

Food Poisoning: 100-Question Multiple-Choice Quiz

1. What is food poisoning?

- A. A skin infection caused by bacteria
- B. An illness caused by contaminated food or drinks
- C. A disease spread only by insects
- D. A vitamin deficiency

2. Which of the following is a common symptom of food poisoning?

- A. Hair loss
- B. Chest enlargement
- C. Nausea
- D. Blurred hearing

3. Which bacterium is commonly associated with undercooked poultry?

- A. Salmonella
- B. Lactobacillus
- C. Streptococcus
- D. Bacillus subtilis

4. Which symptom may indicate severe dehydration from food poisoning?

- A. Frequent sneezing
- B. Dry mouth and dizziness
- C. Mild itching
- D. Ear pain

5. Which microorganism commonly causes food poisoning from raw seafood?

- A. Vibrio
- B. Yeast
- C. Penicillium
- D. Rhizopus

6. What is the safest way to prevent food poisoning?

- A. Leaving food uncovered
- B. Cooking food to proper temperatures
- C. Washing food with soap
- D. Storing food at room temperature

7. Which food is most commonly linked to E. coli infections?

- A. Properly canned beans
- B. Undercooked ground beef
- C. White rice
- D. Hard candy

8. What should you do before preparing food?

- A. Wear gloves only
- B. Wash your hands thoroughly
- C. Taste all ingredients first
- D. Leave ingredients outside

9. Which virus commonly causes outbreaks of food poisoning on cruise ships?

- A. Influenza virus
- B. Norovirus
- C. Rabies virus
- D. Measles virus

10. Which temperature range is known as the "danger zone" for food?

- A. 0°F–10°F
- B. 40°F–140°F
- C. 150°F–200°F
- D. 250°F–300°F

11. Which food poisoning organism is linked to improperly canned foods?

- A. Clostridium botulinum
- B. Lactobacillus acidophilus
- C. Staphylococcus epidermidis
- D. Bacillus cereus

12. What is cross-contamination?

- A. Freezing food too quickly
- B. Mixing raw and cooked foods safely
- C. Transfer of harmful microorganisms from one surface or food to another
- D. Adding preservatives to food

13. Which symptom usually appears first in food poisoning?

- A. Joint swelling
- B. Digestive upset
- C. Hair discoloration
- D. Vision improvement

14. Which population is most vulnerable to severe food poisoning?

- A. Healthy teenagers
- B. Athletes
- C. Older adults and infants
- D. Office workers

15. Which parasite can be contracted from undercooked pork?

- A. Trichinella
- B. Giardia
- C. Plasmodium
- D. Toxoplasma only

16. What is a common symptom of Salmonella infection?

- A. Memory loss
- B. Diarrhea
- C. Nosebleeds
- D. Rash only

17. Which kitchen tool should be separated for raw meat and vegetables?

- A. Spoon
- B. Measuring cup
- C. Cutting board
- D. Blender lid

18. Which food is often associated with *Staphylococcus aureus* food poisoning?

- A. Cream-filled pastries
- B. Bottled water
- C. Dry cereal
- D. Apples

19. Why should leftovers be refrigerated quickly?

- A. To improve color
- B. To stop bacterial growth
- C. To increase sweetness
- D. To remove calories

20. Which organism causes listeriosis?

- A. *Listeria monocytogenes*
- B. *Salmonella typhi*
- C. *Vibrio cholerae*
- D. *E. coli* O157:H7

21. What should you do with food that smells spoiled?

- A. Taste it first
- B. Cook it longer

- C. Throw it away
- D. Freeze it immediately

22. Which food is commonly linked to botulism?

- A. Fresh oranges
- B. Improperly canned foods
- C. Plain crackers
- D. Yogurt

23. What is the recommended refrigerator temperature?

- A. 60°F
- B. 50°F
- C. 40°F or below
- D. 70°F

24. Which food poisoning symptom requires immediate medical attention?

- A. Mild hiccups
- B. Bloody diarrhea
- C. Temporary thirst
- D. Sneezing

25. Which bacteria are commonly found in raw eggs?

- A. Salmonella
- B. Lactobacillus
- C. Rhizopus
- D. Penicillium

26. Which practice helps avoid food poisoning when reheating food?

- A. Reheat partially
- B. Reheat until steaming hot
- C. Leave food at room temperature first
- D. Reheat only once every few days

