

LOS ANGELES UNIFIED SCHOOL DISTRICT
DIVISION OF ADULT AND CAREER EDUCATION
SAFETY TEST FOR CULINARY ARTS PROGRAM

School: _____ Industry Sector: Hospitality, Tourism & Recreation

Class: _____ Date: _____

Teacher: _____ Room: _____

(Please Print)

Your Name: _____ Phone: _____

(Last) (First)

Date of Birth: _____ Age: _____ Email: _____

Address: _____

(Street) (City) (Zip)

In Case of Accident, Notify: _____ Phone: _____

To the Student:

These instructions are an important part of training in the Culinary Arts program. All members of the class must observe safety rules and precautions. Habits of carelessness or of failure to follow these rules are sufficient cause for dismissal from the class.

All students are required to learn these safety rules as part of the Culinary Arts program. Additional specific safety instructions are taught in the classroom about the various operations of machines and other workplace equipment.

All students will be required to pass this safety examination with 100% accuracy and to sign the back page of this examination indicating that you have received these instructions.

This test must be on file in the school records for 5 years.

Directions: Mark "T" for true if the following statements are completely true or "F" for false if any part of the statement is untrue. The first statement will serve as an example:

- | | | |
|--|---|-------|
| 0. Most accidents in the classroom are due to unsafe acts by people. | T | _____ |
| 1. All classroom injuries and accidents must be reported to the teacher immediately. | | _____ |
| 2. The school elevator may be used during an emergency such as fire or earthquake. | | _____ |
| 3. It is permissible to store heavy items on top of file cabinets and bookcases as long as nothing is stored within 18" of the sprinkler system. | | _____ |
| 4. Objects or materials must be passed carefully to or at another student. | | _____ |
| 5. You may lift or carry heavy boxes or equipment in school less than 25 lbs. using proper lifting techniques. | | _____ |
| 6. Any frayed cord or even the slightest shock or spark from electrical wire or connections must be reported to the instructor immediately. | | _____ |
| 7. When broken tools or an unsafe classroom condition are found, or a machine needs repair, it is permissible to make the needed repair and then report the condition to the instructor. | | _____ |

- 8. Smoking on school campus is a violation of District rules and the Health Code. _____
- 9. Hands must be dry when handling any electrical equipment. _____
- 10. All four legs/wheels of the chair must be on the floor. Tilting back can cause the loss of balance. _____
- 11. According to OSHA guidelines, chemicals should be labeled and stored away from food. _____

Directions: Choose the best answer from the (a), (b), or (c) choices to complete each statement. Write the letter of your choice on the line provided in the right margin.

- 12. Students with colds or skin infections should not:
 - a. Take part in any activity
 - b. Prepare or serve food
 - c. Be excused from school

- 13. If foods or liquids are spilled on the floor, they should be cleaned up immediately because:
 - a. Spots appear to be untidy
 - b. The floor may become discolored
 - c. Someone may slip and fall

- 14. The danger of cooking without fastening the longhair is that it may.
 - a. Catch on fire
 - b. Distract attention
 - c. Look untidy

- 15. If clothing catches fire, the student should:
 - a. Run outside
 - b. Lie down and roll up in a fire blanket or sweater or jacket
 - c. Wet clothes with water

- 16. A pot holder which is safe must be:
 - a. Of a loosely constructed fabric
 - b. Firm and free of dangling threads
 - c. Thin in places

- 17. A wet pot holder should not be used because it may:
 - a. Slip from the container
 - b. Stick to the container
 - c. Cause a steam burn

- 18. When pans are removed from a hot oven, the student should:
 - a. Reach in carefully for the pans
 - b. Open the door for a minute to cool the pans
 - c. Open the door completely and pull the oven rack out

- 19. When lifting a heavy, hot container food, the student should:
 - a. Keep one hand free
 - b. Place a lid on the container
 - c. Use a pot holder in each hand

