

Safer Food Preparation and Cooking

Post Test – December 2015

Please keep this test and certificate in your files for Licensing.

You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands the some important tips for safer food preparation in the kitchen and safe cooking temperatures/times.

1. Participants who received food safety educational material developed by USDA before participation in the study showed lower levels of cross-contamination than did the control group.
True or False
2. The _____ was the number one source of cross contamination.
3. They became contaminated because participants in the study used them to dry hands that were not washed properly. The towels were then used to dry or wipe hands multiple times allowing the bacteria to spread.
True or False
4. Washing your hands with _____ and water should be done when you start cooking, after handling raw meat, raw meat packaging, and raw eggs, and after throwing away trash.
5. As tempting as it is to just run your hands under water to remove the visible food particles on your hands, you are not removing the more dangerous bacteria. To remove bacteria you need both soap and water and the _____ of rubbing hands together with soap.
6. Dish towels should be washed frequently in the cold cycle of your washing machine. This will remove the bacteria that have taken up residence on your cloth towel.
True or False
7. _____ towels should be used once and then thrown out so as to avoid spreading bacteria to other surfaces.
8. Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.
True or False
9. All poultry, casseroles, and leftovers should be cooked to a minimum internal temperature of _____.
10. Fresh beef, veal, lamb, pork, and raw ham should be cooked to a minimum internal temperature of 145 degrees with _____ minutes of rest time.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

December 2015: Safer Food Preparation and Cooking

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

SOUTHWEST HUMAN DEVELOPMENT SERVICES
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