27. Which disease is caused by contaminated water and food?

- A. Cholera
- B. Asthma
- C. Arthritis
- D. Diabetes

28. What is the incubation period in food poisoning?

- A. Time needed to freeze food
- B. Time between eating contaminated food and symptoms appearing
- C. Time needed to cook food
- D. Time food remains fresh

29. Which food should pregnant women avoid because of listeria risk?

- A. Pasteurized milk
- B. Soft cheeses made from unpasteurized milk
- C. Cooked rice
- D. Bananas

30. Which is a sign of severe food poisoning?

- A. Persistent vomiting
- B. Mild hunger
- C. Sleepiness after eating
- D. Temporary boredom

31. Which microorganism produces toxins in rice left at room temperature?

- A. *Bacillus cereus*
- B. *E. coli*
- C. Norovirus
- D. *Giardia*

32. Which action helps prevent seafood-related food poisoning?

- A. Eating seafood raw
- B. Cooking seafood thoroughly
- C. Leaving seafood unrefrigerated
- D. Rinsing seafood only

33. Which food is most associated with norovirus outbreaks?

- A. Leafy greens and shellfish
- B. Chocolate bars
- C. Hard candies
- D. Dry nuts only

34. What is pasteurization?

- A. Freezing food rapidly
- B. Heating food to kill harmful microorganisms
- C. Drying food in sunlight
- D. Mixing food additives

35. Which symptom is common in botulism?

- A. Muscle weakness
- B. Excessive appetite
- C. Ear itching
- D. Sneezing

36. Which type of food commonly carries *Campylobacter*?

- A. Undercooked chicken
- B. Dry pasta
- C. Bread
- D. Applesauce

37. Why should fruits and vegetables be washed?

- A. To improve flavor only
- B. To remove contaminants and germs
- C. To change texture

D. To increase shelf life indefinitely

38. Which symptom can result from dehydration?

- A. Increased energy
- B. Dark urine
- C. Improved concentration
- D. Faster hair growth

39. Which bacteria are linked to unpasteurized milk?

- A. Listeria
- B. Lactobacillus only
- C. Yeast only
- D. Mold only

40. Which action is safest when thawing frozen meat?

- A. Leave on the counter overnight
- B. Thaw in the refrigerator
- C. Place in sunlight
- D. Keep in warm water for hours

41. Which food poisoning agent is a virus?

- A. Norovirus
- B. Salmonella
- C. Listeria
- D. Bacillus cereus

42. Which condition increases the risk of food poisoning?

- A. Strong refrigeration
- B. Poor hand hygiene
- C. Proper cooking
- D. Safe food storage

43. What should be done after touching raw meat?

- A. Touch cooked food immediately
- B. Wash hands and surfaces thoroughly
- C. Dry hands on clothing
- D. Continue cooking without cleaning

44. Which organism may cause severe kidney complications?

- A. E. coli O157:H7
- B. Lactobacillus
- C. Saccharomyces
- D. Penicillium

45. Which symptom is most common in norovirus infection?

- A. Vomiting
- B. Hair loss
- C. Ear ringing
- D. Vision improvement

46. Which food should be kept separate from ready-to-eat foods?

- A. Raw meat
- B. Bread
- C. Apples
- D. Crackers

47. What does "foodborne illness" mean?

- A. Illness spread by pets only
- B. Illness caused by contaminated food
- C. Illness caused by cold weather
- D. Illness from exercise

48. Which type of contamination involves cleaning chemicals?

- A. Biological contamination
- B. Chemical contamination
- C. Physical contamination
- D. Viral contamination

49. Which is the best way to check meat doneness?

- A. Smell the meat
- B. Use a food thermometer
- C. Touch the meat only
- D. Guess based on color

50. Which food poisoning source is linked to buffet foods left out too long?

- A. Time-temperature abuse
- B. Genetic mutation
- C. Mineral deficiency
- D. Lack of seasoning

