

Name _____ Class Period _____ Score _____ /50

Food Safety & Sanitation Worksheet

Chapters 5 & 6 of *Food, Nutrition, & Wellness*



Directions: Please read each statement or question carefully before filling in the blank or answering. Each blank is worth 1 point.

Chapter 5 “Food Safety and Sanitation”

Reading Guide - Page 65

1. From farm to table, food requires proper _____.
Cleanliness and proper storage are important, as well as keeping food at safe temperatures.

What is Foodborne Illness? - Pages 66-68

2. You can avoid most foodborne illness by _____ food properly.
3. Foodborne illness is caused by _____ food.
4. You will usually not get sick if you eat only _____ amounts of harmful bacteria.
5. What foodborne bacteria live in unpasteurized milk? List 2 of the 4.

6. What are two possible symptoms you may have with a foodborne illness?

Keep Food Clean - Pages 69-70

7. What is meant by sanitation? _____
8. To avoid getting sick, _____ your hands properly.
9. What is one way you can avoid the spreading bacteria?

10. What is one way to keep the kitchen clean?

Avoid Cross-Contamination - Page 70

11. What is **cross-contamination**? _____

12. What is one thing you can do to avoid cross-contamination? _____

Store Food Safely - Pages 71-74

13. What is one suggestion you can follow for keeping food safe when you shop?

14. Which type of foods should be put away first? _____

15. Your freezer should be at _____ degrees F or less.

16. The best temperature range for your refrigerator is 32 to _____ F.

17. The **danger zone** temperature range at which bacteria grows fastest is _____ to _____ F. (1 point)

18. Dry storage should be clean, dry, dark, and _____.

Control Food Temperature - Pages 74-76

19. Never thaw food at _____ temperature.

20. One good place to thaw food is in _____.

21. To kill harmful bacteria, cook food until it is warm enough on the _____.

22. Keep hot foods _____ and cold foods _____.

Remember: When in doubt, throw it out!



Chapter 6 “Kitchen Safety”

Reading Guide - Page 81

1. Kitchen safety means preventing burns, cuts, falls, electrical shocks, choking, and poisoning. If accidents happen, you need to be prepared to take _____ action.

How to Prevent Accidents - Pages 82-85

2. You can prevent most kitchen _____.
3. Most kitchen accidents happen because people are being _____.
4. There are three basic rules to avoid injury in the kitchen:
 - A. Keep _____, loose clothing, jewelry, or apron strings from dangling.
 - B. Pay attention to your _____.
 - C. Use the right _____ for each job.
5. **To prevent cuts**, remember that _____ knives are safer than dull ones because you have to push harder on the blade of a dull knife which may cause the knife to slip.
6. Always cut _____ from yourself.
7. Wash knives _____ from other dishes.
8. To cut safely, use the _____ knife for the job.
9. **To prevent falls**, be sure to _____ up spills immediately.
10. To avoid an **electrical shock**, _____ appliances before cleaning them.
11. If someone else gets shocked, do not _____ them until it is safe.
12. To **prevent burns and fires**, keep equipment _____.
13. Keep a fire _____ nearby and learn how to use it.
14. **To prevent poisoning**, keep _____ away from pesticides.
15. Keep household chemicals in their original _____.
16. If someone is poisoned, call the _____.



How to Handle Kitchen Emergencies - Pages 85-86

17. It is important to be prepared in case an _____ happens.
18. Follow these five steps to be prepared to handle accidents:
- A. Keep emergency telephone numbers by the _____.
 - B. Keep a _____ kit nearby.
 - C. Have an _____ plan in case of a fire.
 - D. Learn the _____ maneuver in case someone is choking.
 - E. Learn _____ to restart someone's breathing and heartbeat.
19. When **putting out a kitchen fire**, never use _____ on a grease fire.
20. _____ if the fire seems out of your control. (Call 911 is **NOT** the answer!)

