

MYTHBUSTERS 2010 QUIZ

1. You took an apple out of the refrigerator and you plan to peel it. What should you do next?
 - a. With a clean, sharp knife, carefully cut away the peel.
 - b. Get out a clean plate to put the apple on after it's peeled.
 - c. Wash the apple with the skin on under cool, running water before peeling it.
 - d. Decide if you have enough apples to make a pie. If so, begin rolling out pie crust.

2. If refrigerated leftovers don't have a bad smell ...
 - a. They still may not be OK to eat because many harmful bacteria that can cause foodborne illness don't make food smell.
 - b. The leftovers are OK to eat, cold or hot.
 - c. The leftovers are OK to eat as long as you heat them to an internal temperature of 165° F as checked with a food thermometer.
 - d. The leftovers are OK to eat as long as you have a strong stomach.

3. Why do package directions on microwaveable foods include a stand time? (For example, "Cook in microwave on high for 4 - 6 minutes. Let stand for 2 minutes.")
 - a. The stand time is so the food can cool a bit and you don't burn yourself.
 - b. The stand time is so you'll have time to set the table before eating.
 - c. The stand time lets the heat evenly distribute throughout any cold spots left by the microwave, so that bacteria can be killed.
 - d. The stand time is just a suggestion for people who have older microwaves that might not heat as evenly as newer models.

4. When sanitizing a kitchen counter to kill harmful bacteria, it's best to use a solution of water and unscented liquid bleach, mixed in what proportions?
 - a. 1 tablespoon unscented liquid bleach to 1 gallon water.
 - b. 1 cup unscented liquid bleach to 1 gallon water.

- c. Unless raw meat juices have been on your countertop, it isn't necessary to use anything more than plain water and a little liquid detergent.
- d. Use your own judgment about how much bleach to use by following the guideline that more bleach means more bacteria will be killed.