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Multiple-choice

Q: When is it important to wash your hands?

- A. Before and after handling raw meat and seafood?
- B. After using the washroom and after changing diapers?
- C. After touching your pets?
- D. All of the above?

A: The correct answer is D. To prevent cross contamination and help reduce the risk of foodborne illness, wash hands before and after handling raw meat and seafood, after using the washroom, after changing diapers and after touching pets. It's important to wash your hands all the time!

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True or False?

Q: It's important to use soap, warm water and rubbing action when washing your hands.

A: True. The soap and the rubbing action are needed to remove the harmful organisms that may be on your hands. The warm water makes it more comfortable for you to wash your hands for a longer period of time.

Wash your hands for at least 20 seconds (the length of time it takes to sing the Happy Birthday song twice.)

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Multiple-choice

Q: To wash your hands properly you must wash them for at least how many seconds?

- A. 5 seconds?
- B. 20 seconds?
- C. 60 seconds?

A: The correct answer is B. Always wash your hands for at least 20 seconds using soap and warm water and by rubbing your hands together.
A good way to make sure that you wash your hands for at least 20 seconds is to sing the Happy Birthday song twice.

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Question and Answer

Q: After using a cutting board to cut up raw meat or seafood, do you need to wash it before cutting up vegetables for a salad?

A: Yes. To prevent cross contamination, it's very important to properly clean and sanitize cutting boards used for raw meat and seafood before you use them for other purposes.
Wash the cutting board thoroughly with soap and hot water, then sanitize with a mild bleach mixture (5 mL/1 tsp bleach to 750 mL/3 cups water) or a commercial kitchen cleaner. Or, instead of washing by hand, place the cutting board in the dishwasher and set the cycle for a full wash. Your dishwasher should wash at a hot enough temperature to kill harmful organisms.

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Question and Answer

Q: Can you tell if a food is contaminated with harmful organisms by looking at it, smelling it or tasting it?

A: No. You can't see, smell or taste harmful organisms that may make you sick. When in doubt – throw it out!

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Question and Answer

Q: Everyone knows that fresh fruits and vegetables are good for you, but do you need to wash them before cutting and eating them?

A: Yes. It's important to wash fresh fruits and vegetables with clean running water to remove any surface dirt, sand and harmful organisms. Using soap is not recommended since some of it may remain on the produce and may be harmful for you to eat.

Using a clean produce scrub brush, wash and scrub fruits and vegetables that have firm, rough surfaces such as melons, potatoes, squash and carrots before preparing or eating them. Cut away any damaged or bruised areas since harmful organisms can grow there.

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Question and Answer

Q: After you use tongs to handle raw food, do you need to wash them before you use them again?

A: Yes. You need to wash tongs and all utensils after each use to prevent transferring harmful organisms from raw food to cooked food.

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Multiple-choice

Q: If you touch raw meat or seafood, what should you do before you touch anything else?

- A. Wipe your hands on your pants?
- B. Wipe your hands with paper towels and throw out the paper towels?
- C. Wash your hands thoroughly with soap and warm water?

A: The correct answer is C. After touching raw meat or seafood, you should wash your hands with soap and warm water for at least 20 seconds, while rubbing them together.

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Question and Answer

Q: Do you need to wash fruits and vegetables that have rind that you can peel, such as squash, melons, pineapple and oranges, before peeling even though you don't eat the rind?

A: Yes. Since harmful organisms that may exist on the outer surface can be transferred to the inner flesh when the item is peeled or cut, it's important to always wash these types of produce before cutting them.

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True or False?

Q: You can use household detergent or bleach to wash your fruits and vegetables.

A: False. It's not a good idea to use detergent or bleach to wash produce. Detergent or bleach can be absorbed by produce or may leave a surface residue. Neither detergent or bleach is intended for use on foods. Use only clean running water and a produce scrub brush, if necessary.

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True or False?

Q: Raw meat and seafood should be washed before cooking.

A: False. Washing meat and seafood before cooking is not recommended since this could spread harmful organisms to kitchen surfaces and to other foods (cross contamination).

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Multiple-choice

Q: When you're on a picnic, hiking or camping, how should you wash your fresh fruits and vegetables?

- A. With clean water that you bring with you, or from a reliable source?
- B. With water from a nearby stream?
- C. Just use a paper towel and rub the fruits and vegetables clean?

A: The correct answer is A. Bring clean water with you, or if you're close to a reliable source of clean water, use that. It's ideal if you can bring the fruits and vegetables already washed.

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Multiple-choice

Q: Before you open canned food, you should:

- A. Take the label off so it doesn't get in the way?
- B. Wash the lid of the can?
- C. Turn the can upside down?
- D. Shake the can to hear what's inside?

A: The correct answer is B. It's important to wash the lid of the can before you open it to prevent dust, dirt or harmful organisms from getting into the can. Also, don't forget to properly wash the can opener after each use to keep it clean since this can cross contaminate the next can that you open.

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Question and Answer

Q: After blowing your nose, coughing, or sneezing should you wash your hands before preparing food?

A: Yes. After blowing your nose, coughing or sneezing, always wash your hands with soap and warm water for at least 20 seconds before preparing food or handling utensils. Everything that touches food should be clean, including your hands.

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Multiple-choice

Q: Why might older adults be at a greater risk of getting foodborne illnesses?

- A. Their immune system may be weakened?
- B. Their stomach acid may be decreased?
- C. Their risk of chronic illness may be increased?
- D. All of the above?

A: The correct answer is D. Everyone's health is different, but as we age, our ability to fight illness may not be as efficient. As a result, older adults may be at a greater risk of getting foodborne illness. So, when preparing food for older people be sure to follow safe food handling practices.