

eFood-Lite: Basic Food Safety Training – Student Quiz

Chapter 1. The importance of food safety

1. How often is the person-in-charge (PIC) required to be onsite?

- A) Only when working with undercooked meats and oysters.
- B) Every kitchen requires a PIC to be present during operation.
- C) Kitchens that do not meet the health code must always have a PIC on call.
- D) During rush hour.

2. How many Americans get sick from food borne illness annually

- A) 45 thousand, resulting in 300 deaths.
- B) 48 million, resulting in 3,000 deaths.
- C) 53 million, resulting in 4,000 deaths.
- D) 84 thousand, resulting in 1,000 deaths.

3. According to the video, what is most important factor in food safety?

- A) Cleanliness.
- B) Organization.
- C) Profit.
- D) Communication.

4. Which foods require extra caution?

- A) Undercooked meats and eggs.
- B) Oysters and sprouts.
- C) Unpasteurized milk or juices.
- D) All the above.

5. When referencing highly susceptible populations, what does the acronym “YOPI” stand for?

- A) Younger than 15 years, Older than 55 years, Poor Health, Immune Compromised.
- B) Younger than 10 years, Older than 70 years, Pregnant Women, Inactive People.
- C) Younger than 5 years, Older than 65 years, Pregnant Women, Immune Compromised.
- D) Younger than 1 year, Older than 60 years, Poor Health, Inactive People.

Chapter 2. Health and hygiene

1. When should you wash your hands?

- A) Throughout the day, even if your hands look clean.
- B) Before touching or preparing food.
- C) After any possible contamination from germs.
- D) All the above.

2. What symptom(s) are included in the 24-hour rule?

- A) Vomiting.
- B) Diarrhea.
- C) Cough or sore throat.
- D) All the above.

3. What is the main purpose of using gloves?

- A) To protect your hands from food.
- B) To protect your hands from germs.
- C) To protect food from germs.
- D) To protect food from your hands.

4. What is the most common food hazard?

- A) Physical hazards.
- B) Biological contamination.
- C) Chemical contamination.
- D) Miscommunication.

5. According to the video, which of the following is NOT listed as an important “Good Personal Hygiene Practice”?

- A) Stay home for at least 48-hours after being sick.
- B) Keep fingernails trimmed and following handwashing rules.
- C) Wear proper work clothing and use hair restraints when needed.
- D) Always cover cuts and burns with bandages and gloves.

6. What is the proper order for “The 6 Handwashing Steps” described in this video?

- A) Rinse Hands, Apply Soap & Scrub, Rub for 10-15 Seconds, Wet Hands, Scrub Backs of Hands & Between Fingers, Dry With A Disposable Towel or Dryer.
- B) Wet Hands, Apply Soap & Scrub, Rub for 10-15 Seconds, Scrub Backs of Hands & Between Fingers, Rinse Hands, Dry With A Disposable Towel or Dryer.
- C) Apply Soap & Scrub, Rinse Hands, Rub for 10-15 Seconds, Wet Hands, Scrub Backs of Hands & Between Fingers, Dry With A Disposable Towel or Dryer.
- D) Apply Soap & Scrub, Rub for 10-15 Seconds, Rinse Hands, Scrub Backs of Hands & Between Fingers, Wet Hands, Dry With A Disposable Towel or Dryer.

7. Which of the following is not a recommended tool to help avoid “Barehand Contact” with ready to eat foods?

- A) Deli Papers.
- B) Tongs or Utensils.
- C) Oven Mitts or Holders.
- D) Scoops or Single-Use Gloves.

8. What are “Ready to Eat Foods”?

- A) Foods that can be served without additional washing or cooking to remove germs.
- B) Foods that can be ready to eat in less than 10 minutes of prep time.
- C) Foods that are considered “whole foods” and mostly germ free.
- D) Foods that have been guaranteed by grocery distributors to be “ready to eat”.

Chapter 3. Temperature control

1. What temperatures is the Danger Zone between?

- A) 35 degrees F and 141 degrees F.
- B) 41 degrees F and 135 degrees F.
- C) 43 degrees F and 150 degrees F.
- D) 45 degrees F and 145 degrees F.

2. Food must not remain in the Danger Zone longer than how many hours?

- A) 2 hours.
- B) 3 hours.
- C) 4 hours.
- D) 5 hours.

