



Hands on: Real World Lessons for Middle School Classrooms *Student Assessment*

Directions: Read each of the following statements or questions below and choose the **BEST** answer from the choices given. Use a #2 pencil to completely fill in the bubble of your answer choice. **DO NOT** use the following or your answers will not be accepted: /, X, or ✓. Be sure to erase your answer completely when you change your answer.

- 1) Which of the following is true about bacteria?
 They are microscopic. They are made up of many cells.
 They can be found only outside your body. All bacteria can make you sick.
- 2) Which of the following are the three basic shapes of bacteria?
 Biconic, Cocci, Spiral Biconic, Deltoid, Geoid
 Bacilli, Deltoid, Geoid Bacilli, Cocci, Spiral
- 3) When bacteria grow they:
 grow in size from an infant to an adult. grow in number, not in size.
 require more and more food to grow larger. eventually get too big and die.
- 4) How do bacteria get the nutrients they need to survive?
 Some use sunlight to make their own energy. Some scavenge their nutrients from the environment around them.
 Some attach to other living things. All of these are true.
- 5) A bacterium that can make you sick is:
 a pathogen. a scavenger.
 a photosynthetic bacteria. a virus.
- 6) An example of indirect contact is:
 touching the desk and then touching your eyes, mouth, or nose. hugging your parents.
 shaking hands with a friend. getting a kiss on the cheek from Aunt Mildred.
- 7) Which of the following is a food made using helpful bacteria?
 Bread Eggs
 Pepperoni Cucumbers
- 8) Which of the following is a pathogen?
 Lactobacillus Leuconostoc
 Pediococcus Listeria
- 9) The best way to avoid getting sick from a pathogen is to:
 rinse your hands in cold water for 5 seconds. wash your hands in warm water with soap for 20 seconds.
 avoid touching any surface. wipe your hands on a dish towel.
- 10) Bacterial cells are different from animal cells in that bacteria cells:
 contain DNA. have a cell wall.
 do not have a nucleus. contain cytoplasm.



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11) Which of the following is considered a bacterial "hot zone" in your house?

- Kitchen Living Room
 Bedroom Closets

12) The MOST IMPORTANT thing you can do to keep from getting sick from bacteria is to:

- refrigerate leftovers. wash your hands.
 frequently wipe kitchen surfaces. use a hand sanitizer.

13) Using the same knife to cut raw chicken and vegetables is an example of:

- indirect contact. direct contact.
 cross-contamination. hot zone.

14) Leftover foods should be refrigerated within:

- 30 minutes. 1 hour.
 2 hours. 3 hours.

15) Bacteria grow most rapidly at temperatures of:

- below 40 degrees. at zero degrees.
 between 40-140 degrees. above 140 degrees.

16) The safest way to tell if a hamburger is cooked to the proper temperature is to:

- use a food thermometer. check the inside to see if it is still pink.
 burn the outside of the burger. None of the above.

17) The purpose of a press release is to:

- track outbreaks of foodborne illnesses. share information or news with the media.
 determine the cause of a foodborne illness. sell products or services.

18) The city in which a press release is issued from should be included in which section?

- Lead paragraph. Contact information.
 Headline. Dateline.

19) When writing a press release you should:

- tell the audience that the information is intended for them and why they should read it. start with a long description of the news, and then explain who announced it.
 have an excessive use of adjectives and fancy language. make sure the last 10 words of your release are the most important.

20) Which of the following is a possible outcome of handling food incorrectly?

- Getting sick and requiring medical attention. Not getting sick at all.
 Getting sick for a few days and then feeling better. All of these are possible outcomes.



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21) It is okay to eat raw cookie dough:

- anytime. only if the cookie dough is store bought.
 only if the cookie dough is homemade. never.

22) The safest way to defrost frozen meat is to:

- set it out on the counter. place it in the refrigerator.
 cook it while it is frozen. soak it in warm water in the sink.

23) To make sure that your hamburger is safe to eat it should be cooked to an internal temperature of:

- 160° F. 180° F.
 200° F. 212° F.

24) A data set with data points of (1, 2, 3, 4, & 5) would have a mean of:

- 2.5 3.0
 3.5 5

25) A data set with the data points of (16, 17, 22, 22, 25, & 30) would have a mode of:

- 6 14
 22 26.4

26) A data set with data points of (6, 7, 7, 10, & 16) would have a range of:

- 5 7
 9.2 10

27) A data set with data points of (2, 4, 6, 8, & 10) would have a median of:

- 5 5.6
 6 8

28) Jimmy is exactly 5 feet tall. His height at $4x$ and $10x$ would be:

- 5 ft and 10 ft. 9 ft and 15 ft.
 20 ft and 50 ft. 20 ft and 40 ft.

