

Food Safety Quiz PDF With Answers

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Which of the following is NOT a common food allergen?
PeanutsShellfishRiceGluten
What is the primary method to prevent cross-contamination?
 Using the same cutting board for all foods Washing hands frequently Cooking foods to high temperatures Storing foods in airtight containers
Which of the following is a common symptom of foodborne illness?
HeadacheNauseaCoughR ash
What should you do if you suspect a foodborne illness outbreak in your community?

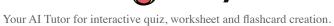
How can you ensure that leftovers are reheated safely?



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Describe the steps you would take to prevent cross-contamination in a kitchen. What is the main purpose of sanitizing kitchen surfaces? To remove stains To kill bacteria	Discuss the role of the FDA in food safety regulation.		
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	○ To polish surfaces○ To dry surfaces	○ To remove stains	
○ To polish surfaces	○ To dry surfaces	○ To kill bacteria	
○ To dry surfaces	Which symptoms are commonly associated with food allergies? (Select all that apply)	○ To dry surfaces	
M/high gymantoma are commonly apposinted with food allows:	which symptoms are commonly associated with food allergies? (Select all that apply)	Which assenting are commonly accorded with food allowaics (Coloct all that are to	
	Swelling		
	☐ Itching		
☐ Itching ☐ Fever	_ · · · · ·	☐ Difficulty breathing	

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Why is it important to educate consumers about food safety practices?	
Explain why it is important to maintain the correct temperature in a refrigerator.	
Which of the following are effective ways to prevent foodborne illnesses? (Select all that apply))
Cooking meat to the correct temperature	
Storing raw and cooked foods together	
Washing hands before handling food	
Using separate cutting boards for meat and vegetables	
Which of the following are considered foodborne pathogens? (Select all that apply)	
Salmonella	
☐ E. coli	
Listeria	
☐ Hepatitis A	
Which pathogen is most commonly associated with undercooked chicken?	
○ E. coli	
○ Listeria	
○ Salmonella	
○ Norovirus	

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What practices help maintain food safety during storage? (Select all that apply)
☐ Keeping the refrigerator at 40°F or below
☐ Storing raw meat above ready-to-eat foods
Label ing and dating leftovers
Leaving perishable foods out overnight
What is the safe refrigerator temperature to prevent bacterial growth?
○ 45°F
○ 40°F
○ 50°F
○ 35°F
Which organization is responsible for regulating meat and poultry safety in the U.S.?
○ FDA
○ CDC
○ USDA
○ WHO
What are the benefits of reading food labels? (Select all that apply)
☐ Identifying allergens
Understanding nutritional content
☐ Determining cooking methods
☐ Checking expiration dates
What is the minimum internal cooking temperature for poultry?
○ 145°F
○ 160°F
○ 165°F
○ 180°F
Which actions are part of proper food handling? (Select all that apply)
☐ Wearing gloves when handling food
☐ Tasting food with fingers
Cleaning surfaces with soap and water

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