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Test Your Knowledge On Food Safety Of Meat Test Your Knowledge on Food Safety Of Meat Having a good understanding of food safety, especially meat is essential to save yourself from a lot of diseases. Check out our online quiz to test yourself on meat food safety and learn interesting facts as you play. Questions: 10 | Attempts: 1371 | Last updated: Mar 22, 2023 Bacteria source: raw chicken, meat, sushi, etc., begins to activate on the 2-5th day and lasts a week This Std 7 science quiz, titled 'Taste -5', assesses knowledge on food safety and preservation, including the effects of chemical reactions on food, food adulteration laws, and the importance of food presentation. It aims to... Questions: 20 | Attempts: 317 | Last updated: Nov 8, 2024 Sometimes fruits for their Skins turn--- Kentucky Cannabis Food Safety Team Quiz Kentucky Cannabis Food Safety Team Quiz This quiz assesses knowledge on food safety within the cannabis industry in Kentucky, focusing on HAACP principles, GMPs, SOPs, and food safety planning. Questions: 52 | Attempts: 144 | Last updated: Mar 21, 2023 What does HAACP stand for? Hazardous Analysis Critical Company Progress Hazardous Analysis Critical Control Points Hard Analysis Can Continuously Prevent Hazardous Analysis and Critical Company Procedures The WEEKLY FOOD SAFETY EXAM assesses knowledge on critical food safety practices, including temperature control, contamination prevention, and sanitation. This quiz ensures learners understand essential food safety protocols to... Questions: 10 | Attempts: 614 | Last updated: Mar 20, 2023 Hot, delivered food must arrive at the location at what minimum temperature? The Basics Of Food Safety Trivia Quiz: How Much You Know? The Basics of Food Safety Trivia Quiz: How much you know? Do you know anything about the basics of food safety? Food safety is applied as a scientific discipline that explains food preparation and food storage so that it does not develop food-borne illnesses. This safe handling includes... Questions: 34 | Attempts: 1078 | Last updated: Mar 21, 2023 What is the definition of Food Hygiene? It starts and ends with our approved suppliers and it is supposed to be followed by all employees of Costa. It is the series of actions taken to ensure clean, healthy conditions for the handling, storing, preparing and serving of food. Trivia Evaluation November 2019 TM-TRC Evaluation November 2019 This quiz assesses knowledge on food safety, quality control, and operational standards specific to fast food industry practices as of November 2019. Questions: 30 | Attempts: 71 | Last updated: Apr 30, 2024 What is PPM? Personal protective equipment Personal product equipment Food Safety Ultimate Trivia Quiz! Food Safety Ultimate Trivia Quiz! Food safety is vital. Without food safety, you would not be able to know whether the food was contaminated or not. There are too many harmful toxins and bacteria that someone could ingest, and it could be harmful or potentially... Questions: 19 | Attempts: 1056 | Last updated: Mar 22, 2023 How long should you spend washing your hands? Food Poisoning Causes And Effects! Trivia Quiz Food Poisoning Causes and Effects! Trivia Quiz Food poisoning is one of the most important health issues of concern to the World Health Organization. Food poisoning occurs when a harmful substance contaminates the food you intend to take. The manifestations of food poisoning... Questions: 10 | Attempts: 393 | Last updated: Mar 22, 2023 What scientific field is concerned with food poisoning? Please note that these questions are for practice purposes only, and you should refer to the official course materials and guidelines for a comprehensive understanding of food safety principles. **1. Question: What is the temperature danger zone for food? Answer: The temperature danger zone for food is between 41°F (5°C) and 135°F (57°C).** **2. Question: Why is it essential to wash your hands thoroughly before handling food? Answer: Washing your hands helps to remove dirt, bacteria, and other contaminants that can be transferred to food. It reduces the risk of foodborne illness.** **3. Question: What does "cross-contamination" mean in the context of food safety? Answer: Cross-contamination occurs when harmful microorganisms (such as bacteria or viruses) are transferred from one surface or food item to another, leading to contamination.** **4. Question: How often should you change the sanitizing solution used to clean food contact surfaces? Answer: You should change the sanitizing solution every 2-4 hours or as often as needed to maintain its effectiveness.** **5. Question: When reheating leftover food, what is the minimum internal temperature it should reach to be considered safe? Answer: Leftover food should be reheated to an internal temperature of at least 165°F (73.9°C) to ensure it is safe to eat.