

Test Your Knowledge

1. Of the following foods, which is not among the top 8 to trigger allergic reactions:
 - a. Milk
 - b. Fish
 - c. Soybeans
 - d. Legumes
2. **True or False:** It is best to rinse chicken to help remove *Salmonella* before you cook it.
3. A recent NSF International study found that the _____ was the “germiest” area in consumers’ kitchens:
 - a. Sink
 - b. Refrigerator door
 - c. Refrigerator produce compartment
 - d. Stovetop
4. Food allergy is an abnormal response to a food triggered by your body’s _____.
5. **True or False:** Children under 5 and adults 65 & older are the only group types to be most susceptible to foodborne illnesses.
6. Contamination, proliferation, and survival are 3 types of _____ to foodborne illness.
7. **True or False:** Eating a small amount of raw cookie dough is not enough to make you sick.
8. Which of the following is not one of the top 5 risk factors for causing foodborne illness:
 - a. Purchasing food from a safe source
 - b. Failing to store food according to first in first out (FIFO)
 - c. Practicing poor personal hygiene
 - d. Using contaminated equipment
9. Kelly washed her hands prior to leaving the restroom but touched the bathroom doors with her bare hands and put her hair in a ponytail prior to returning to the kitchen prep line. Which risk factor to foodborne illness is Kelly exhibiting? _____
10. Which of the following temperatures is the correct minimum cooking temperature for duck?
 - a. 165°F for 5 seconds.
 - b. 165°F for 15 seconds.
 - c. 145°F for 15 seconds.
 - d. 145°F for 20 seconds.

Answer Key

1. D. Legumes
2. False
3. C. Refrigerator Produce Compartment
4. immune system
5. False
6. contributing factors
7. False
8. B. Failing to store food according to FIFO
9. Practicing poor personal hygiene.
10. B. 165°F for 15 seconds.