**Cooking and Nutrition**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Safety Hazards in the Kitchen**

1. List three personal hygiene practices you should do prior to cooking and explain the importance of each.

a.

b.

c.

1. Indicate the maximum time that food should be left out and explain the possible consequences if food is left out longer.
2. The thermometer of the refrigerator and freezer should be:

A. 32º F; 10º F B. 50º F; 10º F

C. 40º F; 0º F D. 40º F; 32º F

1. List the three different ways to store food and an example of one type of food would be stored utilizing each method.

a.

b.

c.

1. List 8 rules to follow while in the kitchen.

a.

b.

c.

d.

e.

f.

g.

h.

6. Define cross-contamination and explain how to avoid it.

7.Describe how you would lift the lid from a pot of boiling liquid and why.

8. List and explain the 4 ways to properly handle and prevent the spread of bacteria and the growth of microorganisms.

9. Describe where the fire extinguisher is located in the classroom.