



Safe or Sorry (SOS) Quiz: Test Your Home Food Safety Knowledge

1. It is okay to eat hamburgers that are pink, but not red, in the middle.
True or False?
2. Fruits and vegetables should be washed with running water before eating.
True or False?
3. Choosing chicken and ground meat treated with irradiation will decrease your chances of getting foodborne illness.
True or False?
4. Food containing bacteria that causes foodborne illness always smells, looks or tastes bad.
True or False?
5. Frozen meat, poultry or fish products should be defrosted in the refrigerator or microwave.
True or False?
6. You should always use a thermometer to test the doneness of whole chicken or turkey.
True or False?
7. The temperature of your home refrigerator should be 40 degrees F. or less.
True or False?
8. You will feel sick within 24 hours of eating contaminated food if you have a foodborne illness.
True or False?
9. As long as you rinse your cutting board before you use it to cut a different type of food, you won't have any problems.
True or False?
10. When you wash your hands you should:
 - a. Wash for at least 20 seconds (sing "Happy Birthday" twice)
 - b. Scrub well and rinse under running water
 - c. Use soap
 - d. All of the above

Answers 



Safe or Sorry-Food Safety Program of the Minnesota Department of Health, Environmental Health Services.
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Check your food safety knowledge:

1. False. Ground meat needs to be cooked until the juices run clear and there is no pink inside. If you use a thermometer, the internal temperature should be at least 160 degrees F. It is especially important to cook ground beef thoroughly to be sure that harmful bacteria like e.coli are killed.
2. True. It is important to wash fruits and veggies with water only. You can scrub them with a brush if they have a firm skin or hard rind like potatoes or melons. For more fragile fruits and veggies like berries or broccoli, fill a bowl or clean container with enough cool water to cover the produce. Let soak for a couple minutes. Drain and rinse under running water. The running water washes the dirt and bacteria off your fruits and veggies and down the drain.
3. True. Irradiation, or “ionizing pasteurization” destroys many bacteria in food that can make you sick.
4. False. Many bacteria that cause foodborne illness can be present in uncooked food in high enough numbers to make you sick before food looks, smells or tastes bad.
5. True. Experts recommend thawing foods in the refrigerator or microwave oven. Gradual defrosting overnight is best because it helps maintain the quality of the food. Foods defrosted in the microwave should be used immediately.
6. True. The thermometer measures the temperature of the inside of the chicken or turkey to be sure it has gotten hot enough (180 degrees F.) that most harmful bacteria like campylobacter and salmonella have been destroyed. Insert the thermometer into the inner thigh area near the breast of the chicken or turkey, but not touching the bone.
7. True. Your refrigerator should stay at 40 degrees F. or less because it slows the growth of most bacteria. The temperature won't kill the bacteria, but it will keep them from multiplying, and the fewer there are, the less likely you are to get sick from them.
8. False. If you or a family member develops nausea, vomiting, diarrhea, fever or cramps, you could have foodborne illness. Depending on the illness, you can feel sick anywhere from 30 minutes to two weeks after eating bad food. Most often, people get sick within four to 48 hours after eating contaminated food.
9. False. Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one. This is especially important after using the cutting board for meat or poultry. Be sure to wash your hands, too.
10. D, all of the above. By frequently washing your hands you wash away germs that you have picked up from other people or from contaminated surfaces. It is especially important to wash your hands before, during and after you prepare food, before you eat, after you use the bathroom or change diapers, and after handling animals or animal waste. Be sure to use warm water and soap and scrub well. It's the friction from the scrubbing that cleans your hands.