

# Take the Summer Food Safety Quiz

When the weather warms, people like to enjoy the outdoors by cooking and eating outside. Bacteria grow quickly at warm temperatures, so we need to take precautions to keep food safe.

Try these questions to see what you know about summer food safety. The answers are at the bottom.



1. Cross-contamination occurs when one food can make another food unsafe because of the transfer of bacteria from one food to another. Circle the example(s) where cross-contamination can happen.
  - a. Storing a package of cookies and a container of lemonade mix in the same picnic basket.
  - b. Storing a package of raw meat on top of beverage cans in a cooler filled with ice.
  - c. Using one cutting board to cut up pieces of chicken and a separate cutting board to cut up watermelon.
2. The temperature is 92 F, and you have placed a bowl of potato salad on a picnic table. How long will the food stay safe at this temperature?
  - a. 30 minutes
  - b. 60 minutes
  - c. 120 minutes

**Note:** To help ensure safety, serve the salad bowl nested in ice.

3. *True or False:*  
You should not partly cook meat at home and then finish cooking the meat at a picnic site later that day.  
*(See the tip of the month for more information.)*

4. To what internal temperature should you cook chicken, as measured with a food thermometer?
  - a. 145 F
  - b. 155 F
  - c. 165 F
  - d. 175 F



5. *True or False:*  
Always use a clean plate or tray (not the plate or tray that held the raw meat) when retrieving food from a grill.

6. To what internal temperature should you cook burgers (ground beef) as measured with a food thermometer?
  - a. 150 F
  - b. 160 F
  - c. 170 F
  - d. 180 F
7. *True or False:*  
You always should marinate foods in the refrigerator – never on the kitchen counter or outdoors.

## How did you do?

Six or seven correct: You're a food safety pro! Four or five correct: Good job but review the rules before your next picnic. Three or fewer correct: You can do better. Please check out the food safety resources on our website.

1. b; 2. b; 3. True; 4. c; 5. True; 6. b; 7. True

Answers:

See [www.ag.ndsu.edu/food/food-safety](http://www.ag.ndsu.edu/food/food-safety) for more information about food safety.

I heard that June is “Dairy Month.” I am confused about how long I can store dairy foods. Please help me decode the dates.

Dairy foods are thrown out more often than any other food, according to the Midwest Dairy Council. Often, the foods are still safe to eat. The “sell by” date is the last date the store can display the item in the refrigerated case. Be sure to store dairy foods (milk, yogurt, cheese) in a refrigerator at 40 F or lower.

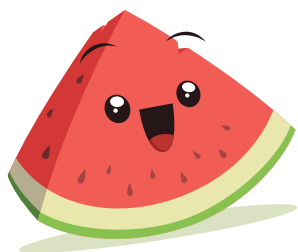
When properly refrigerated:

- Milk can be used up to one week past the sell-by date.
- Soft cheese (Brie, Neufchatel, etc.) can last one to four weeks after the sell-by date.
- Hard cheese (cheddar, Colby, etc.) lasts up to 10 months after the sell-by date.
- Yogurt lasts up to 10 days after the sell-by date.

“Use by” and “Best if used by” are quality dates, not safety dates. If dairy products have an unusual flavor or odor, throw them away. If hard cheese (cheddar, etc.) has mold, cut a 1-inch square around the moldy area; the rest of the cheese is OK to use. Moldy yogurt or soft cheese should be thrown away.

## FoodWi\$e Tip of the Month

- **Do not partially cook meat in a microwave oven or oven and then refrigerate for cooking or grilling later.** That is not safe. Bacteria will not be destroyed during the first partial cooking or the second. To spend less time cooking, use smaller and thinner cuts of meat.
  - o Flatten chicken breasts to about ½-inch thickness by placing the chicken between two layers of plastic wrap or in a zip-top plastic bag with the marinade of choice. Then use a rolling pin or meat pounder to flatten.
  - o Make smaller and thinner burger patties, and put them on smaller “slider” buns.



### Just for Fun

When do you go at red and stop at green?

When you're eating a watermelon.



*This colorful recipe is courtesy of the Midwest Dairy Council. It's fun to make with help from kids. Bring your food to a picnic in an insulated cooler with ice.*

## Summer Pizza Snack

- 1 (8-ounce) tube crescent rolls
- 1 (8-ounce) tub ⅓ less fat cream cheese
- ¼ c. light mayonnaise
- ¼ tsp. garlic powder (or to taste)
- 1 c. shredded part-skim mozzarella
- ¾ c. sliced cherry tomatoes (or diced tomatoes)
- ½ c. chopped broccoli florets
- ½ c. chopped cucumber
- ½ c. sliced black olives (optional)

Preheat oven to 375 F. In a 9- by 13-inch baking pan, spread crescent roll dough. Seal seams together to form one large rectangle the size of the pan. Bake for 10 to 12 minutes, or until lightly browned. Cool on a rack. In a small bowl, mix together cream cheese, mayonnaise and garlic powder. Spread evenly over entire cooled crust. Top with cheese, tomatoes, olives (if desired), broccoli and cucumber. Cut into squares and serve.

*Makes 12 servings.*

*Without olives, each serving has 180 calories, 12 grams (g) fat, 8 g protein, 11 g carbohydrate, 0 g fiber and 370 milligrams sodium.*



### Picnic Menu Idea

#### Summer Pizza Snack

**Fruit kabobs (watermelon chunks, blueberries, strawberries or other fruits)**

**Vanilla yogurt • Homemade lemonade**

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Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

