FOOD SAFETY QUIZ
Choose the answer that best describes the practice in your household.

1. The temperature of the refrigerator in my home is:
   a. 50 degrees Fahrenheit (10 degrees Celsius)
   b. 41 F (5 C)
   c. I don't know; I've never measured it

2. The last time we had leftover pizza it was:
   a. cooled to room temperature, then put in the refrigerator
   b. put in the refrigerator immediately after the food was served
   c. left at room temperature overnight or longer

3. Circle the foods that are likely to transmit food poisoning:
   a. baked potatoes
   b. cantaloupe
   c. bean sprouts
   d. all of the above

4. If a cutting board is used in my home to cut raw meat, poultry or fish and it is going to be used to chop another food, the board is:
   a. reused as is
   b. wiped with a damp cloth
   c. washed with soap and hot water
   d. washed with soap and hot water and then sanitized

5. The last time we had hamburgers I ate mine:
   a. rare
   b. medium
   c. well-done

6. The last time there was cookie dough in my home, the dough was:
   a. made with raw eggs, and I sampled some of it
   b. store-bought, and I sampled some of it
   c. not sampled until baked

7. I clean my kitchen counters and other surfaces that come in contact with food with:
   a. water
   b. hot water and soap
   c. hot water and soap, then bleach solution
   d. hot water and soap, then commercial sanitizing agent

8. When dishes are washed in my home, they are:
   a. cleaned by an automatic dishwasher and then air-dried
   b. left to soak in the sink for several hours and then washed with soap in the same water
   c. washed right away with hot water and soap in the sink and then air-dried
   d. washed right away with hot water and soap in the sink and immediately towel-dried

9. The last time I handled raw meat, poultry or fish, I cleaned my hands afterwards by:
   a. wiping them on a towel
   b. rinsing them under hot, cold or warm tap water
   c. washing with soap and warm water

10. Meat, poultry and fish products are defrosted in my home by:
    a. setting them on the counter
    b. placing them in the refrigerator
    c. microwaving
FOOD SAFETY QUIZ

Total Your Score

1. Refrigerators should stay at 41 F (5 C) or less, so if you chose answer B, give yourself two points.
2. Answer B is the best practice; give yourself two points if you picked it.
3. If answer A best describes your household's practice, give yourself two points. Give yourself one point if you chose B.
4. If answer D best describes your household's practice, give yourself two points.
5. Give yourself two points if you picked answer C.
6. If you answered A, you may be putting yourself at risk for infection with *Salmonella enteritidis*, a bacterium that can be in shell eggs. Add two points if you answered B or C.
7. Answers C or D will earn you two points each; answer B, one point.
8. Answers A and C are worth two points each. There are potential problems with B and D.
9. The only correct practice is answer C. Give yourself two points if you picked it.
10. Give yourself two points if you picked B or C.

Your Score: _____

20 points: Feel confident about the safety of foods served in your home.
10 to 19 points: Reexamine food safety practices in your home. Some key rules are being violated.
9 points or below: Take steps immediately to correct food handling, storage and cooking techniques used in your home. Current practices are putting you and other members of your household in danger of food-borne illness.

Excerpted from "Can your kitchen pass the food safety test?" by Paula Kurtzweil, U. S. Food and Drug Administration, FDA Consumer, October 1998