

## Pre/Post-Assessment

Identifier: \_\_\_\_\_

**Instructions:** Choose a non-name identifier, such as a number or letter. Then, place the identifier in the space provided. Read each multiple-choice question slowly and carefully. Choose what you think is the best answer. Then, circle your answer on the assessment.

- Which of the following statements about personal hygiene is TRUE?
  - All jewelry is prohibited.
  - Nail polish may be worn, but never artificial nails.
  - Wounds should be bandaged and covered with a finger cot and disposable glove.
  - It is acceptable for child care employees to eat and drink in the kitchen.
- Which of the following statements about handwashing is TRUE?
  - Hands should be lightly rubbed together using soap for 10-15 seconds.
  - The first step for handwashing is applying a cleaning compound.
  - Hands should be rinsed in warm water only, and then rubbed vigorously for 10–15 seconds.
  - Particular attention should be taken to remove soil from under the fingernails during the 20 seconds required for rubbing the hands.
- Which statement about the proper set up of a three-compartment sink is TRUE?
  - Prepare sanitizing solution daily.
  - Use any water temperature for mixing detergent and sanitizer.
  - Set up compartments to rinse, wash, and sanitize.
  - Set up compartments to wash, rinse, and sanitize.
- When using a chemical dishmachine, which of the following statements is TRUE?
  - Chemical solution concentrations are different than those used for manual sanitizing.
  - Sanitizing solution should be tested at the end of a rinse cycle.
  - Testing of sanitizing solution is not necessary because the dishmachine is serviced routinely.
  - It is not necessary to document chemical sanitizer concentration.
- Cross contamination can occur when \_\_\_\_\_.
  - Ready-to-eat meats are stored on the top shelf in the refrigerator
  - Hands are washed between tasks
  - Color-coded cutting boards are used
  - A new can of peaches is added to leftover peaches and put in the refrigerator
- What is the correct order for storing food in a refrigerator, beginning at the top shelf to the bottom shelf?
  - Poultry, ground meat, precooked ham, fresh apples and oranges
  - Fresh apples and oranges, ground meat, poultry
  - Cupcakes, poultry, ground meat
  - Milk, poultry, ground meat

7. Which of the following is an example of hand-to-food contamination?
  - a. Cutting carrots on a cutting board that has been used for cutting meat.
  - b. Using a mixing bowl that has not been sanitized.
  - c. Using bare hands to serve unwrapped sandwiches or cookies.
  - d. Storing milk cartons in crates that have not been washed.
  
8. Equipment-to-food cross contamination is most likely to occur when \_\_\_\_\_.
  - a. cutting boards have been wiped off, but not sanitized
  - b. cutting boards are run through the dishmachine
  - c. new cutting boards with no nicks or crevices are used
  - d. clean cutting boards are used for each food item
  
9. The proper use of single-use gloves will minimize the possibility for \_\_\_\_\_.
  - a. equipment-to-food contamination
  - b. food-to-food contamination
  - c. hand-to-food contamination
  - d. chemical contamination
  
10. Which of the following statements about taking food temperatures is TRUE?
  - a. A bimetallic stemmed thermometer is best for taking temperatures of hamburger patties.
  - b. Infrared thermometers can be used for taking cooking temperatures.
  - c. Thermometers rarely need to be calibrated.
  - d. Temperatures should be taken in multiple locations for foods such as casseroles.
  
11. Which of the following statements about thermometer calibration is TRUE?
  - a. Thermometers should be calibrated each time they are dropped.
  - b. Thermometers should be calibrated at least monthly.
  - c. Thermometers do not need to be calibrated because they are guaranteed to be accurate.
  - d. Cold water calibration is the only acceptable method.
  
12. What is the recommended final cooking temperature for poultry based on the USDA's Food Safety and Inspection Service (FSIS) guidance?
  - a. 135 °F
  - b. 145 °F
  - c. 155 °F
  - d. 165 °F
  
13. What is the recommended cooking temperature for canned vegetables based on USDA's Food Safety and Inspection Service (FSIS) guidance?
  - a. 140 °F
  - b. 145 °F
  - c. 155 °F
  - d. 165 °F

## FOOD SAFETY IN CHILD CARE

---

14. Which of the following statements about reheating leftover foods is MOST accurate?
- Reheat to 155 °F for 20 seconds
  - Reheat to 165 °F for 20 seconds within 1 hour
  - Reheat to 165 °F for 15 seconds
  - Reheat to 165 °F for 15 seconds within 2 hours
15. Which of the following temperatures represents the temperature danger zone?
- 35 °F–140 °F
  - 50 °F–70 °F
  - 40 °F–140 °F
  - 50 °F–140 °F
16. What is the recommended holding temperature for cold milk?
- 36 °F or below
  - 40 °F or below
  - 47 °F or below
  - 50 °F or below
17. What is the maximum time that cooked leftovers may be used?
- 2-3 days
  - 3-4 days
  - 4-5 days
  - 5-6 days
18. Leftovers should be discarded if they were held at room temperature for more than \_\_\_\_\_.
- ½ hour
  - 1 hour
  - 1 ½ hours
  - 2 hours
19. To avoid cross contact, an employee should \_\_\_\_\_.
- wipe the counter or utensils off with a very hot towel
  - put the dishes and utensil used under hot water for five minutes total
  - wash, rinse, and sanitize all areas, utensils, and cookware used
  - all of the above