



Safe or Sorry (SOS) Pre and Post Test

1. What is a foodborne illness?

- An illness which makes you too sick to eat.
- An illness caused by eating too much food.
- An illness caused by eating foods that are high in fat and cholesterol.
- An illness caused by disease causing microorganisms in food.

2. What is the “temperature danger zone”?

- The temperature range where food is too hot to eat safely.
- The temperature range where bacteria can multiply rapidly.
- The temperature range where food will get freezer burn if kept too long.
- The temperature range where food will dry out, resulting in poor quality.

3. For the past four hours, leftovers from your family’s big holiday dinner have been sitting out in the kitchen for guests to eat. Check the foods that are still safe to eat.

- Fudge
- Roasted turkey
- Mashed potatoes
- Whole-wheat buns
- Baked ham
- Sliced watermelon

4. Unsafe food will always have a strange appearance and odor.

- True
- False

5. Last night it was your turn to clear the dinner table and clean up the kitchen. At midnight, you woke up and realized that you had forgotten to refrigerate the leftover potato salad. If the potato salad had been left out since 7 p.m., what should you do with the potato salad?

- Put the salad in the refrigerator immediately. Refrigeration will kill any bacteria that grew in the salad.
- Taste the salad and if it tastes okay, it is safe to refrigerate it and eat it the next day.
- Throw the salad away, because there is no way to make it safe to eat again.
- Feed it to the dog, and if he likes it, it is still safe.

6. When refrigerating raw chicken, where should you store it to prevent cross-contamination of other foods?

- On the top shelf inside the refrigerator.
- On the bottom shelf inside the refrigerator.
- In the drawer with your other meats, such as salami and leftover ham.

7. If you were preparing submarine sandwiches for your family, which one of the following activities would you do first?

- Wash and cut the lettuce and tomatoes.
- Wash your hands.

- Cut the bread.
- Lower the periscope on the sub.

8. If your friend was grilling hamburgers and asked how you wanted your hamburger cooked, how *should* you respond?

- Rare
- Medium rare
- Well done

9. When you were helping make chocolate chip cookies, you ate a large spoonful of the raw cookie dough. The next day you were sick with diarrhea and stomach pain. Why do you think that you became sick?

- Because the flour wasn't cooked and formed a ball of dough in your stomach.
- Because the cookie dough had too much sugar in it.
- Because the cookie dough had uncooked eggs in it.
- Because the cookie dough had uncooked margarine in it.

10. After you use a cutting board for cutting raw meats, what do you do with it? You wash it with soap and water.

- Always
- Sometimes
- Rarely
- Never

11. Recommended thorough handwashing takes how long?

- 20 seconds
- 1 minute
- 2 minutes

12. Freezing food will:

- Kill all bacteria
- Not kill all bacteria

Answers 



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6. When refrigerating raw chicken, where should you store it to prevent cross-contamination of other foods?

On the bottom shelf inside the refrigerator.

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