

Food Poisoning: 100-Question Multiple-Choice Quiz with Answers

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

Answer: B. An illness caused by contaminated food or drinks

Explanation: Food poisoning occurs when people consume food or beverages contaminated with harmful bacteria, viruses, parasites, toxins, or chemicals.

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

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

Answer: C. Nausea

Explanation: Nausea is one of the most common symptoms of food poisoning and often occurs alongside vomiting, diarrhea, and stomach cramps.

3. Which bacterium is commonly associated with undercooked poultry?

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

Answer: A. Salmonella

Explanation: Salmonella bacteria are often found in raw or undercooked poultry, eggs, and meat products.

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

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

Answer: B. Dry mouth and dizziness

Explanation: Severe diarrhea and vomiting can lead to dehydration, causing symptoms such as dry mouth, dizziness, and weakness.

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

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

Answer: A. Vibrio

Explanation: Vibrio bacteria are commonly associated with raw or undercooked seafood, especially oysters.

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

Answer: B. Cooking food to proper temperatures

Explanation: Proper cooking kills harmful microorganisms that can cause foodborne illness.

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

Answer: B. Undercooked ground beef

Explanation: E. coli bacteria are often associated with undercooked ground beef and contaminated produce.

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

Answer: B. Wash your hands thoroughly

Explanation: Handwashing is one of the most effective ways to prevent contamination and foodborne illness.

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

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

Answer: B. Norovirus

Explanation: Norovirus spreads easily in crowded environments and is a leading cause of foodborne illness outbreaks.

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

Answer: B. 40°F–140°F

Explanation: Bacteria grow rapidly between 40°F and 140°F, making this range unsafe for prolonged food storage.

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

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

Answer: A. Clostridium botulinum

Explanation: Clostridium botulinum produces a dangerous toxin in improperly canned or preserved foods.

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

Answer: C. Transfer of harmful microorganisms from one surface or food to another

Explanation: Cross-contamination commonly occurs when raw meat juices contact ready-to-eat foods.

13. Which symptom usually appears first in food poisoning?

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

Answer: B. Digestive upset

Explanation: Stomach cramps, nausea, vomiting, or diarrhea are usually the first signs of food poisoning.

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

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

Answer: C. Older adults and infants

Explanation: Infants, older adults, pregnant women, and people with weakened immune systems are at higher risk.

15. Which parasite can be contracted from undercooked pork?

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

Answer: A. Trichinella

Explanation: Trichinella parasites can infect people who eat undercooked pork products.

16. What is a common symptom of Salmonella infection?

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

Answer: B. Diarrhea

Explanation: Salmonella infections commonly cause diarrhea, fever, and abdominal cramps.

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

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

Answer: C. Cutting board

Explanation: Separate cutting boards reduce the risk of cross-contamination.

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

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

Answer: A. Cream-filled pastries

Explanation: Staphylococcus aureus can grow in foods left unrefrigerated, including pastries, salads, and meats.

19. Why should leftovers be refrigerated quickly?

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

Answer: B. To stop bacterial growth

Explanation: Refrigerating leftovers promptly slows bacterial multiplication.

20. Which organism causes listeriosis?

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

Answer: A. *Listeria monocytogenes*

Explanation: *Listeria monocytogenes* can contaminate deli meats, soft cheeses, and refrigerated foods.

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

Answer: C. Throw it away

Explanation: Spoiled food may contain harmful bacteria or toxins and should not be consumed.

22. Which food is commonly linked to botulism?

- A. Fresh oranges
- B. Improperly canned foods

- C. Plain crackers
- D. Yogurt

Answer: B. Improperly canned foods

Explanation: Botulism toxin develops in low-oxygen improperly preserved foods.

23. What is the recommended refrigerator temperature?

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

Answer: C. 40°F or below

Explanation: Refrigerators should stay at or below 40°F to slow bacterial growth.

24. Which food poisoning symptom requires immediate medical attention?

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

Answer: B. Bloody diarrhea

Explanation: Bloody diarrhea may indicate a serious infection requiring medical care.

25. Which bacteria are commonly found in raw eggs?

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

Answer: A. Salmonella

Explanation: Raw or undercooked eggs may contain Salmonella bacteria.

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

Answer: B. Reheat until steaming hot

Explanation: Thorough reheating kills many harmful microorganisms.

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

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

Answer: A. Cholera

Explanation: Cholera spreads through contaminated food and water and causes severe diarrhea.

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

Answer: B. Time between eating contaminated food and symptoms appearing

Explanation: Different pathogens have varying incubation periods before symptoms begin.

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

Answer: B. Soft cheeses made from unpasteurized milk

Explanation: Unpasteurized dairy products may contain Listeria bacteria.

30. Which is a sign of severe food poisoning?

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

Answer: A. Persistent vomiting

Explanation: Continuous vomiting can lead to dangerous dehydration.

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

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

Answer: A. Bacillus cereus

Explanation: Bacillus cereus can grow in cooked rice left unrefrigerated.