51. Which pathogen commonly contaminates deli meats?

- A. *Listeria monocytogenes*
- B. *Lactobacillus*
- C. *Rhizopus*
- D. *Streptococcus*

52. Which symptom is associated with *Campylobacter* infection?

- A. Fever and diarrhea
- B. Hair growth
- C. Sneezing only
- D. Hearing loss

53. What should you do if a canned food container is bulging?

- A. Open it immediately
- B. Throw it away safely
- C. Refrigerate it
- D. Taste a small amount

54. Which food is safest to consume?

- A. Food left out overnight
- B. Properly refrigerated leftovers
- C. Meat stored in a warm car
- D. Raw poultry

55. Which factor promotes bacterial growth in food?

- A. Cold temperatures
- B. Moisture and warmth
- C. Freezing
- D. Dry storage only

56. Which infection may result from contaminated sprouts?

- A. E. coli infection
- B. Asthma
- C. Migraine
- D. Arthritis

57. Which action helps avoid food poisoning during picnics?

- A. Leave foods in direct sun
- B. Use insulated coolers with ice
- C. Store meat in warm containers
- D. Keep foods uncovered

58. Which organism is linked to contaminated rice dishes?

- A. Bacillus cereus
- B. Vibrio
- C. Giardia
- D. Influenza virus

59. What is the primary treatment for mild food poisoning?

- A. Heavy exercise
- B. Hydration and rest
- C. Avoiding sleep
- D. Excess sugar intake

60. Which food poisoning organism is associated with raw oysters?

- A. *Vibrio vulnificus*
- B. *Lactobacillus*
- C. *Streptococcus*
- D. *Candida*

61. Which food should not be eaten raw?

- A. Properly washed apples
- B. Raw poultry
- C. Cucumbers
- D. Bananas

62. What is one benefit of freezing food?

- A. Kills all toxins instantly
- B. Slows bacterial growth
- C. Makes spoiled food safe again
- D. Prevents all contamination permanently

63. Which foodborne illness can spread from infected food handlers?

- A. Norovirus
- B. Osteoporosis
- C. Bronchitis
- D. Cataracts

64. Which kitchen habit is unsafe?

- A. Washing hands before cooking
- B. Using separate utensils for raw meat
- C. Leaving cooked food out for hours
- D. Refrigerating leftovers promptly

65. Which symptom is common in listeriosis?

- A. Fever

- B. Improved eyesight
- C. Sneezing
- D. Toothache

66. Which type of food contamination involves metal fragments?

- A. Physical contamination
- B. Viral contamination
- C. Biological contamination
- D. Nutritional contamination

67. What should be done with expired food?

- A. Eat quickly
- B. Throw it away if unsafe
- C. Mix with fresh food
- D. Ignore the expiration date always

68. Which food poisoning symptom can become life-threatening?

- A. Severe dehydration
- B. Mild yawning
- C. Temporary hunger
- D. Mild sweating

69. Which bacteria can survive refrigeration temperatures?

- A. *Listeria monocytogenes*
- B. *Bacillus subtilis* only
- C. *Lactobacillus* only
- D. *Penicillium* only

70. Which food is often involved in food poisoning outbreaks at barbecues?

- A. Properly chilled salad
- B. Undercooked hamburgers
- C. Fresh oranges
- D. Dry cereal

71. What is the purpose of food safety regulations?

- A. Increase food prices
- B. Reduce foodborne illnesses
- C. Eliminate refrigeration
- D. Improve advertising only

72. Which pathogen is associated with contaminated water?

- A. Giardia
- B. Influenza
- C. Asthma
- D. Arthritis

73. Which practice is safest when shopping for groceries?

- A. Buy frozen foods first
- B. Buy refrigerated foods last
- C. Leave groceries in the car for hours
- D. Store raw meat above produce

74. Which symptom is common in E. coli infection?

- A. Bloody diarrhea
- B. Earache
- C. Rash only
- D. Hair thinning

75. Which food handling practice is correct?

- A. Use the same knife for raw chicken and salad
- B. Refrigerate leftovers within two hours
- C. Leave milk on the counter overnight
- D. Ignore handwashing

