

Date \_\_\_\_\_

Name \_\_\_\_\_

## **Foods Lab Safety Test**

1. What must we always cut on when working in the foods lab? (1 mark)

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2. How do we carry a knife in the foods lab? (2 marks)

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3. What must you do with your fingers when using a knife? ( 1 mark)

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4. Why is it important to always cook ground beef to well done? (3 marks)

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5. List three ways that a product can become contaminated. ( 3 marks)

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6. Why must pot handles always be turned inward on the stove? (1 mark)

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7. What temperature does water boil at? (1 mark)

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8. What is the danger zone? Describe it and include specific temperatures. (3 marks)

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9. What is the procedure for handling small spills in the kitchen? (1)

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10. What is the procedure for handling large spills in the kitchen? (2)

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11. What must you do before entering the kitchen lab? (3 marks)

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12. What is e-coli and how do we combat it in the kitchen? (2 marks)

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13. How can we ensure that a chicken is safe to eat? (2 marks)

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14. How do we keep a cutting board from slipping as we cut on it?

(1 mark)

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15. A sharp knife is safer than a dull knife. Explain. ( 1 mark)

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16. What is cross-contamination? Give an example. ( 2 marks)

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17. What do we say when we are moving behind someone with:

(1 mark each)

A sharp object with a knife \_\_\_\_\_

A Hot pot or pan \_\_\_\_\_

When turning with a pot, pan or knife \_\_\_\_\_

18. How do we put out a grease fire? (3 marks)

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19. What do we do in the event of a cut or burn? (2 marks)

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20. What must you do before you enter the lab if you have a cut? (1 mark)

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21. What do you do if your clothes catch on fire? (3 marks)

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22. What do you do if someone else's clothes catch on fire? (2 marks)

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23. Where is the fire extinguisher located in the room? ( 1 mark)

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24. What is the emergency phone number? (1 mark)

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25. How do you take the lid off of a pot to prevent a burn? ( 1 mark)

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26. What is a bio-therm? What do we use it for? ( 2 marks)

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27. Why is it not safe to cook pork in a microwave? ( 1mark)

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28. Place the following ingredients safely back into the fridge. (5 marks)

Raw chicken. Cooked Chicken. Raw Shrimp. Lettuce.

Raw Beef Tenderloin.

29. List four times you should wash your hands. (4 marks)

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30. Describe the proper dress code in the kitchen.

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31. What does H.A.C.C.P. stand for? (1 mark)

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32. How long can food stay in the danger zone? (1 mark)

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33. When dealing with the danger zone. What is meant by the term “cumulative” ? (1 mark)

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34. If we received chicken breasts (frozen) from our supplier:

a.) What is the safest way to thaw the chicken? (1mark)

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b.) How should we never thaw it? Why? (2 marks)

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c.) What are the dangerous points of the chicken breasts “life” from receiving to preparation as a chicken parmesan? (3 marks)

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