**Station 4 Complete this quiz, then go to: http://homefoodsafety.org/quiz**

1. Hands should be rinsed in water for at least five seconds before preparing foods and after handling raw meats.

Top of Form

1. True
2. False
3. One way to prevent cross-contamination is to use two cutting boards, one strictly for raw meats, poultry and seafood and another for ready-to-eat foods.

Top of Form

1. True
2. False
3. After cutting meat on a cutting board, the best way to clean a cutting board is to \_\_\_\_\_.

Top of Form

1. Wipe off with a clean sponge
2. Wash in hot water with soap
3. Wash in hot water with soap, rinse with clean water, and lastly sanitize the board in a chlorine bleach solution.
4. All of the above are acceptable
5. A food thermometer is the only reliable way to check the doneness of meats, poultry, egg dishes and leftovers.

Top of Form

1. True
2. False

Bottom of Form

Bottom of Form

1. Leftover foods should be reheated to \_\_\_°C.

Top of Form

1. 60° C (140 F)
2. 65° C (150 F)
3. 74° C (165 F)
4. Doesn't matter
5. Meat, fish and poultry should be defrosted \_\_\_\_\_.

Top of Form

1. On the counter
2. In the refrigerator
3. In the microwave
4. In the refrigerator or; in the microwave

Bottom of Form

1. The proper temperature for a home refrigerator should be below 4 C (40 F).

Top of Form

1. True
2. False

Bottom of Form

1. As a rule of thumb, leftover foods should not stay out of refrigeration for more than \_\_\_ hours. In hot weather (32°C , 90F or warmer), this time is reduced to \_\_\_ hour(s).

Top of Form

1. four, three
2. three, one
3. three, two
4. two, one
5. The Academy of Nutrition and Dietetics and ConAgra suggest four simple actions to take control of food safety in your kitchen. Which tip is most important?

Top of Form

1. Wash Hands Often
2. Keep Raw Meats and Ready-to-Eat Foods Separate
3. Cook to Proper Temperatures
4. Refrigerate Promptly Below 4°C.
5. All of the above

Bottom of Form