

Food Safety Quiz PDF

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What is the recommended minimum internal cooking temperature for poultry?

- 145°F
- 155°F
- 165°F
- 175°F

What should you use to check the doneness of meat?

- A fork
- A thermometer
- A knife
- Your hand

Which bacteria is commonly associated with undercooked chicken?

- E. coli
- Listeria
- Salmonella
- Norovirus

Why is it important to adhere to the "use-by" dates on food packaging, and what risks are associated with ignoring them?

How would you ensure that a large roast is cooked evenly and safely?

Describe the steps you would take to safely store leftovers after a meal.

Which of the following are responsibilities of the USDA? (Select all that apply)

- Inspecting meat and poultry
- Regulating dairy products
- Monitoring food labeling
- Overseeing pharmaceutical drugs

Which of the following practices help prevent cross-contamination? (Select all that apply)

- Using separate cutting boards for raw meat and vegetables
- Washing hands after handling raw meat
- Storing raw meat above cooked food in the fridge
- Using the same knife for all food preparation

Which symptom is NOT typically associated with foodborne illness?

- Fever
- Cough
- Diarrhea
- Vomiting

Which of the following are common symptoms of food poisoning? (Select all that apply)

- Headache
- Nausea
- Vomiting
- Constipation

What is the "danger zone" temperature range where bacteria grow rapidly?

- 32°F to 40°F
- 40°F to 140°F
- 140°F to 160°F
- 160°F to 180°F

Which actions are part of maintaining kitchen hygiene? (Select all that apply)

- Cleaning countertops with soap and water
- Using hand sanitizer instead of washing hands
- Regularly sanitizing cutting boards
- Keeping pets out of the kitchen

Discuss the role of the FDA in ensuring food safety and provide an example of a regulation they enforce.

Explain why it is important to keep raw and cooked foods separate during storage and preparation.

Which methods are safe for thawing frozen food? (Select all that apply)

- In the refrigerator
- In cold water
- In the microwave
- On the kitchen counter

Which foods should be refrigerated promptly to ensure safety? (Select all that apply)

- Cooked rice
- Raw chicken
- Fresh apples
- Canned beans

How long can perishable food be left out at room temperature before it becomes unsafe?

- 1 hour
- 2 hours
- 3 hours
- 4 hours

Which of the following is the safest method to thaw frozen meat?

- On the countertop
- In the refrigerator
- In warm water
- Under direct sunlight

Which organization provides guidelines for food safety in the United States?

- WHO
- USDA
- CDC

FDA

List three common foodborne pathogens and describe one way to prevent each from causing illness.