

ARE THERE MONSTERS IN YOUR LUNCH BOX?!

QUESTIONS		<i>your answers</i>	
---- True OR False? ----			
1.	It is OK to eat unbaked cookie dough made with raw eggs.	True	False
2.	It is OK to eat hot dogs right out of the refrigerator.	True	False
3.	Adding mayonnaise to tuna sandwiches makes them spoil more quickly.	True	False
4.	At a party, picnic, or family meal, it's OK to leave food on the table for more than 2 hours.	True	False
5.	Lunches carried to school or work can be contaminated by dirty hands, unwashed fruits/vegetables, and/or foods cut on unclean surfaces..	True	False
6.	You can dice potatoes on a cutting board already used for raw chicken only if you wash the cutting board with soap and hot water first.	True	False
7.	Holding or storing foods that should be kept hot or cold at the wrong temperature is a major contributor to outbreaks of bacterial foodborne disease.	True	False
8.	Always wash fresh fruits and vegetables before eating or cutting.	True	False

How did you do?

1. False. Unbaked cookie dough containing raw eggs may contain *Salmonella* bacteria. These bacteria are not usually present, but if they are, they may cause very serious illness in young children and in old or immunocompromised people.
2. False. Though not common, *Listeria* bacteria have been found in packaged hot dogs. These bacteria may cause very serious illness or death in young children and in old or immunocompromised people. Heat hot dogs thoroughly before eating.
3. False. Mayonnaise is acidic and actually retards the growth of *Salmonella* and other bacteria.
4. False. You should never leave hot or cold foods at room temperature longer than 2 hours. Bacteria can grow rapidly and may reach dangerous levels after 2 hours. Room temperature is in the Danger Zone. The temperature at which most bacteria multiply rapidly is between 40°F and 140°F.
5. True. Since lunches may be left at room temperature before eating, it is important that foods be prepared with cleanliness in mind so that very few or no bacteria, viruses, or parasites are present in the foods.
6. True. Raw meat and chicken can have bacteria on them that can get on your hands as well as dishes, utensils, and cutting boards. Always wash hands, utensils, and cutting boards with hot soapy water after touching raw meats. Also, never put cooked food on a dish that has held raw meat — use a clean dish.
7. True. Failure to keep hot foods hot (more than 140°F) and cold foods cold (less than 40°F) is the number one factor associated with foodborne disease outbreaks. But don't forget the added dangers of inadequate cooking, poor personal hygiene, and contaminated equipment.
8. True. Because many fruits and vegetables are not cooked, be sure to wash them and use clean knives to cut them before eating. Even wash melons before cutting.

Number correct	How do you rate on food safety?
8	★ Expert
6-7	😊 Doing well
4-5	📖 Need to review materials
0-3	💣 Asking for trouble!

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