2008 Family Food Education Certification Exam

True or False (10 points)

1. T  F  E.coli 0157:H7 is a strain of E.coli that can cause severe nose bleeds.
2. T  F  People in the "at risk" group should not eat cottage cheese.
3. T  F  If you are pregnant and consume raw milk, you run the risk of harming the fetus, even if you don't feel sick.
4. T  F  It is safe to pasteurize milk in the microwave.
5. T  F  The best way to keep foods light in color is to pretreat in a solution of six, 500 mg tablets of citric acid in 1-gallon of water.
6. T  F  A good way to can excess zucchini is to cut it in chunks and can it in pineapple juice in a boiling water canner.
7. T  F  Jerky can safely be made at home with reduced or no salt added.
8. T  F  Low methoxyl pectins depend on calcium ions to form a gel.
9. T  F  The best way to freeze avocados is sliced or whole.
10. T  F  Smoked and kippered seafood is perishable and should only be refrigerated 2-3 weeks.

Multiple Choice (10 points)
Select the one best answer unless otherwise noted.

1. Which one of the conditions does NOT favor the germination and growth of the Clostridium botulinum spores?
   _____ High moisture
   _____ Low temperature (below 38°F)
   _____ Low acid
   _____ No or low oxygen (anaerobic)

2. Food poisoning bacteria love cooked foods that are high in?
   _____ Sugar
   _____ Fat
   _____ Moist, protein-rich
   _____ Acid
3. Which foods are regulated by the FDA? (check all that apply)
   ______ Produce (domestic and imported)
   ______ Dairy products
   ______ Meat
   ______ Seafood

4. For an added margin of safety, it is recommended that home-canned green beans be boiled for how many minutes before tasting?
   ______ 5 minutes
   ______ 10 minutes
   ______ 15 minutes
   ______ 20 minutes

5. Leftovers should be reheated to?
   ______ 150°F
   ______ 155°F
   ______ 165°F
   ______ 170°F

6. Which foods do not freeze well? (check all that apply)
   ______ Potato salad
   ______ Gelatin salad
   ______ Chocolate chip cookie dough
   ______ Unbaked pumpkin pie

7. What ingredient is NOT recommended for making pickles?
   ______ Cider vinegar, 5% acidity
   ______ Uniodized table salt
   ______ Rock salt
   ______ Moderately soft water

8. As an added margin of safety, tomatoes should be acidified with?
   ______ 1 Tbsp. fresh lemon juice per pint--2 Tbsps. per quart
   ______ ½ tsp. powdered ascorbic acid per pint--1 tsp. per quart
   ______ 1 Tbsp. bottled lemon juice per pint--2 Tbsps. per quart
   ______ ¼ cup 5% vinegar per pint--½ cup per quart

9. Raw milk should be pasteurized to?
   ______ Destroy lactose so lactose intolerant people can drink it
   ______ Destroy pathogens that can cause illness
   ______ Make milk shelf stable so it doesn't require refrigeration
   ______ Increase nutritional value of milk

10. Which is NOT a method of controlling insects that may contaminate dried foods?
     ______ Freeze at 0°F for 48 hours
        ______ Pasteurize dried foods 30 minutes at 150°F
        ______ Package in sealed plastic bags inside a larger glass or metal container with a tight fitted lid
        ______ Boil for 10 minutes before eating
Safety or Quality (10 points)
Indicate whether each of the following is safety or quality concern.

1. S Q Equal amounts of 5% vinegar substituted for bottled lemon juice in salsa recipe.
2. S Q One pound of ground beef thawed in refrigerator for 3 days and then refrozen.
3. S Q Quart of cream style corn (super sweet variety) turned brown after processing.
4. S Q Pint jar of applesauce still sealed, but mold on surface.
5. S Q Tuna, raw packed, canned without salt.
6. S Q Grandma's famous hunter's stew canned in quart jars in pressure canner at 11 pound of pressure for 90 minutes at 1,500 ft.
7. S Q Quick dill pickles with garlic (that turned blue after 1 month of storage) and brine with pinkish cast.
8. S Q Pesto prepared in ½ pint jars vacuum sealed and shipped regular UPS to New York as a gift.
9. S Q Wild mushrooms sautéed and canned in ½ pint jars for 45 minutes in a pressure canner at 11 pounds of pressure at 500 ft.
10. S Q Garlic that sprouted and was stored for 2 month at 50°F.

