

Can Your Kitchen Pass the Food Safety Test?



The temperature of the refrigerator in my home is?



- A. 50 degrees Fahrenheit.
- B. 41degrees Fahrenheit.
- C. I don't know; I've never measured it.

The temperature of the refrigerator in my home is?

- The answer is B.
- At 41Deg. F. or less, the growth of most bacteria slows down. The cold temperature won't kill bacteria, but keep it from multiplying, and the fewer there are, the less likely you are to become ill.

The last time we had dinner, we...



- A. Cooled it to room temperature, then refrigerated.
- B. Put in the refrigerator immediately after the food was served.
- C. Left at room temperature overnight or longer.

The last time we had dinner, we...

- The answer is B.
- Hot foods should be refrigerated as soon as possible, and never out more than **2** hours. Never cover hot foods until they are cold. Even small amounts of contaminated food can cause illness.

The last time the kitchen sink, drain and piping was sanitized was...



- A. Last week.
- B. Several weeks ago.
- C. Can't remember, what do you mean?

The last time the kitchen sink, drain and piping was sanitized was...

- The answer is A.
- The kitchen sink, drain, and piping should be sanitized periodically with a solution of 1 teaspoon chlorine bleach to 1 quart of water. Dirty dishes, dirty hands, saliva, mop buckets, and backed up sewer lines, etc. contaminate your sink, then you put your produce in it.

If a cutting board was used to cut raw meat, poultry, or fish, before you cut something else you should???



- A. Reused as is.
- B. Wiped with a damp cloth.
- C. Washed with soap and hot water.
- D. Washed with soap and hot water and then sanitized.

If a cutting board was used to cut raw meat, poultry, or fish, before you cut something else you should???

- The answer is D.
- Washing with soap, hot water, and then sanitized with mild bleach is the safest practice. Never allow raw meat, poultry, and fish to come in contact with ready to eat foods.

The last time we had hamburgers, I ate mine...



- A. Rare.
- B. Medium.
- C. Well done.

The last time we had hamburgers, I ate mine...

- The answer is C.
- Cooking to an internal temperature of 158Deg.F. usually protects against foodborne illness such as E-Coli. Always check the internal temperature with a probe thermometer. Checking that the juices run clear does not ensure that the meat has been properly cooked. Never put cooked meat on the same plate that the raw meat came from.

The last time there was cookie dough in my home,
the dough was...



- A. Made with raw eggs, and then I sampled some of it.
- B. Store-bought, and then I sampled some of it.
- C. Not sampled until baked.

The last time there was cookie dough in my home, the dough was...

- The answer is B or C.
- Eating raw egg products puts you at risk of infection from Salmonella. If a raw product must be used, use pasteurized eggs. 1 in every 700 to 20,000 eggs are infected with Salmonella. There are whole shell eggs on the market that have been pasteurized in the shell .They are marked with a red "P" on the shell.

When I wash dishes, they are...



- A. Cleaned by an automatic dishwasher and air-dried.
- B. Left to soak overnight and washed in the same water.
- C. Washed right away with hot water and air-dried.
- D. Washed right away with hot water and toweled dry.

When I wash dishes, they are...

- The answer is A and C.
- When you let dishes sit in water for extended periods of time, it creates a bacteria soup. If washing by hand, wash within 2 hours. Let them air dry so you don't handle them while they're wet.

The last time I handled raw meat, poultry, fish, I cleaned my hands afterwards by...



- A. Wiping them on a towel or my clothes.
- B. Rinsing them under hot, cold or warm tap water.
- C. Washing with soap and warm water.

The last time I handled raw meat, poultry, fish, I cleaned my hands afterwards by...

- The only correct practice is C.
- Wash your hands for at least 20 seconds, (or the happy birthday song twice) in water as hot as you can stand. Wash your hands after using the rest room or handling any food, but especially handling raw poultry, meat, or fish.

Meat, poultry, and fish products are defrosted by...



- A. Setting them on the counter to defrost.
- B. Placing them in the refrigerator to defrost.
- C. Microwaving.

Meat, poultry, and fish products are defrosted by...

- The answer is B and C.
- Defrosting food on the counter lets the outside of the food to warm up (> 45deg. F.) allowing for the rapid growth of bacteria. Defrosting in the refrigerator allows the food to defrost safely, under conditions which will not allow rapid growth of bacteria. Defrosting in a microwave must be immediately followed by cooking by conventional means (oven, stove top, etc.).

Potentially Hazardous or not?

(Foods that require time-temperature control to keep them safe for human consumption)

- Listed below are food items. Which ones **Are** potentially hazardous?

- Bananas
- Sliced Tomatoes
- Bean Sprouts
- Raw potato
- Baked potato
- Raw eggs
- Cooked eggs
- Ground beef
- Pickles
- Fish
- Beef Jerky
- Mayonnaise
- Sliced cheese
- Hard cheese
- Butter
- Salad dressing
- Salsa
- Mustard
- Ketchup

“Minimum” required food temperatures



- Poultry – 165 degrees F.
- Ground meat – 158 degrees F.
- Whole beef – 140 degrees F.
- Whole pork – 150 degrees F.
- Reheating foods – 165 degrees F.

The End.



Questions ?

