

MYTHBUSTERS 2011 QUIZ

1. **You're cooking for a party in a friend's kitchen while she runs to the grocery store to get more supplies. You need a cutting board and you notice there's a plastic one sitting out on the counter. It looks clean enough, but you know your friend isn't exactly a clean freak. What should you do next?**
 - a. Go ahead and use the cutting board as is or the food won't be ready in time for the party.
 - b. Because the cutting board is made of plastic and not wood (which can hold on to harmful bacteria), you can go ahead and use it after just a quick rinse under running tap water.
 - c. Regardless of what a cutting board is made of, it could have bacteria on it if it wasn't properly cleaned and sanitized after the last time it was used. Make sure to wash the cutting board in hot water and soap before using it.
 - d. The safest approach is to skip the cutting board completely and cut the food on the kitchen counter.

2. **You often choose organic, locally grown foods when you shop at the grocery store. One of the advantages of these foods is:**
 - a. Organically-grown means the food was grown without synthetic pesticides or synthetic fertilizers.
 - b. Organically-grown means you can't get a foodborne illness from it.
 - c. Organically-grown means if there's no visible dirt on the food, it's perfectly safe to eat.
 - d. Organically-grown means the farmer played organ music in his garden during growing season.

3. **You like to eat hamburgers rare, but you know that could be a food safety risk. The best way to kill harmful bacteria and reduce your risk of foodborne illness is:**
 - a. Put the raw hamburger meat in the freezer until solid, then thaw slowly in the refrigerator and cook to an internal temperature of 130° F. Bacteria can't survive being frozen.
 - b. If you want to eat rare hamburgers, you should grind your own meat at home to reduce the risk of foodborne illness. Then, cook until the center of the hamburger registers 130° F as checked by a food thermometer.

- c. Cooking hamburger to a proper internal temperature (160°F) is the best way to reduce the risk of getting sick. Consuming undercooked hamburgers is never recommended.
- d. To reduce the risk of foodborne illness from a rare hamburger, preheat the pan to a very high temperature. Sear the burger quickly on both sides. Cover the pan for two minutes to steam bacteria to death.

4. People who adhere to a vegetarian diet:

- a. Run the risk of turning green.
- b. Can't get a foodborne illness like people who eat meat.
- c. Need to handle and store foods properly to reduce their risk of getting a foodborne illness, no matter what their diet is.
- d. Try to avoid eating plant-based meals.