



Germ Survivor Quiz Bowl

Practice Question

Which sandwich is safe in my sack lunch if it cannot be refrigerated?

- a. Peanut butter
- b. Egg salad
- c. Ham and cheese

Quiz Bowl Questions

1. The **safest** place to store raw meats in the refrigerator is:
 - a. On the top shelf
 - b. In the meat drawer
 - c. On the bottom shelf
2. Risky foods should **not** be left at room temperature for longer than:
 - a. One half hour
 - b. Two hours
 - c. One hour
3. Who is **least** at risk to contract a foodborne illness?
 - a. A tiny baby
 - b. An elderly person
 - c. A lively teenager
4. Which is the **best** place to thaw meat?
 - a. Refrigerator
 - b. On the counter
 - c. In warm water
5. Which food does **not** have to be kept cold to be safe?
 - a. Eggs
 - b. Meat
 - c. Apple
6. Which food is safe to eat?
 - a. Pizza left on the counter from last night
 - b. Meat and cheese sandwich left over from school lunch
 - c. Meat and cheese sandwich in lunch bag with cold pack

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7. Why do fruits and vegetables need to be washed before you eat them?
 - a. To remove wax
 - b. To wash away germs
 - c. To make them taste better

 8. What should you do with food you think is unsafe?
 - a. Taste to see if it is okay
 - b. Throw away
 - c. Refrigerate

 9. It takes at least how long to thoroughly wash your hands?
 - a. 1 minute
 - b. 30 seconds
 - c. 20 seconds

 10. After using a cutting board for raw meat, what needs to be done?
 - a. Wipe with a paper towel
 - b. Nothing
 - c. Wash with soap and hot water

 11. A hamburger should be what color to be safe?
 - a. Red in the middle
 - b. Pink in the middle
 - c. Brown/gray in the middle

 12. Which one is unsafe to eat?
 - a. A washed apple
 - b. Cookie dough which has raw egg in it
 - c. Cold tuna sandwich

 13. When cooking, the safe way to clean hands is:
 - a. On apron
 - b. Hot water and soap
 - c. On a hand towel

 14. Leftover turkey should be:
 - a. Left out so people can make sandwiches later that day
 - b. Left out until cool enough to put in refrigerator
 - c. Put in the refrigerator as soon as the meal is complete

 15. Which one will not cause a food illness?
 - a. Salmonella
 - b. Lactobacillus
 - c. E. coli

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16. Placing grilled meats on the plate that held the raw meat is an example of:
- Contamination
 - Cross-contamination
 - Contaminated ingredients
17. Which one will not cause foodborne illness?
- An ill person preparing food
 - Contaminated raw food
 - Using pancake syrup which has not been refrigerated
18. Tiny microorganisms which can cause foodborne illness are called:
- Lice
 - Flagella
 - Bacteria
19. Which will **not** cause foodborne illness?
- A dented and rusting food container
 - Eating a sandwich after changing a baby's diaper and not washing hands
 - Eating an orange
20. What is the Food Temperature Danger Zone?
- 10 to 50 degrees Fahrenheit
 - 40 to 140 degrees Fahrenheit
 - 50 to 110 degrees Fahrenheit
21. In order to multiply, most bacteria need:
- Cold and dry conditions
 - Being placed on the top shelf of the refrigerator
 - Warm and moist conditions
22. What could happen if you ate a food that was unsafe?
- Nothing would happen if the food tasted okay
 - You could get sick
 - Nothing would happen if the food had been refrigerated
23. Which would not cause a germ to get into food?
- Double dipping with a chip in dip
 - Drinking out of a friend's pop can
 - Cutting lettuce on clean cutting board
24. Foodborne illness can cause:
- Death
 - Itching
 - Weight Gain

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25. How long does it take microorganisms to double in numbers?
- Every 2 minutes
 - Every 20 minutes
 - Every 2 hours
26. Handwashing is not important:
- After touching raw chicken
 - After blowing your nose
 - After falling asleep
27. After a meal, the roasted turkey should be:
- Left on the counter to cool before being refrigerated
 - Cut into smaller pieces, wrapped and put in refrigerator
 - Cut into smaller pieces and left on the counter to cool
 - Immediately covered and put in refrigerator
28. Which food safety behavior is okay
- Sharing a can of pop with a friend
 - Letting the dog lick the dish
 - Taste food to see if it is safe
 - Use clean plate to take grilled chicken off the grill
29. Which is a true statement?
- All microorganisms are unsafe in food.
 - Keeping food in a covered container will prevent bad microorganisms from growing in foods.
 - Microorganisms need food, moisture, warmth and time to grow.
 - Food that has harmful microorganisms will look funny.
30. What prevents astronauts from getting foodborne illness in outer space?
- High altitude
 - Freezing temperature of space
 - Irradiation
 - Medicine
31. What are the most common symptoms of foodborne illness?
- Vomiting, diarrhea
 - Swollen glands and rash
 - Sneezing and cough
 - Sore feet and legs
32. How many estimated cases of foodborne illness occur in the US each year?
- 1 Billion
 - 126 Thousand
 - 76 Million

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33. Which are microorganisms?
- Bacteria
 - Spiders
 - Ants
 - Mold
 - Yeast
34. What could you use in your school lunch bag to keep food cold?
- Ice cubes in a leak proof bag
 - Frozen juice box
 - Cold pack
 - Thermos
 - All of the above
35. Which sandwiches are safe in a lunch bag without being kept cold?
- Peanut butter and jelly
 - Ham and cheese with mustard
 - Bean burrito
 - Egg salad
36. I wash the skins of which fruits before I eat them:
- Melons
 - Oranges
 - Grapes
 - All of them
37. In which places can food cross-contamination occur?
- Grocery cart
 - On cutting board
 - In refrigerator
 - All of them
38. What group of high-flying individuals has routinely eaten irradiated foods?
- Trapeze artists
 - Astronauts
 - Balloonists
 - Window washers

BONUS QUESTIONS

39. The abbreviation for the government agency that is concerned with cause and control of disease:
- FFA
 - FDA
 - HUD
 - CDC
40. 75 % of Salmonella is associated with:
- Yeast
 - Virus
 - Eggs
 - Hamburger
41. Which one is a risky food:
- Cooked rice
 - Sauerkraut
 - Cereal
 - Catsup
42. Irradiated foods are identified by:
- A five point star
 - The words "Safe Food"
 - A special symbol called the radura
 - A special package color
43. Which one does not multiply in food?
- Salmonella
 - Virus
 - E. Coli
 - Listeriosis
44. What is irradiation?
- Method to destroy bacteria in food
 - Measure of acidity in food
 - Time until a person develops foodborne illness
 - Presence of harmful substances in food
45. Which one will destroy most bacteria in food?
- Freezing
 - Refrigerating
 - Putting in a blender
 - Cooking above 160
46. How many people die of foodborne illness each year in the US?
- 500
 - 1,500
 - 3,000
 - 5,000



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Answer Key

Practice Question

Which sandwich is safe in my sack lunch if it cannot be refrigerated?

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