



— food bank —

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Food Safety Quiz

Individual Name (AND phone or email): _____

Agency Name and ID #: _____

Date: _____

(More than one person from each partner agency can be certified. **Each** person should complete a separate quiz, including putting their name and agency information on the front page.)

Submit your completed quiz to Bob Stacy:

Fax: 765-287-2036

Email: bstacy@curehunger.org

Or mail to the address above.

Your quiz will be reviewed; upon successful outcome (80% or more of answers correct), a two-year Food Safety Certificate will be sent to you. **Please provide complete and clear answers.**



From the link below, view each of the 6 videos identified by subject below, and answer the questions for that segment. (You will probably want to stop the video occasionally while you write answers. Also, for your convenience, in each topic section, there is a specific link just for that topic.)

(Appreciation to Greater Pittsburgh Community Food Bank for use of its training material.)

https://www.youtube.com/watch?v=GDsaV0QFAWU&list=PLi2SBbWPIfjff6CilaNYCRqK_YwCkMbke
(produced 4/7/2015)

Food Safety Hazards (video time: 10:10)

https://www.youtube.com/watch?v=oosN3jms0Y8&index=2&list=PLi2SBbWPIfjff6CilaNYCRqK_YwCkMbke

- 1) Why is it unsafe to add to, process, repackage, or otherwise alter foods between receiving and distributing them?

2) Food contamination can occur in several ways. Describe FOUR best practices to *minimize* risk of contamination:

3) True / False (write T or F in EACH blank):

- ___ If bugs are found in one item of food, do not bother to check other foods because they probably did not get into other items.
- ___ If you find bugs, it is okay to spray the shelf storage area with an insecticide.
- ___ Sugar and protein are among the favorites of bacteria.
- ___ Slightly blemished food items are safer to distribute than produce that has been cut.

4) Using the acronym FATTOM, list at least 3 of the 6 conditions needed for bacteria growth:

5) List the range of the Temperature Danger Zone AND explain why it is such a hazard.

6) What is the most effective means of preventing bacteria growth?

Bacteria (video time: 6:38)

https://www.youtube.com/watch?v=UhBAANQoINM&list=PLi2SBbWPIfjff6CilaNYCRqK_YwCkMbke&index=3

1) True / False (write T or F in EACH blank):

- ___ At least 10% of bacteria are the type likely to sicken a person.
- ___ The vast majority of bacteria are safe, and some may help improve taste and quality of foods.
- ___ Every year, 48 million people contract a food borne illness, and 3,000 of them die.
- ___ At least 23,000 people die each year due to overuse of antibiotics in growing and producing food.
- ___ Use of antibiotics in raising livestock has led to much safer health conditions for us all.

2) The following may result in food contamination from animal excrement (place an "x" in one blank):

- Open ventilation window
- Leaky roof
- Foods set out and left uncovered for patron selection
- All of above
- None of above; these conditions are all harmless

3) If a devoted volunteer comes in to help during food distribution times but is showing signs of illness (place an "x" in one blank):

- Have him/her work at the intake desk
- Ask the person to be a carry-out helper
- Ask the person to not stay, but rather, come back when feeling better

4) WHY are each of the following population groups at greater risk of health complications if exposed to contaminated food?

Undernourished: _____

Young children: _____

Elderly: _____

Time-Temperature Control & Avoiding Cross Contamination: (video times: 3:12 & 4:24)

(Questions combined for 2 video segments)

https://www.youtube.com/watch?v=QyxUT6xVnFk&index=4&list=PLi2SBbWPIfjff6CilaNYCRqK_YwCkMbke **AND**

https://www.youtube.com/watch?v=bff16q-J1iI&list=PLi2SBbWPIfjff6CilaNYCRqK_YwCkMbke&index=5

1) True / False (write T or F in EACH blank):

- Bacteria can double in numbers every 15-20 minutes.
- Frozen foods should be kept completely frozen during receipt, storage and distribution.

2) Describe THREE ways to best keep foods cold or cool while transporting or distributing them:

3) Describe FOUR ways to avoid food contamination when transporting, preparing or distributing items:

4) Describe THREE practices to promote and assure good handwashing:

Allergies and Food Intolerances: (video time: 4:13)

https://www.youtube.com/watch?v=7WB5voQxrGs&list=PLi2SBbWPlfjff6CilaNYCRqK_YwCkMbke&index=6

1) Name THREE of the 8 most common ingredients that can result in allergic reactions.

2) Describe THREE suggestions to reduce exposure to possible allergens:

Identifying Safe Food Sources: (video time: 5:48)

https://www.youtube.com/watch?v=fJiCYGth2GY&list=PLi2SBbWPlfjff6CilaNYCRqK_YwCkMbke&index=7 or
https://www.youtube.com/watch?v=fJiCYGth2GY&index=7&list=PLi2SBbWPlfjff6CilaNYCRqK_YwCkMbke

1) True / False (write T or F in the blank):

_____ Food should always be removed from the shelf by the date stamped on the container.

2) Describe TWO conditions on a food container that indicate it may not be safe:

3) When offered donations:

a) List TWO kinds of food or other offers that are safe to accept.

b) List TWO kinds of food that should NOT be accepted.
