

Multiple-choice

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

soap and warm water and by rubbing your hands for at least 20 seconds using

≥ The correct answer is B. Always wash your hands together

sing the Happy Birthday song twice.

your hands for at least 20 seconds is to A good way to make sure that you wash

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

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Yes. To prevent cross contamination

A: No. You can't see, smell or taste

harmful organisms that may make

you sick. When in doubt – throw

Question and Answer

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

Q: Can you tell if a food is

organisms by looking at it,

contaminated with harmful

smelling it or tasting it?

Question and Answer

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

clean

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!

clean

True or False?

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

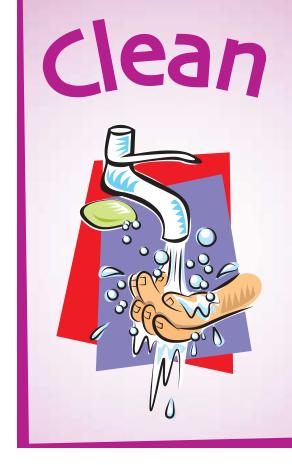
A: True. The soap and the rubbing action are needed to remove the harmful organisms that may be on your hands. The warm water makes it more comfortable for you to wash your hands for a longer period of time.

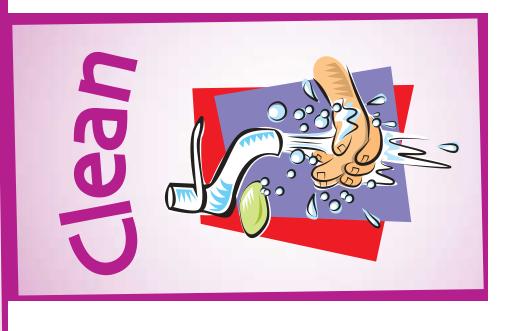
> Wash your hands for at least 20 seconds (the length of time it takes to sing the Happy Birthday song twice.)











Multiple-choice

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

B. Wipe your hands with paper towels and A. Wipe your hands on your pants? throw out the paper towels?

C. Wash your hands thoroughly with soap and warm water?

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

Question and Answer

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

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

and a produce scrub brush, if necessary.

Neither detergent or bleach is intended for

use on foods. Use only clean running water

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clean

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.

clean

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.

True or False

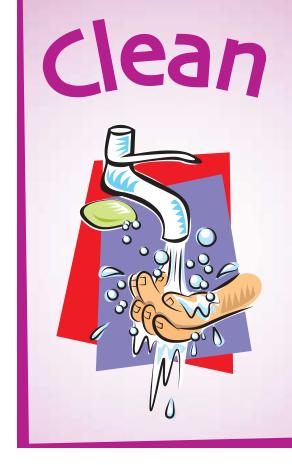
Q: You can use household detergent or bleach to wash your fruits and vegetables

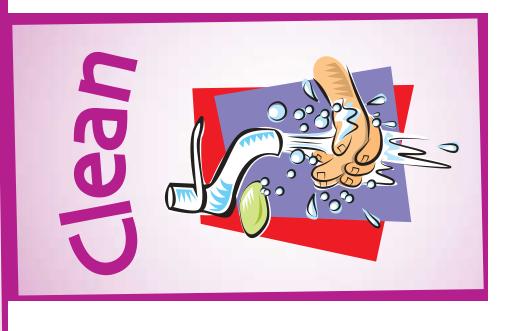
A. False. It's not a good idea to use detergent or bleach can be absorbed by produce or bleach to wash produce. Detergent or may leave a surface residue.











Multiple-choice

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

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

and vegetables clean?

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

Multiple-choice

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

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

A: Yes. After blowing your nose, coughing

or sneezing, always wash your hands

Q: After blowing your nose, coughing

or sneezing should you wash your

hands before preparing food?

Question and Answer

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

your hands.

touches food should be clean, including handling utensils. Everything that 20 seconds before preparing food or with soap and warm water for at least

clean

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).

clean

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.