** **6. Question: What should you do if you discover that a can of food has a dent, bulge, or is leaking? Answer: Do not use or consume the can. Dented, bulging, or leaking cans can indicate the presence of harmful bacteria or toxins, and the food may be unsafe.** **7. Question: What is the purpose of the "Danger Zone" when it comes to food storage? Answer: The "Danger Zone" refers to the temperature range where bacteria multiply most rapidly. Properly storing food above or below this zone helps prevent bacterial growth and foodborne illness.** **8. Question: What is the recommended minimum internal cooking temperature for poultry, including chicken and turkey? Answer: The recommended minimum internal cooking temperature for poultry is 165°F (73.9°C).** **9. Question: What is the correct order for washing dishes by hand in a three-compartment sink? Answer: The correct order is wash, rinse, and sanitize.** **10. Question: Why is it important to label and date food items in a commercial kitchen or food service establishment? vbnst Answer: Labeling and dating food items help monitor their freshness and safety. It allows staff to use the oldest items first and prevents the consumption of expired or spoiled food.** These practice questions should give you a basic understanding of some key food safety principles. However, for a more comprehensive preparation for the FoodSafe Level 1 course, it is recommended that you study the official course materials provided by the British Columbia Centre for Disease Control (BCCDC) or the relevant local health authority. here are 20 multiple-choice questions (MCQs) related to the FoodSafe Level 1 course. Please note that these questions are for practice purposes only and may not cover all topics or specific regulations. Always refer to official course materials for comprehensive preparation. What is the primary purpose of FoodSafe Level 1 training? a) To become a certified chef b) To improve customer service skills c) To prevent foodborne illness d) To learn advanced cooking techniques Answer: c) To prevent foodborne illness Which of the following is NOT a potential food safety hazard? a) Cross-contamination b) Improper handwashing c) Proper food storage d) Inadequate cooking temperatures Answer: c) Proper food storage What temperature should a refrigerator be set to for safe food storage? a) 32°F (0°C) b) 41°F (5°C) c) 50°F (10°C) d) 60°F (15°C) Answer: b) 41°F (5°C) Which type of microorganism is responsible for most cases of foodborne illness? a) Bacteria b) Viruses c) Fungi d) Parasites Answer: a) Bacteria What is the maximum recommended time for leaving perishable food at room temperature? a) 1 hour b) 2 hours c) 3 hours d) 4 hours Answer: b) 2 hours Which food item should be stored at the bottom shelf of the refrigerator to prevent cross-contamination? a) Raw vegetables b) Cooked pasta c) Raw poultry d) Bread Answer: c) Raw poultry When using a food thermometer to check the internal temperature of a hamburger, what temperature should it reach to be safe? a) 145°F (63°C) b) 160°F (71°C) c) 165°F (74°C) d) 180°F (82°C) Answer: c) 165°F (74°C) Which of the following is NOT a proper handwashing step? a) Wet hands with water b) Apply soap c) Rinse with hot water d) Dry hands with a clean towel Answer: c) Rinse with hot water What does FIFO stand for in food storage? a) First In, First Out b) Fast In, Fast Out c) Fresh In, Fresh Out d) Find It, Fetch It, Organize It Answer: a) First In, First Out Which foodborne illness is often associated with undercooked eggs and poultry? a) Salmonella b) E. coli c) Listeria d) Norovirus Answer: a) Salmonella What should you do if you suspect that a food item has been contaminated? a) Serve it to the customer b) Discard it c) Reheat it to a higher temperature d) Freeze it for later use Answer: b) Discard it Which of the following is a proper way to thaw frozen food? a) Leave it on the counter at room temperature b) Thaw it in the refrigerator c) Thaw it in hot water d) Microwave it on high heat Answer: b) Thaw it in the refrigerator What is the primary source of Listeria contamination in food? a) Undercooked meat b) Raw seafood c) Unpasteurized dairy products d) Overripe fruits Answer: c) Unpasteurized dairy products Which type of fire extinguisher is suitable for use in a kitchen where cooking oils and fats are present? a) Class A b) Class B c) Class C d) Class D Answer: b) Class B What should you do if you see a coworker handling food without washing their hands properly? a) Ignore it and continue working b) Report it to your supervisor c) Wash your own hands for them d) Offer them hand sanitizer Answer: b) Report it to your supervisor What is the purpose of a "Hazard Analysis Critical Control Point" (HACCP) plan? a) To create a menu for a restaurant b) To identify and control food safety hazards c) To advertise food products d) To manage customer complaints Answer: b) To identify and control food safety hazards What is the