Activity Quiz 3
The Safe Food Handler

Name ___________________________ Date ___________________________

True or False?

1. _____ You should wash your hands after taking a break to smoke.
2. _____ You should not have painted fingernails when serving food.
3. _____ Wearing a dirty uniform or apron can contaminate food.
4. _____ Use hand antiseptic before washing hands.

Handwashing Steps

Put the handwashing steps in the correct order.

1. _____ A Vigorously scrub hands and arms for at least 10 to 15 seconds.
2. _____ B Apply enough soap to build up a good lather.
3. _____ C Dry hands and arms with a single-use paper towel or a hand dryer.
4. _____ D Wet your hands and arms with running water as hot as you can comfortably stand (at least 100°F [38°C]).
5. _____ E Rinse your hands and arms thoroughly under warm running water.

Actions That Can Contaminate Food

Place an X next to each action that can contaminate food.

1. _____ Touching your hair, face, or body
2. _____ Wearing a hat while prepping food
3. _____ Handling money
4. _____ Wearing a clean apron
5. _____ Sneezing, coughing, or using a tissue

Exclude or Restrict?

Write an E next to the statement if the food handler should be excluded from the operation. Write an R next to the statement if the food handler should be restricted from working with or around food.

1. _____ A food handler at a hospital has a sore throat and a fever.
2. _____ A food handler at a nursing home has jaundice.
3. _____ A food handler at a restaurant was vomiting this morning.
4. _____ A food handler at a restaurant has been diagnosed with a foodborne illness caused by Salmonella Typhi.
Answer Key

True or False?
1. T
2. T
3. T
4. F

Handwashing Steps
1. D
2. B
3. A
4. E
5. C

Actions That Can Contaminate Food
1, 3, and 5 should be marked.

Exclude or Restrict?
1. E
2. E
3. E
4. E