**Kitchen Safety and Sanitation Study Guide - page 2**

1. **What is the danger zone?**

Food that is served hot should be over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ degrees.

Food that is served cold should be under \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ degrees.

1. **What are 2 safe ways to defrost frozen food.**

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1. **Give/Explain a specific example of cross-contamination and how to prevent cross contamination.**

1. **Food should not sit out of the refrigerator for over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours.**
2. **What sanitation tip should be remembered when placing foods (meats and fruits/veggies) in a grocery cart or refrigerator?**

**6. According to the hand-washing activity, what are the requirements for washing your hands to insure they are germ, bacteria & parasite free? (name 3)**

1.

2.

3.

**Get your computer and try these links to continue to study for the quiz.**

[**http://tinyurl.com/yc9rwjjp**](http://tinyurl.com/yc9rwjjp) **- Kitchen Safety**

[**http://tinyurl.com/y8867963**](http://tinyurl.com/y8867963) **- Kitchen and Food Safety**

[**http://tinyurl.com/y8dzv3x6**](http://tinyurl.com/y8dzv3x6) **- Food Safety Quiz**

[**http://tinyurl.com/y75xxgpq**](http://tinyurl.com/y75xxgpq) **- Check out any of the these Quizlets to review vocabulary**