maximum recommended time for keeping cooked leftovers in the refrigerator? a) 1 day b) 3 days c) 7 days d) 14 days Answer: c) 7 days Which of the following is NOT a common symptom of foodborne illness? a) Fever b) Fatigue c) Bright red skin d) Diarrhea Answer: c) Bright red skin What does the "Danger Zone" temperature range refer to in food safety? a) A place to store cleaning supplies b) A temperature range where bacteria multiply rapidly c) A safe temperature for cooking all foods d) A zone for storing allergenic ingredients Answer: b) A temperature range where bacteria multiply rapidly How should you store raw meat in the refrigerator to prevent cross-contamination? a) On the top shelf b) In a sealed container c) On the bottom shelf d) Next to cooked vegetables Answer: c) On the bottom shelf Correct Answer Explanation Cooking food to a safe internal temperature is crucial for eliminating harmful bacteria that can cause foodborne illnesses. Different types of food require specific temperatures to ensure safety; for example, poultry should reach at least 165°F (74°C). Using a food thermometer allows for accurate measurement, reducing the risk of undercooking. This practice not only protects health but also prevents outbreaks of diseases like salmonella or E. coli, which can result in severe gastrointestinal issues. Understanding the importance of internal cooking temperatures is a key aspect of food safety that every food handler must prioritize. Correct Answer A. Clean the wound and cover it with a bandage Explanation If you cut yourself while preparing food, you should immediately clean the wound with soap and water to remove any dirt and bacteria. After cleaning, cover the cut with a clean bandage to protect it from infection and to prevent any blood or bacteria from contaminating the food. If the cut is severe, seek medical attention. It's important to practice good hygiene to ensure the safety of the food being prepared. Correct Answer Explanation If food is suspected of being contaminated, the safest action is to throw it away. Tasting or smelling the food can lead to serious health risks, as some bacteria and toxins do not alter the food's appearance, smell, or taste. Cooking may not eliminate all pathogens, particularly those that produce heat-resistant toxins. Food safety guidelines emphasize that when in doubt, it's best to err on the side of caution. This preventive measure protects individuals from foodborne illnesses, which can result in severe health consequences. Correct Answer A. Wash with soap and hot water Explanation Washing cutting boards with soap and hot water after using them for raw meat is crucial for preventing cross-contamination. Bacteria from raw meat can linger on surfaces and transfer to other foods, leading to foodborne illnesses. Using hot, soapy water effectively removes bacteria and reduces the risk of contamination. Additionally, sanitizing the cutting board with a solution of bleach and water can further ensure safety. This practice is vital in maintaining a hygienic kitchen environment and protecting the health of consumers. Correct Answer Explanation Eggs should be stored in the refrigerator to ensure safety because they are highly perishable and can harbor harmful bacteria like Salmonella. Keeping eggs at a temperature of 40°F (4°C) or below slows bacterial growth and maintains their freshness. Storing them on the refrigerator shelf, rather than the door, helps ensure a consistent, cooler temperature. Additionally, properly refrigerating eggs prevents cross-contamination with other foods and reduces the risk of foodborne illnesses. This practice is essential for safe food handling, particularly in homes and commercial kitchens. Correct Answer Explanation Poultry, such as chicken and turkey, must be cooked to an internal temperature of 165°F (74°C) to ensure it is safe to eat. Cooking to this temperature kills harmful bacteria that can cause foodborne illnesses. Using a food thermometer to check the temperature in the thickest part of the meat helps confirm it has reached the safe temperature. Cooking poultry to the correct temperature is a key step in food safety to protect against illnesses like salmonella and campylobacter. Correct Answer Explanation The safest way to thaw frozen food is in the refrigerator. This method keeps the food at a safe temperature while it defrosts, preventing the growth of harmful bacteria. Other safe methods include thawing in cold water (changing the water every 30 minutes) and using the microwave. Thawing food on the countertop at room temperature can cause parts of the food to reach unsafe temperatures, leading to bacterial growth. Correct Answer A. Calibrate it periodically Explanation To ensure a food thermometer is accurate, it is essential to calibrate it periodically, especially when used frequently. Calibration involves adjusting the thermometer to reflect accurate temperatures, typically