger zone. In order for soup or food to cool down quickly to 40 degrees Fahrenheit, it is best to separate the soup into many smaller containers. Smaller containers will allow food to cool down faster and out of the temperature danger zone as quickly as possible.**

## Question 19.

It is safe to thaw frozen beef, chicken, pork or fish:

- A. Only in the refrigerator
- B. Only under cool running water
- C. Only in the microwave oven
- D. All of the above



# **Correct!**

**You can safely thaw frozen beef, chicken, pork or fish or any other food in the refrigerator, under cool running water, and in the microwave oven. Thawing foods using any of these methods will keep food safe to cook and eat. Using the refrigerator or cool running water keeps food cold and out of room temperature while thawing. Using a microwave, at low power settings, will thaw food quickly so harmful bacteria will not have time to grow. It is not safe to thaw frozen food on the kitchen counter or at room temperature.**

## Question 20.

If juices from uncooked (raw) chicken or beef drip on fresh fruit that will be served for a dessert, you should:

- A. Rinse with cool water and store in refrigerator
- B. Wipe it off with a clean paper towel and serve
- C. Throw the fruit away
- D. The fruit should be served right away



# **Correct!**

**Raw or uncooked chicken, beef, or seafood may carry many different types of harmful bacteria. Harmful bacteria can be in the juices of these meats. If the juices drip onto fruit that will not be cooked, the harmful bacteria can then be on the fruit making the fruit unsafe to eat.**

## Question 21.

Cutting boards should be thoroughly cleaned after cutting raw chicken and before cutting vegetables that you will be using in a salad.

- A. Yes
- B. No



# **Correct!**

**Clean any item that is used to prepare food by washing with hot water and soap or in the dishwasher. Always wash cutting boards right after cutting raw chicken, beef, pork or fish, especially when you will be cutting foods like fruit and vegetables that will not be cooked later. This will prevent the harmful bacteria that are in raw chicken juices from getting into a ready-to-eat foods such as a lettuce and tomato salad.**

## Question 22.

When you go shopping, put raw beef and chicken in your shopping cart:

- A. Any place there is room
- B. With all other foods that need to be kept cold
- C. Away from all ready to eat foods in your cart or in a separate bag
- D. With your fruits and vegetables



# **Correct!**

**When buying raw packaged beef or chicken in the store, you should place the beef or chicken away from all foods that will not be cooked, like fresh fruits and vegetables, cookies, bread or deli meats/cold cuts. Doing this will help to keep the juices of the uncooked beef or chicken, which contain harmful bacteria, from getting on these ready-to-eat foods and possibly making you sick when you eat them.**

## Question 23.

**Keeping yourself clean will help keep food safe when you prepare a meal.**

- A. Yes
- B. No



# **Correct!**

**It is ALWAYS important to keep yourself clean when you prepare a meal. Always wear clean clothes when preparing food and always wash your hands. Good hygiene keeps food safe by keeping harmful bacteria and any dirt from coming in contact with your food.**

## Question 24.

Keeping food safe is simple if you do the following:

- A. Only cooking thoroughly
- B. Only chilling quickly
- C. Only by practicing good hygiene and cleaning
- D. Only separating uncooked, raw food from that is ready to eat
- E. All of the above



# **Keeping food safe is simple if you practice the following:**

**Always cook food thoroughly in order to kill any harmful bacteria in a food. Always chill food quickly in order to prevent or slow down the growth of harmful bacteria in foods.**

**Practicing good personal hygiene and cleaning areas and equipment that food is prepared on helps to keep harmful bacteria out of foods.**

**Separating uncooked or raw chicken, meat or seafood from foods that are ready-to-eat prevents any harmful bacteria contained in raw foods from contaminating foods that will not be cooked.**

**To keep foods safe, remember to *Cook, Chill, Clean, and Separate!***

**Please press “esc” on your computer keyboard to quit**

**Funded by CSREES/USDA Project 2005-51110-03275**

**Resources for illustrations:**

**International Association for Food Protection**

**[www.foodprotection.org/aboutIAFP/SafetyIcons.asp](http://www.foodprotection.org/aboutIAFP/SafetyIcons.asp)**

**National Registry of Food Safety Professionals, Essentials of Food Safety & Sanitation, 2004**

**Partnership for Food Safety Education. Be Food Safe**

**[www.befoodsafe.gov](http://www.befoodsafe.gov)**

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