

NAME _____ answers _____ Per. _____ Date _____
Safety & Sanitation Questions Mrs. Leitheuser, NBCT

1. When bacteria are transferred from one food to another ____ occurs.
cross-contamination

2. T or F> A sharp knife, not a dull one, is more likely to cut you.
a dull knife is more likely to cut you because we put a lot more force on the knife when it is dull (to get it to cut)

3. Why is storing raw meat above fresh vegetables dangerous to do?
Raw meat juice may come in contact with the fresh vegetable. This is called cross-contamination

4. What is the temperature danger zone for foods?

40-140 degrees Fahrenheit. Keep cold foods cold and hot foods hot

5. Illness caused by food that's not safe to eat is the definition of _____.

Food borne illness

6. Who is at a greater risk of getting food borne illness?

Children, elderly, pregnant woman and those who have a compromised immune system

7. What should you do if you have a cut on your hand/ finger on a food lab day?

Get a new band-aid and latex gloves; wash gloved hand just as often as bare hands

8. What are the three safest ways to thaw frozen foods?

1. Place it in the refrigerator
2. Place food in a plastic bag and then into cold water, change water every 30 mins.
3. Use the microwave

9. Three times that you definitely have to wash your hands in kitchen are:

1. Before you begin to prepare food
2. After handling raw meat, poultry, eggs or fish
3. After you sneeze, cough or blow your nose

10. When drying your hands in our classroom, please use _____ not a _____

Paper towel not dish towel. Dish towels are for drying clean dishes and we don't want to contaminate the clean dishes with a dirty towel. Use paper towels on the counters as well.

11. Your first line of defense in preventing food borne illness is to:

Wash your hands

12. You should freeze leftovers right away or eat them within how many days?

3-4 days

13. How would you safely taste food you're cooking?

Use a spoon and wash it before using it again

14. John is making Chicken Caesar Salad. He has marinated the raw chicken for a couple of hours. He wants to use the leftover marinade as dressing for the salad. What is dangerous about this?

Cook the marinade first- never consume raw or undercooked chicken or the juice. This is another example of cross-contamination.

15. How do you sanitize a work space (in our kitchens)?

Use the Green Works cleaner to spray the area.

NEVER spray around food! Wipe down using a paper towel

16. Grilling: why shouldn't you put cooked food back on the same plate that held raw food?

When grilling: You are cross contaminating-potentially exposing everyone who consumes that food to bacteria that could cause food-borne illness. Use a clean plate, never a plate that held raw food.

17. How long will food stay safe when eating outdoors if the temperature is above 85 degrees?

Only 1 hour

18. What is the safest thing to do if a knife falls off the counter?
Get out of the way. Do NOT try to catch it.

19. If there is a grease fire, you should ____.

Alert the teacher immediately and **pour salt or baking soda on it.**

20. How can you prevent falls in the kitchen?

Always clean up spills immediately

Always use a stool or ladder, not a chair, when trying to reach high places

Do not run or fool around in the kitchen or eating areas

21. How should you carry a knife?

Walk with a knife blade facing down/ at your side.

Don't ever point a knife and don't use a knife to open packages (use kitchen shears)

Holding a knife safely when cutting:



22. Amanda is sanitation chef and she is about to start washing the dishes. Where should the chef's knife her kitchen used be?

Dirty knives are ALWAYS washed separately and should be placed on the counter next to the sink. The knife should be dried CAREFULLY and personally handed-in to the teacher.

23. Tom douses (wet thoroughly) the standing mixer with a spray cleaner and starts to wipe it clean. Why is this dangerous?

Unplug appliances before they are cleaned to prevent electrical shock.

24. Always cut _____ from the body

away from the body

25. Never pour _____ on a grease fire!

Never pour WATER on a grease fire- it will spread the fire!!!

https://www.youtube.com/watch?v=EORgdYkc_Po

26. Carrie is about to go into the kitchens. She has a hairnet and apron on but, because she's cold, she is wearing her boyfriend's extra large sweatshirt. It's visibly big on her with the sleeves hanging at her finger tips. Why is this dangerous in the kitchens?

Oversized, hanging or extra long clothing is a fire hazard in the kitchen. As is, scarves and long hair because it can get too close to the heat of the stove

27. Which way should the handles of a pot be facing (when cooking on the stove).

Correct:



Wrong:



Handles should face towards the center of the range-don't leave them hanging over the edge.

28. Why should oven mitts be dry when you use them?
If they are wet the steam will cause a burn
29. To prevent a steam burn on your face when lifting a pot lid, how should you lift the lid?



Away from your face

30. Lucy just washed her hands but barely dried them. She then grabs the mixer cord and goes to plug it in. What is the danger?

Never touch electrical cords with wet hands-that is an electrical shock risk

31. How should you "give" a knife to another person in your kitchen?

Always set a knife on the counter and let the other person pick it up. Never pass a knife to another. NEVER hand it to them by holding the blade or the handle end.