using boiling water or ice water as benchmarks. An inaccurate thermometer can lead to undercooked food, posing health risks associated with foodborne illnesses. Regularly checking and calibrating thermometers ensures they provide reliable readings, enabling safe cooking practices. This step is crucial in maintaining food safety standards in both home and commercial kitchens. Correct Answer Explanation Leftovers can safely remain at room temperature for a maximum of 2 hours. If the temperature exceeds 90°F (32°C), this time is reduced to just 1 hour. After this period, bacteria like Staphylococcus aureus can multiply to dangerous levels, posing a significant risk of foodborne illness. To minimize this risk, it's important to refrigerate or freeze leftovers promptly after cooking. Understanding these time limits helps food handlers maintain a safe food environment and encourages practices that protect public health. Correct Answer Explanation Raw meat should be stored on the bottom shelf of the refrigerator. This prevents any juices from the raw meat from dripping onto other foods and causing cross-contamination. Cross-contamination can lead to the spread of harmful bacteria, which can cause foodborne illnesses. Keeping raw meat on the bottom shelf and in sealed containers helps maintain a safe and hygienic kitchen environment. Correct Answer Explanation Your refrigerator should be set to 40°F (4°C) or below to keep food safe. At this temperature, bacterial growth is slowed down, helping to preserve the freshness and safety of your food. Use a refrigerator thermometer to check and maintain the correct temperature. Keeping your fridge at the right temperature is a key step in preventing foodborne illnesses and ensuring that perishable items stay safe to eat. Correct Answer A. Rinse under running water Explanation To clean fruits and vegetables before eating, rinse them thoroughly under running water. This helps remove dirt, bacteria, and pesticides from the surface. There is no need to use soap or special washes. For firm produce like cucumbers or potatoes, you can use a clean brush to scrub the surface. Properly washing fruits and vegetables reduces the risk of foodborne illnesses and ensures that they are safe to eat. Correct Answer Explanation Poultry, such as chicken and turkey, must be cooked to an internal temperature of 165°F (74°C) to ensure it is safe to eat. Cooking to this temperature kills harmful bacteria that can cause foodborne illnesses. Using a food thermometer to check the temperature in the thickest part of the meat helps confirm it has reached the safe temperature. Cooking poultry to the correct temperature is a key step in food safety to protect against illnesses like salmonella and campylobacter. Correct Answer Explanation Poultry requires the highest cooking temperature for safety due to its susceptibility to harmful bacteria such as Salmonella and Campylobacter. Cooking poultry to an internal temperature of 165°F (74°C) ensures that these bacteria are killed, significantly reducing the risk of foodborne illness. Unlike other meats, which can be safely consumed at lower temperatures, poultry poses a greater risk if not cooked thoroughly. This understanding emphasizes the importance of using a food thermometer to verify the internal temperature, ensuring that poultry dishes are safe for consumption. Correct Answer A. Before and after handling food Explanation You should wash your hands both before and after handling food. This helps prevent the spread of bacteria and other pathogens that can cause foodborne illnesses. Washing hands with soap and water for at least 20 seconds is important, especially after touching raw meat, eggs, or seafood. Proper hand hygiene is one of the simplest and most effective ways to ensure food safety and protect your health. Correct Answer Explanation The most effective way to prevent foodborne illnesses is to wash hands regularly, especially before and after handling food. Proper handwashing with soap and water for at least 20 seconds removes dirt, bacteria, and viruses that could contaminate food. This practice is critical after handling raw meats, eggs, or seafood, which are common sources of harmful pathogens. Promoting good hand hygiene among food handlers significantly reduces the risk of cross-contamination and ensures safer food preparation, thus protecting public health. Correct Answer A. Transfer of harmful bacteria from one food to another Explanation Cross-contamination occurs when harmful bacteria are transferred from one food or surface to another. This can happen through direct contact, such as placing cooked food on a plate that held raw meat, or through indirect contact, like using the same cutting board for raw chicken and vegetables. To prevent cross-contamination, use separate cutting boards and utensils for raw and cooked foods, and always clean surfaces thoroughly after