

Unit: Home • Examination 5

Name _____

Class/Period _____

Date _____

Short answer and fill in the blank: Write short answers or fill in the blank to the following questions and statements. Use complete sentences when answering questions.

1. Your refrigerator should be at most _____ F and the freezer should be _____ F or lower.
2. Why should raw and cooked foods be stored separately in the refrigerator?

3. Why should you never store food under the kitchen sink?

4. Use the _____ cans of food first.
5. _____ leftover foods, so you are not guessing the age of the foods.
6. List two guidelines for storing food in the kitchen.
 - a.

 - b.
7. Use leftover foods within _____ days.
8. What is cross-contamination of food?

9. What does the following statement mean? “When in doubt, throw it out.”
10. Why should food be thawed in the refrigerator and not on the kitchen counter?
11. Refrigerate leftover food within _____ hours after serving food.
12. What is the first hygiene practice you should do before handling food?
13. Name four foods that can safely be packed for a picnic lunch without a cold source or freezer pack.
- a.
 - b.
 - c.
 - d.
14. Describe two types of freezer packs.
- a.
 - b.
15. Which “Fight BAC” principle is important for bag lunch and picnic safety?
16. List two tips that are important when planning a picnic lunch.
17. Do not leave your cooler or lunch bag in a _____ car or direct sunlight; put it in the _____ place possible.

Unit: Home • Examination 5 Key

Unit: Home

Short answer and fill in the blank: Write short answers or fill in the blank to the following questions and statements. Use complete sentences when answering questions.

1. Your refrigerator should be at most 40° F and the freezer should be 30° F or lower.
2. Why should raw and cooked foods be stored separately in the refrigerator?

To prevent cross-contamination of raw food juices with cooked foods. Raw food juices can generate microorganisms and pathogens that can cause foodborne illness.

3. Why should you never store food under the kitchen sink?

Damp areas attract insects and rodents and pipe leakage may damage food products. Molds like to grow in damp areas.

4. Use the oldest cans of food first.
5. Date leftover foods, so you are not guessing the age of the foods.
6. List two guidelines for storing food in the kitchen.

- Refrigerate or freeze cold and frozen foods right away.
- Your refrigerator should be at most 40° F and the freezer should be 30° F or lower.
- Do not exceed the proper storage times for refrigerated and frozen foods.
- Space items in refrigerator and freezer so that air can circulate freely.
- Store raw and cooked foods separately in the refrigerator.
- Freeze fresh meat immediately.
- Wrap raw meat, poultry, and seafood in separate plastic bags and set on a plate in the bottom of the refrigerator to prevent juices from dripping onto other foods.
- Use the oldest cans first. Canned goods can keep for one year if properly stored in a cool, dry place.
- Throw out foods that are past the expiration date.
- Never store food under the kitchen sink. Damp areas attract insects and rodents and pipe leakage may damage food products.
- Do not store dry mixes near the stove because they do not keep well when exposed to heat.
- Food items in dry storage should be kept in airtight containers to prevent rodent and insect infestation. Insects and rodents carry harmful bacteria that can contaminate food.
- Never store food alongside household chemicals.

7. Use leftover foods within four days.

8. What is cross-contamination of food?

Having juices from meats, poultry, and fish come in contact with other foods. Using cutting boards, countertops, utensils, and equipment with other foods after use with raw meats.

9. What does the following statement mean? “When in doubt, throw it out.”

If you are not sure when the leftover food was stored in the refrigerator, then throw it out. It is better to be safe than sorry when it comes to foodborne illness.

10. Why should food be thawed in the refrigerator and not on the kitchen counter?

Pathogens grow best and multiply rapidly at room temperature. Bacteria grow more slowly when refrigerated at 40° F or below.

11. Refrigerate leftover food within two hours after serving food.

12. What is the first hygiene practice you should do before handling food?

WASH YOUR HANDS!

13. Name four foods that can safely be packed for a picnic lunch without a cold source or freezer pack.

- | | |
|----------------------------------|------------------------|
| <i>a. peanut butter sandwich</i> | <i>e. dried cereal</i> |
| <i>b. apple or banana</i> | <i>f. crackers</i> |
| <i>c. cut raw vegetables</i> | <i>g. bread</i> |
| <i>d. raisins</i> | |

14. Describe two types of freezer packs.

- Commercial gel-filled pack*
- Ice in a leak-proof plastic container*
- Leak-proof plastic container filled with water and frozen*
- Ice cubes in a plastic bag, bag wrapped in foil*
- Frozen juice pack, yogurt, or applesauce: they will stay cold and thaw by lunch time.*
- Frozen foods, such as hamburgers*
- Sandwich frozen overnight (the sandwich cannot be used to keep other food cold)*

15. Which “Fight BAC” principle is important for bag lunch and picnic safety?

- Chill: Refrigerate promptly*

16. List two tips that are important when planning a picnic lunch.

- Take only the amounts of food you will use.*
- Make several sandwiches ahead and freeze.*
- If you don't have a cooler, take these foods: fruit, raw vegetables, hard cheese, dry cereal, canned or dried meat or fish, bread, peanut butter, crackers, cookies, and pretzels.*

17. Do not leave your cooler or lunch bag in a warm car or direct sunlight; put it in the coolest place possible.

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