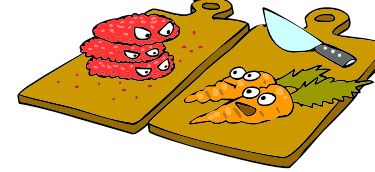
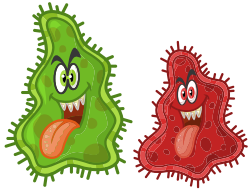


Chef Solus Food Safety Knowledge Challenge



1. Can raw meat and cooked meat share the same cutting board? no they should be separated.
2. How long should food be stored in the refrigerator? up to 5 days.
3. What should you do before and after touching food? wash your hands.
4. How can you make sure that your meat is cooked? by checking the temperature.
5. How long should you wash your hands for ? 20 seconds.
6. When cooking meat what should you always use? use a meat thermometer.
7. Where should you defrost food? in the refrigerator.
8. How long can food stay out of the refrigerator before it begins to spoil? 2 hours.