use. Correct Answer A. By smell, appearance, and taste Explanation Leftovers can go bad if they are not stored properly or kept for too long. You can usually tell if leftovers have spoiled by their smell, appearance, and taste. If the food smells off, looks discolored, or has an unusual taste, it is best to throw it away. Eating spoiled food can cause foodborne illnesses. To ensure safety, store leftovers in the refrigerator within 2 hours of cooking and consume them within 3-4 days. Correct Answer A. Refrigerate it in a deep container Explanation To cool down hot food safely, the best practice is to place it in a deep container and refrigerate it immediately. This method allows the food to cool quickly and evenly, minimizing the risk of bacterial growth. Leaving food out at room temperature can cause it to remain in the "danger zone" (between 40°F and 140°F) for too long, where bacteria multiply rapidly. The goal is to reduce the food's temperature to below 40°F (4°C) within two hours. Proper cooling is essential to prevent foodborne illnesses and ensure safe food storage. Quiz Review Timeline (Updated): Dec 6, 2024 + Our quizzes are rigorously reviewed, monitored and continuously updated by our expert board to maintain accuracy, relevance, and timeliness. Dec 06, 2024 Quiz Edited byProf/Profs Editorial Team Jul 01, 2009 Quiz Created byNorma Maure Food safety plays a critical role in safeguarding public health. Contaminated or unsafe food can lead to foodborne illnesses, causing various health issues such as food poisoning, gastrointestinal infections, and even long-term health complications. By implementing food safety measures, the risk of these illnesses can be significantly reduced. Proper food safety practices, including handling, storage, and preparation, help prevent the growth and spread of harmful microorganisms such as bacteria, viruses, and parasites that can contaminate food. This reduces the occurrence of foodborne diseases and their associated consequences. Ensuring food safety helps build consumer trust and confidence in the food industry. When consumers have confidence in the safety of the food they consume, they are more likely to make informed choices and maintain a positive perception of food products and establishments. Adhering to food safety standards and regulations is not only important for public health but also a legal requirement in many jurisdictions. Compliance with these regulations helps businesses avoid legal issues, penalties, and potential damage to their reputation. Article overview Part 1: OnlineExamMaker AI quiz generator – save time and efforts What’s the best way to create a food safety quiz online? OnlineExamMaker is the best AI quiz making software for you. No coding, and no design skills required. If you don’t have the time to create your online quiz from scratch, you are able to use OnlineExamMaker AI Question Generator to create question automatically, then add them into your online assessment. What is more, the platform leverages AI proctoring and AI grading features to streamline the process while ensuring exam integrity. Key features of OnlineExamMaker: ● Combines AI webcam monitoring to capture cheating activities during online exam. ● Allow the quiz taker to answer by uploading video or a Word document, adding an image, and recording an audio file. ● Automatically scores multiple-choice, true/false, and even open-ended/audio responses using AI, reducing manual work. ● OnlineExamMaker API offers private access for developers to extract your exam data back into your system automatically. Part 2: 30 food safety quiz questions & answers 1. Which of the following is a foodborne illness caused by bacteria? a) Influenza b) Salmonella c) Malaria d) Allergic reaction Answer: b) Salmonella 2. What is the recommended minimum internal cooking temperature for poultry? a) 120°F (49°C) b) 140°F (60°C) c) 165°F (74°C) d) 180°F (82°C) Answer: c) 165°F (74°C) 3. Which of the following is NOT a potential food safety hazard? a) Cross-contamination b) Temperature abuse c) Proper handwashing d) Food allergens Answer: c) Proper handwashing 4. What is the temperature danger zone for food? a) 32°F to 40°F (0°C to 4°C) b) 41°F to 50°F (5°C to 10°C) c) 51°F to 60°F (11°C to 16°C) d) 41°F to 135°F (5°C to 57°C) Answer: d) 41°F to 135°F (5°C to 57°C) 5. What is the proper way to thaw frozen meat? a) Leave it on the kitchen counter overnight b) Thaw it in hot water c) Thaw it in the refrigerator d) Cook it directly from frozen Answer: c) Thaw it in the refrigerator 6. Which of the following is an example of a physical food hazard? a) Bacteria b) Mold c) Broken glass d) Chemical residues Answer: c) Broken glass 7. What is the recommended method for extinguishing a grease fire in the kitchen? a) Pour water on it b) Smother it with a wet cloth c) Use a fire extinguisher d) Blow on it Answer: c) Use a fire extinguisher 8. How often should food