

1. What are the four germiest surfaces in the workplace?
2. How many bacteria can be found in a sponge? Why is this problematic?
3. Out of the top 12 germiest spots, which one surprises you the most? Why?
4. 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

5. What should you use to dry your hands?
6. Why shouldn't you use the same towel to dry both your dishes and your hands?
7. Where should you scrub when washing your hands?
8. You should wash your hands for at least 15-20 seconds. That is about the time it takes to sing which songs?
9. While in the kitchen you should always follow the 4 C's. Describe each of them.

Clean	
Contain	
Cook	
Chill	

10. Define the temperature danger zone.
11. What is the temperature danger zone and how long can foods stay there before they need to be discarded?
12. What are three ways to prevent cross-contamination?
13. List three examples of barriers between yourself and food.

14. When should gloves be worn?

15. What are ready to serve foods?

16. List the three most common causes of cross-contamination:

17. Describe the three types of contaminants:

Physical	
Biological	
Chemical	

18. What three infectious organisms are the most common causes of foodborne illness?

19. Define bacteria.

20. What is a pathogen?

21. What are the four most common causes of foodborne illness?

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

23. What are common symptoms of foodborne illness?

24. Describe why each of the following groups are at a higher risk for foodborne illness.

Elderly	
Pregnant Women	
Infants and Young Children	
People with a Chronic Disease	