

QUIZ



1. **You're having a barbecue. How can you tell if the hamburgers are done and safe to eat?**
 - a. They're done if they have been cooked on a hot grill for at least four minutes on each side.
 - b. They're done if they are brown in the middle and no pink is showing.
 - c. They're done if you've run out of hot dogs.
 - d. They're done if a thermometer placed in the middle of the patties registers at least 160 °F.

2. **The best way to clean and sanitize a cutting board is:**
 - a. To run it under hot water and then let it sit in the sun to dry.
 - b. After washing it with hot water and soap, cover the board liberally with a solution of 1 tablespoon un-scented, liquid chlorine bleach mixed with 1 gallon of water. Let stand a few minutes. Blot dry with clean paper towels or let air dry.
 - c. It's not really possible to clean and sanitize a cutting board, so it's best to have two cutting boards – one for raw meat/poultry and the other for raw vegetables.
 - d. To scrub the board with a combination of lemon juice and salt. Rinse under hot water and let air dry.

3. **It is noon. You just made a pot of homemade vegetable beef soup for 7pm dinner. From a safety standpoint, is it OK to leave the soup out on your stovetop until you and your family sit down to eat?**
 - a. Yes, as long as you reheat the soup to boiling just before serving it.
 - b. Yes, because the acid in the tomatoes will keep harmful bacteria from growing.
 - c. No, food left sitting out of refrigeration at room temperature for two or more hours is unsafe to eat. It's best to refrigerate any food – including hot items -- immediately.
 - d. No, leaving the soup out could tempt family members to eat it and you will end up with no dinner.

4. **You're making roast chicken for a party and you've heard that bacteria like *Salmonella* can be a problem and lead to foodborne illness. How do you reduce the risk of making your guests sick?**
 - a. The best safety practice is to put the raw chicken in a colander and rinse it thoroughly under running water to wash away harmful bacteria.
 - b. The best safety practice is to sear the chicken for three minutes under a broiler to kill harmful bacteria. Then finish cooking the chicken by following your own recipe.
 - c. The best safety practice is to cook the chicken to an internal temperature of 165 °F as measured with a food thermometer.
 - d. The best safety practice is to serve beef instead of chicken.



ANSWER KEY:

1 (d) ; 2 (b) ; 3 (c) ; 4 (c)