

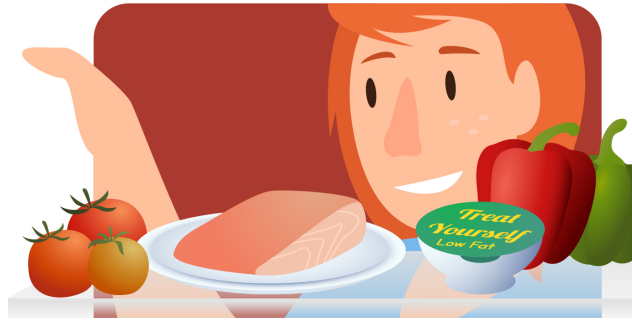
Food Safety Quiz

True or False?

1. The safest homemade ice cream is made with a cooked custard.
2. It's safe to eat hot dogs that have been stored unopened in the refrigerator for up to ten days.
3. Because it's in a picnic cooler, it's safe to leave food on the picnic table in a sunny location for over five hours.
4. This is a great time to marinate meat for the barbecue. Since most of these marinades contain acids, which slows bacteria growth, it's OK to allow the meat and marinade to "steep" at room temperature like the recipe indicates.
5. Since it's already been cooked, it's OK to leave fried chicken set out all afternoon at the family reunion picnic.

Quiz Answers:

1. **TRUE.** If you're making homemade ice cream, look for a recipe that uses cooked custard. If you must use a recipe that calls for uncooked eggs, get pasteurized eggs. Why? There can be salmonella bacteria in raw, uncooked eggs. Just because a food has been kept cold or frozen doesn't eliminate the risk.
2. **TRUE.** Hot dogs should be used or frozen within three days of the sell-by or use-by date on the package. An unopened package of hot dogs can stay safely in your refrigerator until the expiration date. An opened bag of hot dogs should be eaten within a week of opening. Never eat hot dogs that have a cloudy liquid in the bag.
3. **FALSE.** The "two hour rule" changes to the "one hour rule" when temperatures creep up above 90



degrees F. Food sitting out for more than an hour may be unsafe. In that case, don't eat or save those leftovers! It may seem a waste to throw out half a bowl of potato salad or sliced fruit, but there may be several problems with it in addition to the uncertain temperatures. The cost simply outweighs the benefits.

4. **FALSE.** Marinate your meats in the refrigerator. Yes, most recipes for marinades contain an acid. This may slow but does not stop bacteria growth. Just because the recipe says to allow it to "steep" at room temperature doesn't mean that it's safe. Remember, not every celebrity chef or recipe developer has had a food safety or food science class.
5. **FALSE.** Remember the "one hour rule" for large buckets of fried chicken or plates of burgers and hot dogs. Just because a food item has been cooked does not make it immune to bacteria growth.

While the living can be easy in the summer months, food safety takes a little more effort and planning

*By Cheryle Jones Syracuse, MS,
Professor Emeritus at The Ohio State
University*