NM-AAA Nutrition Training #4 Quiz

1. True or false When cutting food, you need to guide the knife blade against the food with your free hand.
2. When holding a knife you should:
3. Put your fingers stretched when cutting food.
4. Protect your fingertips curling them inward.
5. Both A and B
6. None of the above
7. What is the correct temperature to receive cold TCS food?
8. 32°F (0°C) minus
9. 41°F (5°C) minus
10. 45°F (7°C) less
11. 50°F (10°C) minus
12. Under what conditions can milk be received at 45°F (7°C)?
13. Discarded after 2 days
14. It cools to 41°F (5°C) or less in 4 hours.
15. Immediately cools to 41°F (5°C) or below.
16. Served or used in operation within 2 hours
17. When cooling TCS food, the temperature should go from 135°F to 70°F (57°C t0 21°C)
18. 2 hours
19. 4 hours
20. 6 hours
21. 8 hours
22. What is the maximum water temperature allowed when thawing food under running water?
23. 41°F (5°C)
24. 60°F (16°C)
25. 70°F (21°C)
26. 135°F (57°C)
27. True or false. Thermometers should not be cleaned after checking the temperature of food.
28. What 3 nutrients should be limited when reading a food label?
29. What information should be included on a food label?
30. True or false. It is okay to serve leftover TVS that have been kept for more than 7 days.
31. True or false. Food should be stored 6 inches off the floor.
32. True or false. Pinto beans are well stored in a bulk container without a label.
33. True or false. You can dry dishes with a towel after washing.
34. Which colored cutting board can be used to cut fish?
35. Red
36. Yellow
37. Blue
38. Purple
39. True or false. A HACCP plan can be used from one facility to another.