



Home Kitchen Self Inspection

Check the answer that applies to your everyday practices in your kitchen.

1) The temperature of my home refrigerator is:

- a) 50 degrees Fahrenheit (10 degrees Celsius)
- b) 41 degrees F (5 degrees C) or below
- c) I don't know; I've never measured it

2) The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:

- a) Cooled to room temperature, then put in the refrigerator
- b) Put in the refrigerator immediately after dinner
- c) Left at room temperature overnight or longer

3) The last time the kitchen sink drain, disposal and connecting pipe in my home were sanitized was:

- a) Last night
- b) Several weeks ago
- c) Can't remember

4) If a cutting board is used in my home to cut raw meat, poultry or fish and it is going to be used to chop another food, the board is:

- a) Reused as is
- b) Wiped with a damp cloth
- c) Washed with soap and hot water
- d) Washed with soap and hot water, then sanitized

5) The last time we had hamburgers in my home, the internal color of mine was:

- a) Pink
- b) Slightly pink
- c) Not pink at all

6) The last time there was cookie dough in my home, the dough was:

- a) Made with raw eggs, and I sampled some of it
- b) Store-bought, and I sampled some of it
- c) Not sampled until baked

7) I clean my kitchen counters and other surfaces that come in contact with food with:

- a) Water
- b) Hot water and soap
- c) Hot water and soap, then bleach solution
- d) Washed with soap and hot water and then sanitized

8) When dishes are washed in my home, they are:

- a) Washed and completely dried in an automatic dishwasher
- b) Left to soak in the sink for several hours and then washed with soap in the same water
- c) Washed right away with hot water and soap in the sink and then air dried
- d) Washed right away with hot water and soap in the sink and immediately towel dried

9) The last time I handled raw meat, poultry or fish, I cleaned my hands afterwards by:

- a) Wiping them on a towel
- b) Rinsing them under hot, cold or warm tap water
- c) Washing with soap and warm water

10) Meat, poultry and fish products are defrosted in my home by:

- a) Setting them on the counter
- b) Placing them in the refrigerator
- c) Microwaving

11) I realize people, including myself, should be especially careful about not eating raw seafood if they have:

- a) Diabetes
- b) HIV infection
- c) Cancer
- d) Liver disease
- e) All of the above

12) Before preparing a meal, the first thing I do is:

- a) Wash all vegetables
- b) Prepare the ingredients
- c) Wash my hands

of Questions Wrong Grade Received

| | |
|------------------|---|
| 0 - 2 wrong | A |
| 3 - 4 wrong | B |
| 5 - 6 wrong | C |
| 7 - 8 wrong | D |
| 10 or more wrong | F |

Answers to inspection questions

1. b) 41 degrees F or below: Measure the temperature with a thermometer and adjust the refrigerator's temperature control dial if needed. A temperature of 41 degrees F or less is important because it slows the growth of most bacteria and the less likely you will get sick.

2. b) Put in the refrigerator immediately after dinner: Don't keep food that has stood out more than two hours. Don't taste test it, either. Even a small amount of contaminated food can cause illness.

3. a) Last night: The kitchen sink drain, disposal and pipes should be sanitized periodically by pouring down the sink a solution of 1 teaspoon of chlorine bleach in 1 quart of water or a solution of commercial kitchen cleaning agent.

4. d) Washed with soap and hot water and then sanitized: Never allow raw meat, poultry or fish to come in contact with other foods. Improper washing will not remove bacteria.

5. c) Not pink at all: Research has shown that foodborne illnesses may occur if ground beef is not cooked to an internal temperature of 160 degrees F. Color alone is not adequate to determine if a hamburger is fully cooked. A probe thermometer is recommended to check the internal temperature of foods

6. c) Not sampled until baked: If you answered A, you may be putting yourself at risk for infection with Salmonella Enteritidis, a bacterium that can be inside eggs. Cooking the egg or egg-containing food product to an internal temperature of at least 160 degrees F kills the bacteria. Refrigerating will not kill the bacteria.

7. c) Hot water and soap, then bleach solution or d) washed with soap and hot water and then sanitized: Bleach and commercial kitchen cleaning agents are the best at getting rid of bacteria if used as directed. Water alone may get rid of visible dirt, but not bacteria. Be sure to keep dishcloths clean because they can harbor bacteria and may promote their growth.

8. a) Washed and completely dried in an automatic dishwasher or c) washed right away with hot water and soap in the sink and then air-dried: Wash dishes within two hours. When dishes sit in water, the food on the dishes contributes nutrients that help bacteria grow. What you get is a bacteria "soup." It's also best to air-dry them so you don't handle them while they're wet.

9. c) Washing with soap and warm water: Wash hands with warm water and soap for at least 20 seconds before and after handling food, especially raw meat, poultry and fish. If you have an infection or cut on your hands, wear rubber or plastic gloves. Wash gloved hands just as often as bare hands because the gloves can pick up bacteria.

10. b) Placing them in the refrigerator or c) microwaving: Food safety experts recommend thawing foods in the refrigerator or the microwave oven, or putting the package in a water-tight plastic bag submerged in cold water and changing the water every 30 minutes. Gradual defrosting overnight in the refrigerator is best because it helps maintain quality.

11. e) All of the above: If you are under treatment for any of these diseases, as well as several others, you should avoid raw seafood. The best answer is e), but you are correct for knowing one or more of the risky conditions.

12. c) Wash my hands: Although you do want to wash vegetables and prepare your ingredients before cooking, you should always wash hands before and after preparing food, especially when handling raw meat, poultry and fish. Wash hands with warm water and soap for at least 20 seconds. Hands should be washed between tasks to prevent possible cross-contamination between raw and ready-to-eat foods.