29) If a bacterium's generation time was 10 minutes and you started with one bacterium, how many bacteria would there be after one hour?

- 1 6.0
 32 64

30) The difference between a sample and a population is:

- a sample is selected from a population. a population is selected from a sample.
 a sample refers to people and a population refers to objects. there is no difference between a population and a sample.



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- 31) Any illness that humans get from food is:
- a virus.
 - a foodborne illness.
 - the stomach flu.
 - a cold.
- 32) Which of the following can cause a foodborne illness?
- Bacteria
 - Parasites
 - Viruses
 - All of these can cause a foodborne illness.
- 33) Which of the following is NOT a common symptom of foodborne illnesses?
- Chest pains
 - Vomiting
 - Diarrhea
 - Headache
- 34) You should wash your hands
- after using the bathroom.
 - more frequently when someone around you is sick.
 - before handling food.
 - All of these are true.
- 35) Most foodborne outbreaks are caused by:
- not keeping food hot or cold enough.
 - using different knives and cutting boards when switching from meat to vegetables.
 - having more than one person prepare food.
 - cleaning your surfaces before and after you cook.
- 36) The life expectancy rate in a country is:
- the quality of life a person in that county can expect.
 - the number of people expected to die each year.
 - the average number of years a person in that country can expect to live.
 - the number of people born each year.
- 37) A country's gross domestic product per capita tells us:
- how much debt a country has.
 - how much money the average person in that country makes each year.
 - what kind of government a country has.
 - how many hospitals a country has.
- 38) A country's infant mortality rate tells us:
- the number of babies that will die before their first birthday.
 - the number of children who will start school that year.
 - the number of babies born with deformities or diseases.
 - the number of babies who weight more than the average babe.
- 39) Which of the following needs to be done to avoid a foodborne illness?
- Refrigerate all leftovers after 3 hours.
 - Make sure that all meat is cooked until the color changes.
 - Throw away leftovers.
 - Separate meat and veggies when preparing foods.
- 40) When researching outbreaks of foodborne illnesses it is important to know:
- the location of the outbreak.
 - the likely cause of the outbreak.
 - the number of reported cases of illness.
 - All of these are true.



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For the following statements, fill in the bubble of the choice that applies to you.

1. **Can't do at all.**
2. **Can do a little.**
3. **Can do some.**
4. **Can do mostly.**
5. **Can do for sure.**

- | | | | | |
|------------------|------------------|--------------|----------------|------------------|
| 1 | 2 | 3 | 4 | 5 |
| Can't do at all. | Can do a little. | Can do some. | Can do mostly. | Can do for sure. |

41. I can reduce the risk of food poisoning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. I can tell you why food safety is important.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. I can tell you the difference between cleaning and sanitizing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. I can show you how to correctly measure the temperature of my food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. I can tell you why washing my hands helps me from getting sick.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. I can explain why it is important to reheat food to the right temperature.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. I can explain why it is important to reheat food to the right temperature.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48. I can tell you why it is important to keep cooked food and raw food away from each other.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49. I can tell you how to clean a kitchen to remove germs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50. I can show you how to store food properly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
51. I know how to reduce the amount of germs in my food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52. I can show you how to properly wash my hands.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For the following statements, fill in the bubble of the choice that applies **most** often.

1. The statement is **never** true.
2. The statement is **rarely** true.
3. The statement is **sometimes** true.
4. The statement is **usually** true.
5. The statement is **always** true.

- | | | | | |
|-------|--------|-----------|---------|--------|
| 1 | 2 | 3 | 4 | 5 |
| Never | Rarely | Sometimes | Usually | Always |

53. Food safety is an important issue that directly impacts my personal life on a daily basis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54. I eat food that has been sitting out on the table or counter for longer than 2 hours.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55. I wash my hands after handling or petting animals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56. I feel that handling my food correctly will keep me from getting sick.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57. When preparing food, I carefully follow temperature and time directions on the food packaging labels.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58. If necessary, I could properly handle a variety of meats and vegetables to prepare a safe meal for my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
59. I wash my hands before preparing or eating food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60. When I see an adult handling food improperly, I point out his or her mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61. I can identify foods that have a higher risk of making me sick.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for participating in this survey.