76. Which type of food poisoning can affect the nervous system?

- A. Botulism

- B. Norovirus
- C. Salmonella only
- D. Giardia only

77. Which food commonly causes histamine fish poisoning?

- A. Tuna
- B. Apples
- C. Potatoes
- D. Rice

78. Which action reduces the risk of food poisoning in restaurants?

- A. Ignoring food safety rules
- B. Proper employee hygiene
- C. Serving undercooked meat intentionally
- D. Leaving food uncovered

79. Which symptom may occur with severe Salmonella infection?

- A. High fever
- B. Improved sleep
- C. Increased appetite
- D. Sneezing

80. What should you do if you suspect food poisoning?

- A. Ignore symptoms completely
- B. Drink fluids and seek medical care if severe
- C. Eat more risky foods
- D. Avoid all liquids

81. Which food is safest during pregnancy?

- A. Raw sushi with high-risk seafood
- B. Unpasteurized cheese
- C. Properly cooked foods
- D. Raw eggs

82. Which bacterium commonly contaminates potato salad left unrefrigerated?

- A. Staphylococcus aureus
- B. Giardia
- C. Vibrio
- D. Influenza virus

83. Which sign indicates food spoilage?

- A. Foul odor
- B. Normal appearance
- C. Fresh smell
- D. Proper packaging

84. Which practice is unsafe for cooked rice?

- A. Refrigerating promptly
- B. Leaving at room temperature for hours
- C. Reheating thoroughly
- D. Storing in sealed containers

85. Which group has a higher risk of severe dehydration?

- A. Healthy adults
- B. Young children
- C. Athletes only
- D. Teenagers only

86. Which illness is caused by toxins produced in food before eating?

- A. Staphylococcal food poisoning
- B. Asthma
- C. Influenza
- D. Tuberculosis

87. Which action is important after a food poisoning outbreak?

- A. Ignore the source
- B. Investigate contaminated food sources
- C. Continue unsafe handling
- D. Avoid refrigeration

88. Which symptom may occur in botulism poisoning?

- A. Difficulty breathing
- B. Improved balance
- C. Sneezing
- D. Itchy scalp

89. Which type of food is commonly linked to hepatitis A outbreaks?

- A. Contaminated shellfish
- B. Dry bread
- C. Hard candy
- D. Plain rice

90. Which action prevents contamination from raw chicken juices?

- A. Wash hands and sanitize surfaces
- B. Reuse dirty towels
- C. Leave spills uncleaned
- D. Store chicken above produce

91. Which food should be cooked to a safe internal temperature?

- A. Poultry
- B. Candy
- C. Bread
- D. Apples

92. Which factor contributes to foodborne illness outbreaks?

- A. Unsafe food storage
- B. Proper refrigeration
- C. Thorough cooking
- D. Handwashing

93. Which organism can contaminate fresh produce?

- A. E. coli
- B. Influenza virus only
- C. Mold only
- D. Yeast only

94. Which symptom often accompanies diarrhea in food poisoning?

- A. Abdominal cramps
- B. Improved concentration
- C. Ear pain
- D. Hair loss

95. Which method helps ensure safe drinking water?

- A. Drinking untreated water
- B. Boiling contaminated water
- C. Leaving water uncovered outdoors
- D. Mixing with juice only

96. Which food item is high risk when unpasteurized?

- A. Milk
- B. Crackers
- C. Sugar
- D. Salt

97. Which symptom suggests a person should seek emergency care?

- A. Difficulty breathing
- B. Mild thirst
- C. Temporary fatigue
- D. Mild sneezing

98. Which storage method helps prevent food poisoning?

- A. Keeping perishable food cold
- B. Leaving meat outside
- C. Storing leftovers uncovered at room temperature
- D. Ignoring expiration dates

99. Which disease-causing agents are most commonly responsible for food poisoning?

- A. Bacteria and viruses
- B. Vitamins and minerals
- C. Fiber and protein
- D. Oxygen and nitrogen

100. What is the best overall strategy to prevent food poisoning?

- A. Ignore food safety rules
- B. Practice safe food handling, cooking, and storage
- C. Eat only packaged foods
- D. Avoid refrigeration