handlers wash their hands? a) Only after using the restroom b) Before and after handling raw food c) Once a day d) Only when visibly dirty Answer: b) Before and after handling raw food 9. What is the maximum amount of time that perishable food should be left at room temperature? a) 2 hours b) 4 hours c) 6 hours d) 8 hours Answer: a) 2 hours 10. What is the primary cause of food spoilage? a) Cross-contamination b) Insufficient cooking c) Time and temperature abuse d) Improper storage Answer: c) Time and temperature abuse 11. Which government agency is responsible for setting and enforcing food safety regulations in the United States? a) FDA (Food and Drug Administration) b) USDA (United States Department of Agriculture) c) CDC (Centers for Disease Control and Prevention) d) WHO (World Health Organization) Answer: a) FDA (Food and Drug Administration) 12. What is the proper way to handle and store raw meat to prevent cross-contamination? a) Keep it in the same container as ready-to-eat food b) Store it above cooked foods in the refrigerator c) Use separate cutting boards and utensils for raw meat d) Rinse it with water before cooking Answer: c) Use separate cutting boards and utensils for raw meat 13. Which of the following is an example of a chemical food hazard? a) Salmonella b) Listeria c) Pesticide residue d) Mold spores Answer: c) Pesticide residue 14. What is the proper way to cool cooked food for storage? a) Leave it at room temperature until it cools down b) Refrigerate it immediately c) Place it in a covered container and then refrigerate d) Freeze it as soon as possible Answer: c) Place it in a covered container and then refrigerate 15. Which food safety principle emphasizes keeping food out of the temperature danger zone as much as possible? a) Proper handwashing b) Cross-contamination prevention c) Time and temperature control d) Personal hygiene practices Answer: c) Time and temperature control Part 3: Download food safety questions & answers for free 16. What is the recommended minimum internal cooking temperature for ground beef? a) 120°F (49°C) b) 140°F (60°C) c) 165°F (74°C) d) 180°F (82°C) Answer: c) 165°F (74°C) 17. What is the proper way to store leftovers in the refrigerator? a) Leave them uncovered to cool down faster b) Store them in shallow containers c) Mix hot and cold food together in one container d) Keep them at room temperature for a few hours before refrigerating Answer: b) Store them in shallow containers 18. Which of the following is an example of a biological food hazard? a) Broken glass b) Chemical residues c) Allergens d) E. coli bacteria Answer: d) E. coli bacteria 19. What is the proper temperature for refrigerator storage? a) 32°F (0°C) b) 41°F (5°C) c) 50°F (10°C) d) 60°F (16°C) Answer: b) 41°F (5°C) 20. How often should food establishments sanitize food contact surfaces? a) Once a day b) Once a week c) After each use d) Only when visibly dirty Answer: c) After each use 21. Which of the following is an example of a common food allergen? a) Salt b) Sugar c) Soy d) Garlic Answer: c) Soy 22. What is the purpose of HACCP (Hazard Analysis and Critical Control Points)? a) Prevent cross-contamination in food establishments b) Monitor food temperature during transportation c) Identify and control food safety hazards d) Ensure proper labeling of food products Answer: c) Identify and control food safety hazards 23. What is the recommended maximum temperature for hot-holding prepared food? a) 120°F (49°C) b) 140°F (60°C) c) 165°F (74°C) d) 180°F (82°C) Answer: b) 140°F (60°C) 24. What is the primary source of Campylobacter contamination in food? a) Raw poultry b) Raw beef c) Fresh produce d) Shellfish Answer: a) Raw poultry 25. Which of the following is an example of a physical food hazard? a) Listeria bacteria b) Allergens c) Glass fragments d) Pesticide residues Answer: c) Glass fragments 26. How often should food establishments train their employees on food safety practices? a) Once a year b) Every six months c) Every three months d) Upon hiring and regularly thereafter Answer: d) Upon hiring and regularly thereafter 27. What is the purpose of FIFO (First-In, First-Out) in food storage? a) Prevent cross-contamination b) Ensure proper cooking temperatures c) Minimize food waste d) Control chemical hazards Answer: c) Minimize food waste 28. Which of the following is an example of a common symptom of foodborne illness? a) Headache b) Hiccups c) Dizziness d) Abdominal cramps Answer: d) Abdominal cramps 29. What is the proper way to handle food when serving customers? a) Use bare hands to pick up food items b) Wear gloves at all times c) Use utensils or single-use gloves d) Touch food with unwashed hands Answer: c) Use utensils or single-use gloves 30. What is the recommended minimum internal cooking temperature for fish and seafood? a) 120°F (49°C) b) 140°F (60°C) c) 165°F (74°C) d) 180°F (82°C) Answer: c) 165°F (74°C) Related Posts