Chef Solus Food Safety Knowledge Challenge

1. Can raw meat and cooked meat share the same cutting board? _______________________.
   - no they should be separated.

2. How long should food be stored in the refrigerator? _______________________.
   - up to 5 days

3. What should you do before and after touching food? _________________________.
   - wash your hands

4. How can you make sure that your meat is cooked? _________________________.
   - by checking the temperature

5. How long should you wash your hands for? _________________________.
   - 20 seconds

6. When cooking meat what should you always use? _________________________.
   - use a meat thermometer

7. Where should you defrost food? _________________________.
   - in the refrigerator

8. How long can food stay out of the refrigerator before it begins to spoil? _____________.
   - 2 hours

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