

1. Name four germy places/things in the kitchen.
2. Explain how to preheat an oven.
3. Place the following Handwashing steps in order:

	Apply antibacterial soap.
	Dry hands and shut off faucet with towel
	Lather and wash for at least 15-20 seconds
	Wet hands with hot water
	Rinse both sides of hands with hot water

4. What should you use to dry your hands? Where should you scrub your hands when washing them.
5. Why shouldn't you use the same towel to dry both your dishes and your hands?
6. Explain Mrs. Baker's tardy policy and participation point policy.
7. While in the kitchen you should always follow the 4 C's. Describe each of them.

Clean	
Contain	
Cook	
Chill	

8. Explain three instances when it is important to re-wash your hands in the kitchen.
9. What is the temperature danger zone and how long can foods stay there before they need to be discarded?
10. Define cross contamination:
11. What are three ways to prevent cross-contamination?
12. List three examples of barriers between yourself and food.
13. When should gloves be worn?

14. Explain the difference between cook time and kitchen timer.

15. Describe the three types of contaminants:

Physical	
Biological	
Chemical	

16.

Foodborne Illness	Common Foods Implicated/Causes	Symptoms
E. Coli		
Salmonella		
Staphylococcus		
Campylobacter Jejuni		
Botulism		
Listeria		
Clostridium Perfringens		

17. How soon can a person start showing symptoms of foodborne illness after eating contaminated food?

18. Is foodborne illness always the result of the last food you ate? Why or why not?

19. Name two groups of people who are likely to be affected by foodborne illnesses. Describe why these people are more susceptible.

20. What order should the following be done: apron on, hair up, hands washed?

21. Where should raw meat be held in the refrigerator? Why?

22. How long can leftovers be kept? _____