

HOME FOOD SAFETY MYTHBUSTERS

True/False Food Safety Quiz 2013

1: True or False? _____

It's ok for adults to sneak a spoonful of raw cookie dough.

2: True or False? _____

Microwaves are so easy to use; you don't have to read the package instructions to make safe food.

3: True or False? _____

It's not enough to put hands under running water. You need to use water AND soap to send harmful bacteria down the drain.

4: True or False? _____

If produce comes in a package, then it is safe to eat as is.

ANSWER KEY

1: FALSE

No one of any age should eat raw cookie dough or cake batter because it could contain germs that cause illness.

2: FALSE

Following package instructions is an important way to make sure your food is safely prepared. "Heat and eat" foods need to be heated to a safe internal temperature as measured by a food thermometer.

3: TRUE

Rubbing hands with running water and soap is the best way to get germs off of your hands.

4: FALSE

Just because produce is wrapped, it doesn't mean it's ready to eat as is. It might require a "clean" step. Read the label of the product to make sure it says: "ready-to-eat," "washed," or "triple washed."