

# Safe Food for

## Children

### 2.0 Hour

Illinois Child Care Bureau

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address, City, Zip \_\_\_\_\_

Provider Signature \_\_\_\_\_

Date Completed \_\_\_\_\_

1. According to the Centers for Disease Control and Prevention, there are more than \_\_\_\_\_ deaths from foodborne illnesses each year in the United States.
2. Foodborne diseases can be caused by \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ which are also called microbes.
3. What we often think is the \_\_\_\_\_ - upset stomach, nausea, stomach cramps and runny stools may be caused by eating food with harmful microbes or the poisons they produce.

#### True or False

- |   |   |   |
|---|---|---|
| T | F | 4. Billions of microbes grow and live on and in our bodies every day.   |
| T | F | 5. Hands are a great place for microbes to live.  |
| T | F | 6. Hands help microbes move from one surface to another and from one person to another.                               |
| T | F | 7. Studies have shown that people who wash their hands at least 5 times per day have fewer colds throughout the year. |
| T | F | 8. It is safe to eat food from a can with a bulging lid.  |
| T | F | 9. Ready to eat fresh foods should not touch meat, poultry, fish or anything that would contaminate them.             |
| T | F | 10. Place refrigerated and frozen foods in your shopping cart last.   |
| T | F | 11. Never serve food on unclean plates that were used for raw, uncooked food.   |
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12. When it is hot outside (>85° F), cooked foods should not be left unrefrigerated for more than \_\_\_\_\_ hours.
  13. Keep hot foods \_\_\_\_\_ and cold foods \_\_\_\_\_.
  14. It is best to thaw frozen food in the \_\_\_\_\_.
  15. Do not taste any raw or partially cooked \_\_\_\_\_.
  16. It is recommended to use a meat \_\_\_\_\_ to judge the internal temperature of meat and poultry more than 2 inches thick.
  17. Your refrigerator temperature should be between \_\_\_\_\_ and \_\_\_\_\_ to keep microbes in check.
  18. The temperature of your freezer should not run higher than \_\_\_\_\_.

|   |   |   |
|---|---|---|
| T | F | 19. Freeze meat, poultry or fish immediately if it will not be used in a few days.    |
| T | F | 20. Leftovers should be refrigerated or frozen promptly.                              |
| T | F | 21. When in doubt about the safety of any food, throw it out.                         |
| T | F | 22. It is recommended to wash dishes in cold water.                                   |
| T | F | 23. Cloth towels are better to use to dry dishes than air drying or paper towels.     |
| T | F | 24. Cracked wooden spoons and chipped dishes are completely safe to use.              |
| T | F | 25. Clean your can opener often it can be easily contaminated by microbes.            |
| T | F | 26. It is recommended to regularly clean wooden cutting boards with a bleach solution |