

Food Safety Quiz Answers

Activity 1

1. **NO.** Protein foods – such as meat, poultry, fish, eggs and dairy foods – should not be at room temperature for more than **TWO** hours. Just **ONE** bacterium can grow to over 2 million bacteria in seven hours!
2. **YES.** After cutting meat, poultry or seafood, wash the cutting board with hot, soapy water followed by hot rinse water before cutting other foods. Or, buy several cutting boards to use for different foods and then wash them all in the dishwasher and dry on heat-dry rather than air-dry.
3. **NO.** Do not thaw meat, poultry or seafood on the kitchen counter. Thaw overnight in the refrigerator. Place package on a plate on a lower refrigerator shelf. This stops any juices from dripping on other foods and spreading bacteria. If you thaw food in the microwave, cook it right away. Unlike food thawed in a refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth.
4. **YES.** Put leftovers in shallow pans so they cool faster. Limit depth of food to about **TWO** inches, especially for thicker foods such as stew, hot puddings and layers of meat slices. For greatest safety and quality, eat leftovers in one or two days. Freeze foods for longer storage.

Put leftovers in the refrigerator or freezer promptly after the meal. If food is left at room temperature for over **TWO** hours, bacteria can grow to harmful levels and the food may no longer be safe. Loosely cover leftovers to allow heat to escape and to protect from accidental contamination during cooling. If you stir refrigerated food to help it cool, use a clean spoon each time. Cover tightly when cooled.

Your refrigerator should be set at no higher than 40°F and your freezer no higher than 0°F.

5. **NO.** Using a food thermometer helps assure meat and poultry are cooked long enough to be safe and helps avoid overcooking that can cause dryness and loss of flavor.
6. **YES.** Hand washing is considered the single most effective way to help prevent the spread of diseases and can definitely help protect against foodborne illness. Wash your hands with warm, soapy water for about 20 seconds before and after handling food and after playing with pets, using the bathroom and changing diapers.