

Quiz: Nutrition and Food Safety Training

Name: _____

Date completed: _____

1. What is one benefit of meal planning?

2. True or False (circle): The calorie listing on the nutrition label is the amount of calories for the whole package.
3. What is one thing that might cause a change in a person's food intake?

4. Food should be refrigerated within how many hours? _____
5. True or False (circle): You should wash poultry before cooking.
6. What is one way to add flavor to cooking without adding sodium?

7. What are two nutrients we should try to get less of in our diet?

8. True or False (circle): Fish and poultry should be cooked to the same internal temperature.
9. What are two sources of added sugars?

10. True or False (circle): You should make half your plate meat and bread.
11. Three times you should wash your hands include:

12. True or False (circle): Eggs can be stored in the door of the refrigerator.

13. Two health benefits of physical activity include:

14. What is one safe way to thaw frozen food before cooking?

15. True or False (circle): The refrigerator temperature should be set at 45 degrees.
16. Two symptoms of an allergic reaction include:

17. What are the five food groups included in My Plate?

18. What are two sources of healthy protein?

19. True or False (circle): You should wash fruits and vegetables with soap and water.
20. What is one sign that a person may be having difficulty with swallowing?

Return this completed quiz to your supervisor.