

## Pre-test Answers for "Who are Sam and Ella"

1. The "3 C's" of food safety stand for \_\_\_\_, \_\_\_\_, and \_\_\_\_.

- A. clean; control; clear
- B. clean; cold; cooked (Objective 1)**
- C. cold; careful; cost
- D. contain; combine; control
- E. cooked; contain; clear

2. Cold food should be stored below \_\_\_\_.

- A. 0 degrees Fahrenheit
- B. 10 degrees Fahrenheit
- C. 20 degrees Fahrenheit
- D. 30 degrees Fahrenheit
- E. 40 degrees Fahrenheit (Objective 1)**

3. Food-borne toxins can enter the body through the \_\_\_\_.

- A. digestive system (Objective 1)**
- B. skin
- C. lungs
- D. lungs and the digestive system
- E. skin and the digestive system

4. Toxic organisms that may be found in foods are \_\_\_\_.

- A. food additives and viruses
- B. bacteria and chemicals
- C. food additives and chemicals
- D. bacteria and viruses (Objective 1)**
- E. bacteria and food additives

5. Food additives can cause problems if you \_\_\_\_.

- A. eat them
- B. are allergic to them (Objective 2)**
- C. do not wash them off
- D. undercook the food
- E. have asthma

6. Lead can enter the body through the \_\_\_\_.

- A. digestive system
- B. skin
- C. lungs

**D. lungs and the digestive system (Objective 2)**

E. skin and the digestive system

**7. Mercury can be found in \_\_\_\_.**

**A. contaminated fish (Objective 2)**

B. older house paints

C. crayons

D. pesticides

E. fertilizers

**8. If an individual is suffering from double vision, general weakness, and poor reflexes, she may have ingested \_\_\_\_.**

A. toxins from escherichia coli

**B. toxins from clostridium botulinum (Objective 2)**

C. giardia lamblia

D. staphylococcus aureus

E. toxins from salmonella

**Post-test Answers for "Who are Sam and Ella"**

**1. If food is to be served hot, it needs to be kept at \_\_\_\_ or higher.**

A. 40 degrees Fahrenheit

B. 80 degrees Fahrenheit

C. 100 degrees Fahrenheit

**D. 140 degrees Fahrenheit (Objective 1)**

E. 180 degrees Fahrenheit

**2. By practicing food safety, we \_\_\_\_.**

A. destroy toxic agents or toxic substances from that which contaminates our environment

**B. minimize the risk of toxic agents or toxic substances entering our digestive system (Objective 1)**

C. minimize the risk of inhalation of certain toxic agents that are released when cooking

D. eliminate exposure to toxic plants and animals

E. reduce the toxicity of several compounds by converting them to non-toxic compounds

**3. Toxic substances that may be found in foods are composed mainly of \_\_\_\_.**

A. food additives and viruses

B. bacteria and chemicals

**C. food additives and chemicals (Objective 1)**

D. bacteria and viruses

E. bacteria and food additives

**4. When cooking food, it is important to get the temperature above \_\_\_\_.**

- A. 105 degrees Fahrenheit
- B. 145 degrees Fahrenheit
- C. 165 degrees Fahrenheit (Objective 1)**
- D. 185 degrees Fahrenheit
- E. 215 degrees Fahrenheit

**5. Chemicals such as sulfites are found in foods \_\_\_\_.**

- A. as preservatives (Objective 2)**
- B. if they are undercooked
- C. if accidentally contaminated when cleaning
- D. as a result of improper cooling
- E. as a result of spoilage

**6. Lead can cause \_\_\_\_ and possibly \_\_\_\_.**

- A. convulsions; asthma
- B. problems with the blood carrying oxygen; hypertension
- C. asthma; severe diarrhea
- D. convulsions; hypertension (Objective 2)**
- E. severe diarrhea; problems with the blood carrying oxygen

**7. Arsenic can be found in \_\_\_\_.**

- A. contaminated fish
- B. older house paints
- C. crayons
- D. pesticides (Objective 2)**
- E. fertilizers

**8. While vacationing in the tropics, you note the high number and persistence of the mosquito population. You are glad that you received your vaccine, because you know that mosquitoes in this region may carry \_\_\_\_.**

- A. hepatitis B
- B. herpes
- C. polio
- D. rabies
- E. yellow fever (Objective 2)**