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

Answer: B. Cooking seafood thoroughly

Explanation: Proper cooking kills harmful bacteria and parasites in seafood.

33. Which food is most associated with norovirus outbreaks?

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

Answer: A. Leafy greens and shellfish

Explanation: Norovirus often spreads through contaminated produce and shellfish.

34. What is pasteurization?

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

Answer: B. Heating food to kill harmful microorganisms

Explanation: Pasteurization reduces harmful bacteria in products such as milk and juice.

35. Which symptom is common in botulism?

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

Answer: A. Muscle weakness

Explanation: Botulism affects nerves and may cause muscle weakness and paralysis.

36. Which type of food commonly carries Campylobacter?

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

Answer: A. Undercooked chicken

Explanation: Campylobacter is commonly found in raw poultry.

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

Answer: B. To remove contaminants and germs

Explanation: Washing produce helps remove dirt, bacteria, and pesticide residues.

38. Which symptom can result from dehydration?

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

Answer: B. Dark urine

Explanation: Dark urine is a common sign of dehydration.

39. Which bacteria are linked to unpasteurized milk?

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

Answer: A. Listeria

Explanation: Unpasteurized milk can contain dangerous bacteria including Listeria.

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

Answer: B. Thaw in the refrigerator

Explanation: Refrigerator thawing keeps food out of the bacterial danger zone.

41. Which food poisoning agent is a virus?

- A. Norovirus
- B. Salmonella
- C. Listeria

D. *Bacillus cereus*

Answer: A. Norovirus

Explanation: Norovirus is a highly contagious virus causing gastroenteritis.

42. Which condition increases the risk of food poisoning?

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

Answer: B. Poor hand hygiene

Explanation: Dirty hands can transfer harmful microorganisms to food.

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

Answer: B. Wash hands and surfaces thoroughly

Explanation: Cleaning prevents cross-contamination.

44. Which organism may cause severe kidney complications?

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

Answer: A. *E. coli* O157:H7

Explanation: Certain E. coli strains can lead to hemolytic uremic syndrome.

45. Which symptom is most common in norovirus infection?

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

Answer: A. Vomiting

Explanation: Norovirus commonly causes vomiting and diarrhea.

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

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

Answer: A. Raw meat

Explanation: Raw meat may contain harmful bacteria that can contaminate other foods.

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

Answer: B. Illness caused by contaminated food

Explanation: Foodborne illness is another term for food poisoning.

48. Which type of contamination involves cleaning chemicals?

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

Answer: B. Chemical contamination

Explanation: Chemical contamination occurs when harmful chemicals enter food.

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

Answer: B. Use a food thermometer

Explanation: A food thermometer accurately confirms safe internal temperatures.

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

Answer: A. Time-temperature abuse

Explanation: Leaving foods at unsafe temperatures allows bacteria to multiply.

51. Which pathogen commonly contaminates deli meats?

- A. *Listeria monocytogenes*
- B. *Lactobacillus*

- C. Rhizopus
- D. Streptococcus

Answer: A. *Listeria monocytogenes*

Explanation: *Listeria* can survive in refrigerated ready-to-eat meats.

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

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

Answer: A. Fever and diarrhea

Explanation: *Campylobacter* commonly causes diarrhea, fever, and abdominal cramps.

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

Answer: B. Throw it away safely

Explanation: Bulging cans may indicate dangerous bacterial growth such as botulism.

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

Answer: B. Properly refrigerated leftovers

Explanation: Correct refrigeration reduces bacterial growth.

55. Which factor promotes bacterial growth in food?

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

Answer: B. Moisture and warmth

Explanation: Warm, moist environments encourage bacteria to multiply rapidly.

56. Which infection may result from contaminated sprouts?

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

Answer: A. E. coli infection

Explanation: Raw sprouts can harbor harmful bacteria such as E. coli and Salmonella.

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

Answer: B. Use insulated coolers with ice

Explanation: Keeping foods cold prevents bacterial growth outdoors.

58. Which organism is linked to contaminated rice dishes?

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

Answer: A. Bacillus cereus

Explanation: Cooked rice left warm for long periods can support Bacillus cereus growth.

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

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

Answer: B. Hydration and rest

Explanation: Replacing lost fluids and resting are important during recovery.

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

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

Answer: A. Vibrio vulnificus

Explanation: Raw oysters may contain Vibrio bacteria from seawater.

61. Which food should not be eaten raw?

- A. Properly washed apples
- B. Raw poultry

- C. Cucumbers
- D. Bananas

Answer: B. Raw poultry

Explanation: Raw poultry commonly contains harmful bacteria.

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

Answer: B. Slows bacterial growth

Explanation: Freezing slows microbial growth, though it may not kill all organisms.

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

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

Answer: A. Norovirus

Explanation: Norovirus spreads easily through contaminated hands and food.

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

Answer: C. Leaving cooked food out for hours

Explanation: Bacteria multiply rapidly when food stays in the danger zone too long.

