

Food Safety Quiz

Activity 1

Here's a short quiz to test and/or reinforce your food safety knowledge.

Directions: Circle YES or NO to the following questions, then check the correct answers that follow.

1. Is it safe to leave foods such as meat, poultry, fish, eggs and dairy foods at room temperature for longer than TWO hours? YES or NO
2. To prevent cross-contamination, should you wash cutting boards with hot soapy water followed by hot rinse water between cutting raw meat, poultry or seafood and cutting other foods? YES or NO
3. Should you thaw meat, poultry and seafood on the kitchen counter? YES or NO
4. Should you divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator? YES or NO
5. Can you always tell by the color of cooked meat and poultry whether it's safe to eat? YES or NO
6. Does hand washing help prevent foodborne illness? YES or NO

Prepared by Easter H. Tucker, Associate Professor - Nutrition (etucker@uaex.edu), and Teresa Henson, Family and Consumer Sciences Technician (thenson@uaex.edu), University of Arkansas Division of Agriculture, Cooperative Extension Service