

**Name:**

**Points:**        /30

**Directions:** Read and answer the following carefully. You will not be allowed to participate in a kitchen lab until you pass this quiz. You will need to come in during study hall to retake if you do not pass.

1. What two conditions in the environment do bacteria grow and thrive? (2 pt)
2. Who is at greatest risk for food borne illnesses? (list 2) (2 pts)
3. Where is Salmonella frequently found? (1 pt)
4. What is the "sell by" date and how does it differ from an "expiration date"? (2 pts)
5. What is the proper temperature for a freezer? For the refrigerator? (2 pts)
6. Name the 3 suggested ways to thaw meat? (3 pts)
7. List 3 ways to help prevent all food borne illnesses. (3 pts)
8. What is the internal temperature of meat that kills most food borne illnesses? (1 pt)
9. Are you more likely to get injured from a dull or a sharp knife and why? (2 pts)
10. What is one other knife safety rule to remember? (1 pt)

11. What technique is used to put out a grease fire? Give an example of a way to do this? (2 pt)
  
12. Where should the handles of pots face? (1 pt)
  
13. You should wash your hands for at least how many seconds? (1 pt)
  
14. If you do not follow proper safety guidelines in this class what is the consequence? (3 pts)
  
15. How long do you have before perishable foods need refrigerated after they have been cooked?  
(1 pt)
  
16. Define cross-contamination in reference to the kitchen. (1 pt)
  
17. T/F Storing food in the refrigerator stops bacteria from growing. (1 pt)
  
18. T/F Freezing food does not kill germs and bacteria. (1 pt)