65. Which symptom is common in listeriosis?

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

Answer: A. Fever

Explanation: Listeriosis may cause fever, muscle aches, and digestive symptoms.

66. Which type of food contamination involves metal fragments?

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

Answer: A. Physical contamination

Explanation: Physical contamination includes foreign objects like glass or metal.

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

Answer: B. Throw it away if unsafe

Explanation: Expired food may no longer be safe to consume.

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

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

Answer: A. Severe dehydration

Explanation: Loss of fluids from vomiting and diarrhea can become dangerous.

69. Which bacteria can survive refrigeration temperatures?

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

Answer: A. *Listeria monocytogenes*

Explanation: *Listeria* can continue growing slowly in refrigerated foods.

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

Answer: B. Undercooked hamburgers

Explanation: Ground beef may contain harmful bacteria if not cooked thoroughly.

71. What is the purpose of food safety regulations?

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

Answer: B. Reduce foodborne illnesses

Explanation: Food safety regulations help ensure food is handled and prepared safely.

72. Which pathogen is associated with contaminated water?

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

Answer: A. Giardia

Explanation: Giardia is a parasite spread through contaminated water and food.

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

Answer: B. Buy refrigerated foods last

Explanation: This helps keep cold foods at safe temperatures.

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

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

Answer: A. Bloody diarrhea

Explanation: Certain E. coli infections can cause severe bloody diarrhea.

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

Answer: B. Refrigerate leftovers within two hours

Explanation: Prompt refrigeration reduces bacterial growth.

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

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

Answer: A. Botulism

Explanation: Botulinum toxin attacks nerves and can cause paralysis.

77. Which food commonly causes histamine fish poisoning?

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

Answer: A. Tuna

Explanation: Improperly stored fish such as tuna can develop high histamine levels.

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

Answer: B. Proper employee hygiene

Explanation: Good hygiene prevents contamination from workers.

79. Which symptom may occur with severe Salmonella infection?

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

Answer: A. High fever

Explanation: Serious Salmonella infections may cause high fever and severe illness.

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

Answer: B. Drink fluids and seek medical care if severe

Explanation: Hydration is important, and severe symptoms require medical attention.

81. Which food is safest during pregnancy?

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

Answer: C. Properly cooked foods

Explanation: Thoroughly cooked foods reduce infection risk during pregnancy.

82. Which bacterium commonly contaminates potato salad left unrefrigerated?

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

Answer: A. Staphylococcus aureus

Explanation: Staphylococcus bacteria can grow in foods left at room temperature.

83. Which sign indicates food spoilage?

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

Answer: A. Foul odor

Explanation: Bad smells can indicate bacterial growth or spoilage.

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

Answer: B. Leaving at room temperature for hours

Explanation: *Bacillus cereus* can grow in improperly stored rice.

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

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

Answer: B. Young children

Explanation: Children lose fluids quickly and may become dehydrated faster.

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

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

Answer: A. Staphylococcal food poisoning

Explanation: Some bacteria produce toxins in food that remain harmful after ingestion.

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

Answer: B. Investigate contaminated food sources

Explanation: Identifying the source helps prevent further illnesses.

88. Which symptom may occur in botulism poisoning?

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

Answer: A. Difficulty breathing

Explanation: Botulism can paralyze muscles involved in breathing.

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

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

Answer: A. Contaminated shellfish

Explanation: Hepatitis A may spread through contaminated food and water.

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

Answer: A. Wash hands and sanitize surfaces

Explanation: Cleaning removes harmful bacteria from surfaces and hands.

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

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

Answer: A. Poultry

Explanation: Poultry must be fully cooked to destroy harmful bacteria.

92. Which factor contributes to foodborne illness outbreaks?

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

Answer: A. Unsafe food storage

Explanation: Improper storage encourages bacterial growth.

93. Which organism can contaminate fresh produce?

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

Answer: A. E. coli

Explanation: Produce can become contaminated during growing or handling.

94. Which symptom often accompanies diarrhea in food poisoning?

- A. Abdominal cramps
- B. Improved concentration

- C. Ear pain
- D. Hair loss

Answer: A. Abdominal cramps

Explanation: Digestive tract irritation commonly causes cramps.

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

Answer: B. Boiling contaminated water

Explanation: Boiling can kill many harmful microorganisms.

96. Which food item is high risk when unpasteurized?

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

Answer: A. Milk

Explanation: Unpasteurized milk may contain harmful bacteria.

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

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

Answer: A. Difficulty breathing

Explanation: Breathing problems may indicate severe poisoning or dehydration.

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

Answer: A. Keeping perishable food cold

Explanation: Cold storage slows bacterial growth.

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

Answer: A. Bacteria and viruses

Explanation: Most food poisoning cases are caused by bacteria or viruses.

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

Answer: B. Practice safe food handling, cooking, and storage

Explanation: Proper hygiene, cooking, storage, and avoiding contamination are the most effective ways to prevent food poisoning.