

Kitchen and Food Safety Test

Choose the best answer for each statement.

1. What must foodhandler's do after touching their hair, face, or body?

- a. wash their hands
- c. change their aprons
- b. rinse their gloves
- d. use a hand antiseptic

2. What should foodhandlers do after prepping food and before using the restroom?

- a. Wash their hands
- c. Change their gloves
- b. Take off their hats
- d. Take off their aprons

3. Which piece of jewelry can be worn by a foodhandler?

- a. Diamond ring
- c. Plain metal band
- b. Medical bracelet
- d. Watch

4. Foodhandlers should keep their fingernails:

- a. short and unpolished
- c. long and painted with nail polish
- b. long and unpolished
- d. short and painted with nail polish

5. Hands should be washed after:

- a. using the restroom
- c. taking out garbage
- b. touching the hair, face, or body
- d. all of the above

6. The five main kitchen hazards are:

- a. food, juice, meat, poultry, and fish
- c. showers, sinks, baths, counters, and floors
- b. falls, cuts, electrical shocks, burns, and poison
- d. cabinets, drawers, counters, appliances, and microwaves

Safe or Unsafe

Answer each statement as a safe practice with an S or an unsafe practice with a U.

7. _____ Wipe up any spills immediately.

8. _____ Use a cutting board when using a knife.

9. _____ Pour baking soda over the flames of a grease fire.

10. _____ Pour water on a grease fire.

11. _____ Keep flammable materials away from the range.

12. ____ Wear loose long-sleeved garments to protect your arms while cooking.
13. ____ Keep pan handles toward the edge of the stove top so they are easy to reach.
14. ____ Use electric appliances with wet hands.
15. ____ Sweep up broken glass with a broom or brush immediately and use a damp paper towel to pick up tiny pieces.
16. ____ Use a knife to open cans.
17. ____ Clearly label poisons.
18. ____ Promptly refrigerate leftovers in clean, covered containers.
19. ____ Taste food that might be spoiled
20. ____ Store meats on the bottom shelf of refrigerator.