Processing Times (10 points)
Fill in the blanks

<table>
<thead>
<tr>
<th>Product</th>
<th>Style of Pack</th>
<th>Jar size</th>
<th>Altitude (feet)</th>
<th>Pressure Canner</th>
<th>Boiling Water Canner</th>
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<tr>
<td>Cranberry sauce</td>
<td>Hot</td>
<td>Quart</td>
<td>500</td>
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<tr>
<td>Pickled garlic</td>
<td>Raw</td>
<td>Pint</td>
<td>200</td>
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<tr>
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<td>Quart</td>
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<td>Mincemeat-venison</td>
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<td>Raw</td>
<td>Pint</td>
<td>1,200</td>
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</tbody>
</table>
Fill in the Blanks (10 points)

1. Hands should be washed with hot soapy water and rubbed thoroughly for ____ seconds.

2. It will take approximately ____ to ____ pounds of cherries for each quart canned.

3. ____________, __________ and ______ need to be acidified before canning using 1 Tbsp. bottled lemon juice or ¼ tsp. citric acid USP per pint.

4. Applesauce should be reheated to ____ °F to ____ °F before packing into jars for canning.

5. For best quality do not freeze more than ____ to ____ pounds of fresh food per cubic foot of freezer space.

6. The best temperature for drying walnuts and filberts is ____°F to ____°F.

7. When canning lemon curd, it is important that the boiling water canner be heated to ____°F before hot jars are added.

8. E.coli 0157:H7 will usually start to show symptoms of illness in ____ to ____ days.

9. Raw apple juice should be pasteurized by heating to ____°F before drinking to kill harmful bacteria.

10. When canning in a boiling water canner, the water should be heated to ____°F for raw-packed foods and ____°F for hot packed foods before jars are placed in the canner.

Where in the Notebook (10 points)
Write publication number, page number (if appropriate) and title of publication.

1. A recipe for Oregon grape jelly.
   Number: ____ Title: ____________________________ Page: ____

2. Information on how to cook crab.
   Number: ____ Title: ____________________________ Page: ____

3. Information on canning soups.
   Number: ____ Title: ____________________________ Page: ____

4. Information on what government agency regulates imported foods.
   Number: ____ Title: ____________________________ Page: ____

5. Recipe for spicy cranberry salsa.
   Number: ____ Title: ____________________________ Page: ____

6. Instructions for how to pasteurize raw milk.
   Number: ____ Title: ____________________________ Page: ____

7. Information on what to do with moldy cheddar cheese.
   Number: ____ Title: ____________________________ Page: ____
8. Tips for searching the web for reliable food preservation/safety information.
   Number: __________ Title: ____________________________ Page: _____

9. Information on foods that do not freeze well.
   Number: __________ Title: ____________________________ Page: _____

10. Information on the safety of canning breads and cakes.
    Number: __________ Title: ____________________________ Page: _____

**Short Answers (5 points each)**
List reference(s) used

1. Betty Lou is in charge of the Hope Church preschool end-of-the-year family picnic at Haystack Park. What are the four things Betty Lou needs to consider to make this a safe event? (Betty is in charge of the menu and buying the food.)

   Reference(s):

2. You have just been hired as the food service manager for the Gracious Living Assisted Center. What are four foods you should not serve to the residents because of food safety concerns?

   Reference(s):

3. You found a recipe for Yum Yum Dill Pickles in a magazine at the doctor's office you would like to try. What are the four things you would look for to be sure the recipe was safe?