3. Food that needs to be reheated must be heated to:

- A) 135 degrees F for 15 seconds within 1 hour.
- B) 145 degrees F for 45 seconds within 2 hours.
- C) 160 degrees F for 1 minute within 1 hour.
- D) 165 degrees F for 15 seconds within 2 hours.

4. To properly cool food, you must:

- A) Cool from 135 degrees F to 45 degrees F in a total of 3hrs.
- B) Cool from 135 degrees F to 41 degrees F in a total of 6hrs.
- C) Cool from 145 degrees F to 32 degrees F in a total of 4hrs.
- D) Cool from 165 degrees F to 32 degrees F in a total of 5hrs.

5. Which of the following is NOT a proper way to check that something has been cooked thoroughly and to the right internal temperature.

- A) Dial Probe Thermometer
- B) Digital Probe Thermometer.
- C) Cutting into the food item to visually assess.
- D) All of the above methods can adequately gauge whether a food item has reached the correct internal temperature and is done.

6. Which of the following is NOT an acceptable method to thaw food properly and safely.

- A) Under cold running water of 70 degrees F or colder.
- B) In the refrigerator below ready to eat foods.
- C) On a designated counter away from any ready to eat foods.
- D) As a part of the cooking process.

7. What universal internal temperature must you cook all meats to?

- A) 145 degrees F.
- B) 115 degrees F.
- C) 165 degrees F.
- D) Safe internal temperatures will vary based on the type of meat you are cooking.

Chapter 4. Avoiding cross contamination

1. Use a separate cutting board for:

- A) Raw meat and Vegetables.
- B) Poultry and Seafood.
- C) Seafood and Pork.
- D) All the above.

2. How should you store raw meats?

- A) In a properly working freezer.
- B) In a properly working refrigerator below ready-to-eat food.
- C) In a properly working refrigerator above ready-to-eat food.
- D) Anywhere in a properly working refrigerator if it is in an air-tight container.

3. Cross contamination is caused by:

- A) Leaving food in the danger zone for longer than 4 hours.
- B) Undercooking potentially hazardous foods.
- C) Bacteria from raw meat spreading to other foods.
- D) Not wearing gloves.

4. Always wash your hands after:

- A) Handling raw meat.
- B) Using the bathroom.
- C) Touching your face or nose.
- D) All the above.

Chapter 5. Cleaning and sanitizing

1. Cleaning uses:

- A) Soap and water.
- B) Chemicals.
- C) Heat.
- D) Sanitizers.

2. Between each use, food contact surfaces should ALWAYS be:

- A) Washed.
- B) Rinsed.
- C) Sanitized.
- D) All the above.

3. When should you add soap to chemical sanitizer?

- A) To combine washing and sanitizing steps.
- B) You should never add soap to sanitizers.
- C) You should always add soap to chemical sanitizers.
- D) To increase the efficiency of the sanitizer.

4. What is the correct order for the three-sink method?

- A) Rinse, wash, sanitize.
- B) Sanitize, rinse, wash.
- C) Wash, rinse, sanitize.
- D) Wash, sanitize, rinse.

5. Which of the following methods is NOT recommended for drying dishes?

- A) Hand Towel.
- B) Air Dry.
- C) Neither A or B were recommended methods for drying dishes.
- D) Both A and B were recommended methods for drying dishes.

6. When it comes to storing and handling clean dishes, which of the following is not mentioned in this video as a best practice to minimize possible contamination?

- A) Avoid touching the surfaces of glasses and dishes where a guest may place their mouth.
- B) Store bowls, cups, pots, and pans upside down.
- C) Rinse all plate and glassware a second time before immediately stacking and storing.
- D) Handle silverware and other utensils by the handles only.

Chapter 6. Food worker top 10

1. Wash hands:

- A) Often.
- B) After using the bathroom.
- C) After handling garbage or dishes.
- D) All the above.

2. Danger zone is between:

- A) 35 degrees F and 141 degrees F.
- B) 41 degrees F and 135 degrees F.
- C) 43 degrees F and 150 degrees F.
- D) 45 degrees F and 145 degrees F.

3. Cool food from 135F to 41F within how many hours.

- A) 3 hours.
- B) 4 hours.
- C) 5 hours.
- D) 6 hours.

4. Keep raw meat away from:

- A) Other foods.
- B) Ready to eat food.
- C) Dishes.
- D) All the above.

5. Direct all food safety questions you may have to:

- A) The front of the house team.
- B) Your most knowledgeable co-worker
- C) The "Person in Charge."
- D) Any team member who is more senior.