

## Food Safety Quiz: How Much Do You Know?

*Answers are in red*

If you prepare food, you need to know about food safety to keep yourself and others safe. Take the following quiz to learn how much you know about food safety.

1. Which of the following foods are most likely to grow microorganisms?
  - a. **Moist food**
  - b. Dry food
  - c. Salty food
2. Salmonella is least likely to occur in which food?
  - a. Chicken salad
  - b. Cantaloupe
  - c. **Cocoa powder**
  - d. Tomatoes
3. Store meat, poultry, and fish at:
  - a. Temperatures below 32° F
  - b. **Temperatures below 41° F**
  - c. Temperatures below 45° F
4. Cook poultry to a minimum internal temperature of:
  - a. 145° F
  - b. **165° F**
  - c. 185° F
5. Brewed tea can spoil if left at room temperature for more than a few hours.
  - a. **True**
  - b. False
6. Never thaw food under running water.
  - a. True
  - b. **False (as long as the water is 70° F or lower)**
7. Listeriosis is especially dangerous for pregnant women. Which of the following foods is most likely to cause listeriosis?
  - a. Strawberries
  - b. Eggs
  - c. **Deli foods**
8. Honey or syrup that has developed yeast is most likely to:
  - a. **Appear pink**
  - b. Display a blue-green, fuzzy growth
  - c. Become concave and sunken in the center of the container