

Food Safety Quiz

1. What is the number one cause of food borne illnesses?
2. What is food borne illnesses commonly called?
3. List some of the symptoms associated with food borne illness?
4. What is cross contamination?
5. Give an example of how cross contamination can occur.
6. What temperatures are considered the “Danger Zone”?
7. What is FIFO?
8. What is the difference between clean and sanitized?
9. What is the 6” rule?
10. Give a few examples of foods that are considered “Potentially Hazardous Foods”.
11. What is the importance of day dots?
12. Describe the procedure for restocking products. (i.e. salad dressings, juices, etc.)
13. What items are essential in properly washing and disinfecting your hands?
14. How long should you wash hands in order to properly disinfect them?
15. When must you wash your hands in accordance with the state and federal laws?
16. At what temperature does bacteria begin to grow?
17. In order to kill harmful bacteria what temperature must be reached and maintained, and for how long?
18. If you receive a report of a food borne illness, what procedures should you follow?
19. Describe the effect a food borne illness outbreak would have on your restaurant?

Food Safety Quiz – Answer Key

1. What is the most important thing you can do to prevent a food borne illnesses?
Properly wash your hands
2. What is food borne illnesses commonly named?
Food poisoning
3. List some of the symptoms associated with a food borne illness?
Vomiting, diarrhea, fever
What is cross contamination?
Transfer of bacteria or germs between two products.
4. Give an example of how cross contamination can occur.
Cutting poultry with a knife and then cutting vegetables without sanitizing the utensils
5. What temperatures are considered the “Danger Zone”?
41 degree to 140 degree
6. What is FIFO?
Rotation-First In First Out (perishable products)
7. What is the difference between clean and sanitized?
Clean=free of visible debris Sanitized=99.999% bacteria free (chemicals are required)
8. What is the 6” rule?
Keep products 6 inches off the floor and away from all walls
9. Give a few examples of foods, which are considered “Potentially Hazardous Foods”.
Dairy products, poultry, seafood, eggs, pasta, rice, etc.
10. What is the importance of day dots?
To enable you keep track of when and what products were opened and when they were opened.
11. Describe the procedure of restocking products. (i.e. salad dressings, juices, etc.)
Never place new product on top of old product- always start with a clean container placing new product in first and older on top.
12. What items are essential in properly washing and disinfecting your hands?
Soap, hot water and clean towels or hand dryer
13. How long should you wash hands in order to properly disinfect them?
30 seconds or sing the song “Happy Birthday” while washing!
14. At what temperature does bacteria begin to grow?
41 degrees
15. In order to kill harmful bacteria, what degrees must be reached?
Depending on the food 145-165 degrees
16. When must you wash your hands in accordance with the state and federal laws?
Any time you use the restroom, eat, smoke or drink.
17. If you receive a report of a food borne illness, what are the procedures to follow?
(Facility specific)
18. Describe the effect a food borne illness outbreak would have on your restaurant?
Damage to reputation and image, bad public relations, lost customers, greatly reduced revenues, legal action, reduction in labor etc.