



Food Safety Quiz

1. You've thawed a package of chicken breasts in the refrigerator for tonight's dinner, but you accept a last minute invitation from a friend to go out to eat instead. What's the fastest and easiest thing to do with the chicken, while still being food safe?
 - a. Cook the chicken, whip up a couple of side dishes, and a chocolate soufflé, and invite your friend to come to your house for dinner instead of going out.
 - b. Cook the chicken thoroughly and then refreeze it.
 - c. Put the package of raw chicken back in the freezer. Because the chicken was thawed in the refrigerator, you can safely refreeze it to use another day without cooking it first.

2. You're broiling steaks. They're nicely browned, but you're not sure if they're done. What is a reliable and food safe way to test for doneness?
 - a. Check the thickest part of each steak with a food thermometer to see if a safe internal temperature has been reached.
 - b. Check the clock and gauge doneness based on time the steaks have been under the broiler.
 - c. Press each steak gently with your fingertips. If the steak feels very hot to the touch, then it's ready to eat.
 - d. Take a bite of one of the steaks. If it looks and tastes good, then it's done.
 - e. All of the above are reliable, easy, and food safe ways to test for doneness.

3. Does food cooked or reheated in a microwave oven need to be checked with a food thermometer to determine if it is safe to eat?

- a. That's why it's called "nuking" -- the microwaves actually zap any bacteria or viruses in the food, so it's not necessary to heat the food to a specific internal temperature as checked with a food thermometer.
 - b. Yes, you need to check with a food thermometer in several spots to make sure a safe internal temperature has been reached. It's the heat generated by the microwaves -- not the microwaves themselves -- that kill bacteria and viruses.
 - c. As long as the food is allowed to stand according to package directions after the microwave cooking or reheating time, it's not necessary to check the temperature with a food thermometer.
4. If bagged lettuce or greens are labeled "washed," "ready-to-eat," or "triple washed," does that mean they're safe to eat as they are -- or should you give them a rinse off under cool running water as an extra precaution?
- a. The greens were thoroughly cleaned before they went into the bag. No further rinsing is necessary or recommended because you might end up contaminating the greens with germs.
 - b. You should always rinse pre-washed, bagged greens before eating if you're in a high risk group for getting a foodborne illness.
 - c. You should always rinse pre-washed, bagged greens before eating them *even* if you're not at high risk for getting a foodborne illness.
 - d. You should always rinse off pre-washed, bagged greens unless you're putting an oil-based dressing on them. The oil in the dressing will coat any bacteria and suffocate them.

