

Safety Test Review

1. Upon arrival to the kitchen lab what 4 things should you do?
 - I.
 - II.
 - III.
 - IV.
2. All personal belongings should be stored in the _____.
3. All group members should remain in the lab until the kitchen is _____ and you are dismissed.
4. List the 5 main kitchen hazards and one way to prevent them.
 - I.
 - II.
 - III.
 - IV.
 - V.
5. What are the 7 safety guidelines to follow in the kitchen lab?
 - I.
 - II.
 - III.
 - IV.
 - V.
 - VI.
 - VII.

6. What does P.A.S.S. stand for?
7. What is the definition of **cleaning**?
8. What is the definition of **sanitizing**?
9. What are the steps in cleaning and sanitizing?
 - I.
 - II.
 - III.
 - IV.
10. List the 6 steps to proper hand-washing.
11. Be able to identify examples of when you should wash your hands.
12. Know which pieces of jewelry are safe in the kitchen lab.
13. What is the temperature danger zone? _____ to _____ degrees F.
14. _____ should never be used to put out a grease fire. Instead use _____ or _____.
15. When removing hot cookware from the oven or range, you should NEVER use _____.
16. Pan handles should be turned _____ on the range.
17. When removing a pan lid, tilt the lid _____ from you and do not hold your _____ directly over the pan.
18. When removing a pan from the oven, pull the _____ out. Don't _____ into a hot oven.
19. The safest way to remove a pan from the oven is with an oven _____ on each hand.
20. Before leaving the kitchen, you should check to make sure that all appliances are _____.
21. Never use your _____ to remove items from hot liquids.

22. Use a _____ or _____ to reach items in high places.
23. To prevent falls, _____ doors and _____ should be closed immediately after use.
24. The safest way to transport a knife is with the _____ on.
25. Knives should never be placed in a sink full of _____.
26. Knives should never be left on the _____ of a counter top.
27. _____ knives are less likely to cause an accident than _____ knives.
28. You should always use a _____ when using a knife.
29. When using a knife you should cut _____ from you.
30. If a sharp object starts to fall you should _____.
31. Knives and other sharp tools should only be used for their _____ purposes.
32. You should wrap your hand in a _____ to pick up broken glass.
33. When opening cans you should cut the lids _____ off.
34. Never plug _____ cords into an electrical outlet at one time.
35. _____ appliances after you use them.
36. You should always _____ cords before cleaning appliances and never submerge them in _____.
37. Unplug appliances before bringing _____ objects into contact with any working parts.
38. Do not heat _____ jars, cans or bottles in the microwave.
39. Do not heat _____ foods in the microwave.
40. Use a _____ to remove food from the microwave.
41. Remove lids and plastic wrap _____ to avoid steam _____.
42. Distribute the heat by _____ microwaved foods before serving them.

43. Proper lab attire does NOT consist of long, loose _____, sashes, and dangling _____.
44. Long hair should always be pulled _____.
45. What electronic device should NEVER be used in the kitchen? _____
46. You MUST _____ after handling cell phones.
47. While working with food, avoid touching your _____, _____, _____, or other unclean _____.
48. Wipe all counters and tables at the _____ and _____ of each lab.
49. Use _____, _____ water for washing dishes.
50. Know the proper way to taste foods during preparation.
51. After working with raw animal foods you should:
52. Hot foods should remain _____ and cold foods should remain _____ until ready to serve them.
53. Where are the fire extinguishers located in the classroom?
54. Where is the nurse's office located?
55. Where should chemicals be stored in the kitchen?
56. Refrigerate foods after _____ hours.