**Food Safety Quiz**

1. Pantry staff should not handle food or eating and drinking utensils when they have or recently had any of the following symptoms:

A. Vomiting, diarrhea, fever, sore throat with fever, jaundice, infected cuts

B. Runny nose, sneezing, cough, congestion, cold symptoms

C. A and B

D. None of the above

2. Pantry workers should wash their hands after which of the following:

A. Coughing, sneezing, scratching, wiping nose, cleaning

B. Touching exposed body parts, handling raw animal food, handling money

C. Before putting on disposable gloves or after using the rest room

D. All of the above

3. The minimum time food workers should wash their hands in total is:

A. 5 seconds

B. 20 seconds

C. 30 seconds

D. 40 seconds

4. Disposable gloves should be worn by pantry staff handling which foods:

A. Sandwiches or other ready to eat foods

B. Fresh fruits and vegetables

C. A and B

D. None of the above

5. Disposable gloves should be worn by pantry staff handling and storing which of the following:

A. Canned foods

B. Grocery bags and boxes

C. Boxes of crackers or jars of peanut butter

D. Extra left over food from a campus catering event

6. All foods that must be refrigerated should be held at or below what maximum temperature:

A. 50 °F

B. 40 °F

C. 70 °F

D. None of the above

7. Examples of cross-contamination are:

A. Frozen chicken boxed with fresh lettuce

B. Pantry staff scratches head and immediately unboxes fresh produce

C. Cleaning supplies are stored above canned foods

D. All of the above

8. Examples of how to rapidly cool left over catered food for storage include:

A. Portioning large quantities of foods at 70°F or less into smaller units and then refrigerating or freezing

B. Placing directly in freezer

C. Placing hot food directly in refrigerator

D. A and B

**Answers to Food Safety Quiz**

1. ANSWER: A.

Pantry staff that have or recently had symptoms including vomiting, diarrhea, fever, sore throat with fever, jaundice or infected cuts must not handle food being served to the public or handle any eating or drinking utensils. This restriction is because of the high risk such workers pose to transmit disease-causing bacteria and viruses to others through food or utensils. Food workers that have other symptoms such as runny nose, sneezing, cough or congestion are allowed to handle food and utensils provided they wash hands when required and are careful to not contaminate food or utensils. As implied above, bacteria and viruses are the primary organisms of concern with regards to preventing food-borne illness. These organisms cause thousands of documented and undocumented cases of food-borne illness each year around the world. The most prevalent virus causing food-borne illness is Norovirus, while Salmonella is the most frequent bacteria implicated in outbreaks

2. ANSWER: D.

Pantry staff must wash their hands after any activity that contaminates their hands. Such activities include, but are not limited to: using the rest room, coughing, and sneezing, scratching, wiping nose, cleaning, touching exposed body parts, handling raw animal food, handling money and before putting on disposable gloves.

3. ANSWER: B.

The minimum time pantry staff should wash their hands after contaminating them is 20 seconds in order to remove non-indigenous organisms from the skin’s surface.

4. ANSWER C.

Disposable gloves must be worn by pantry staff handling any ready-to-eat foods this includes produce like fruits and vegetables.

5. ANSWER: D.

Similarly to the answer to question 4, pantry staff must wear gloves when handling ready-to-eat foods including when handling left over food from campus catering events.

6. ANSWER B.

The purpose of refrigerating food is to reduce the number of times bacteria can reproduce in a given period of time. Scientific studies show that 40 °F is the maximum temperature food can be safely held for seven days and minimize growth of

Listeria bacteria of an unknown dose, if they are present in food.

7. ANSWER: D.

Cross-contamination is one of the leading causes of food-borne illness outbreaks. It occurs when harmful organisms are transferred from one item to another item without further washing, cooking or re-heating. The best ways to prevent cross-contamination are to keep raw animal foods and cleaning supplies separate from other foods. Cleaning supplies should be store away from food and if they must be stored near food it should be on the very bottom shelf. The same is true for raw animal foods. These must always be located on the bottom shelf to avoid the risk of cross-contamination. Lastly, personal hygiene is also vital to preventing cross-contamination. For example, if a pantry staff member scratches their head with their exposed hand or even with a glove on they must throwaway their gloves and wash their hands before handling fresh produce or other ready-to-eat foods.

8. ANSWER: D.

Potentially hazardous foods such as most soups, beef and poultry must be rapidly cooled to minimize growth and reproduction of microorganisms. Rapid cooling means food is chilled from 135°F to 41°F in six hours or less. However, if cooling food cannot be chilled from 135°F to 70°F within the first two hours of the process, the food should be re-heated to an internal temperature of 165°F and the cooling process should be re-started. Increasing the surface area of cooling food is one method to rapidly chill food. This method can be achieved by cutting food or creating smaller portions. Other methods include use of ice baths, ice wands, metal containers, blast chillers, and air circulation.

Derived from MDPHHS Food Safety Quiz