   Reference(s):
4. Penny Pincher is an avid garage and estate sale shopper. She is on a mission to buy food preservation equipment so she can start canning and preserving her own food. Provide Penny with four recommendations on what to look for when she is on her shopping outings.

Reference(s):

5. Pete Troller is excited about going fishing this summer with his new fishing boat. He plans to catch lots of seafood to bring home. He plans to can, freeze and smoke fish for his family. He calls the food safety/preservation hotline to get some tips on preserving his anticipated catch. Provide Pete four recommendations and precautions.

Reference(s):

6. Ann Roma is an eager Master Gardener and planted her first salsa garden of tomatoes, peppers, onions and garlic. She is excited about making salsa for her family. She is also a first-time canner. What four suggestions and precautions will you want to share with her?

Reference(s):
Long Answer Questions (10 points)

Using the critical thinking skills you have developed, read through the following scenario. Then provide ten suggestions you would have for the family so they will have a food-safe vacation.

The Potter Family Camping Vacation
The Potter Family annually takes a 4th of July camping vacation to their favorite high mountain primitive campground. They like to camp in a tent and cook their food over an open fire, as well as a propane camp stove. Since there is no potable water available they plan to use the lake and steam water for cooking, washing dishes and bathing.

The family includes Mom, age 40, Dad, age 45 (a diabetic), Joseph, age 10, Cindy, age 8, grandma is going along this year to celebrate the completion of her radiation treatments for breast cancer.

The family is excited because the forecast for the vacation is good weather, nice and sunny but they will have to take warm clothing for the cool evenings in the mountains. The family plans to leave early Friday afternoon and return home Tuesday morning.

The camp ground is in a remote area and has a mountain lake and stream. They plan to go fishing. Each year they have had good luck catching trout for dinner.

With Grandma along they have limited room to pack everything for the trip so can only take one large ice chest. They have a 1 gallon bottle of ice to keep it cold and figure that it will last them through the camping trip if they keep the ice chest full of food.

Food they are taking on the trip:
- 3 pounds of frozen hamburger patties, buns, and condiments
- 2 packages of hot dogs plus buns.
- 2 cans of commercially canned baked beans
- 1 large package of commercially prepared salad greens
- Baking potatoes
- Sour cream and butter
- 1 dozen eggs
- Pancake mix
- 1 pound of bacon
- Fresh apples
- From the local deli, 1 quart of potato salad and 1 quart of dad’s favorite crab salad
- Pound of bologna
- 2 loaves of bread
- Peanut butter and jam
- 1 gallon of milk
- Potato and tortilla chips and salsa
- Insulated jug of water they plan to refill from the mountain lake and the stream that runs through the camp ground. Water will be used for drinking, cooking and making juice.
- Frozen orange juice and lemon aid concentrate
- Bag of potato chips, Oreo cookies, big bag of trail mix for snacking
- 1 large watermelon and 1 cantaloupe

- Long Answer Question Continued on Next Page -
On the way they plan to stop at Kentucky Fried Chicken and pick up a family meal to eat when they arrive the first night because they are sure that they will be tired after the long drive and setting up camp.

While camping, they caught a lot of trout and have decided that because fishing is so good they will clean some up and put them in the ice chest to take home and freeze when they get home. They figured that since it was fresh it would be ok to keep it in the ice chest that was now pretty empty and the ice was melted, but the fish was cold.

List 10 food safety suggestions you will give the Potter family to assure a safe trip.

References used:

The Family Food Education Certification Exam has been prepared by Nellie Oehler, OSU/Lane County Extension FCD Faculty; Reviewed by Carolyn Raab.
Extra Credit (5 points)

In order for Extension Programs to stay viable, the University needs to show how programs have made an impact on the participants. This includes such things as: changes you've made in the area of food safety/preservation, money saved, ways you have shared the information with others, new things you've tried and/or learned, etc.

It would be helpful if you could list or provide examples of impact the FFE/MFP program has made on you or the people you have shared the information with. This will help us show decision-makers the impact the program has made.