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 a foodborne illness caused by Norovirus.
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