20. Steam burns can be prevented when a cover is removed from a pan by:
- a. Raising the far side of the lid opposite your body first
 - b. Lifting the lid quickly
 - c. Standing to one side of the range
21. When pans are placed on the range, the handles should be turned away from hot burners and:
- a. To the outside
 - b. In an even row
 - c. Not extended beyond the edges to the range top
22. A gas surface flame burner should be turned off rather than left uncovered temporarily because:
- a. Carbon monoxide forms
 - b. Fuel is expensive
 - c. The flame may not be seen
23. When fat catches fire, the student should:
- a. Turn off the gas or electricity and sprinkle with baking soda
 - b. Pour water on the flame
 - c. Turn off the gas or electricity and leave the flame alone
24. Broiler fire can be prevented by:
- a. Placing foil over the broiler grid
 - b. Placing food on the broiler grid
 - c. Placing food on a flat pan
25. When slicing food, the student should use a cutting board and cut:
- a. Down toward the cutting board
 - b. At an angle
 - c. Toward the body
26. To avoid cuts, the student should wash sharp knives:
- a. With the silverware
 - b. Separately
 - c. With the cooking utensils
27. The safest way to store knives is in:
- a. The equipment drawer
 - b. A drawer by themselves
 - c. A knife holder
28. Hot liquids should NOT be poured into:
- a. Aluminum pans
 - b. Heat resistant glass cups
 - c. Glass containers
29. Glass containers which have just been removed from the refrigerator may break if:
- a. Rinsed under the cold-water faucet
 - b. Washed in hot water
 - c. Placed in the freezer

30. Cuts from broken glass in the dishwasher can be prevented by:
- a. Floating off the pieces
 - b. Using a container to drain off the water before removing the glass
 - c. Removing the glass before draining off the water
31. An electric appliance should never be used where the appliance or cord could:
- a. Touch metal
 - b. Touch rubber
 - c. Fall into water
32. If it is necessary to reach into a waste disposal, the student should make certain:
- a. The water is running
 - b. No object is caught
 - c. The switch will not be turned on
33. The blades of an electric mixer should be touched only if the mixer is:
- a. Disconnected at the outlet
 - b. Turned off at the switch and disconnected at the outlet
 - c. Turned off at the switch
34. Unopened beverage bottles when placed in a freezer will:
- a. Chill rapidly
 - b. Lose flavor
 - c. Break when contents freeze
35. When cooking moist foods in hot fat, one should:
- a. Place food directly in hot fat
 - b. Drain, dry food and slowly lower food into hot fat
 - c. Stand an arm's length away from fryer
36. When odor is detected **DO NOT**:
- a. Light a match
 - b. Notify the teacher
 - c. Determine if odor is from lights or another source
37. When lifting, heavy loads are necessary, you should let your:
- a. Back do most of the work
 - b. Arms do most of the work
 - c. Legs and arms do most of the work
38. Chef Knives should be used to:
- a. Open cans
 - b. Cut open boxes
 - c. Chop or cut foods
39. Fat in a deep fat fryer may overflow and cause burns or a fire if:
- a. Liquid fat (oil) is used
 - b. Moist food is added
 - c. Hydrogenated (solid fat is used)
40. While in the kitchen, students' coats and jackets should be:
- a. Worn to keep warm
 - b. Hung over back of chair
 - c. Removed and placed in designated locations

41. When opening pressurized cooking equipment (steam-cooker), the cook should allow sufficient time for:
- a. Equipment to stop operating
 - b. Pressure reduction
 - c. Equipment to cool
42. One should not use any electronically powered piece of equipment until:
- a. Instruction on its correct use has been given
 - b. Adequate time is available
 - c. The food to be processed has been cleaned
43. Frozen food to be thawed should be:
- a. Left out over night
 - b. Kept in the refrigerator
 - c. Placed under warm running water
44. Chopping boards should be made of:
- a. Laminated wood
 - b. Hard plastic or rubber
 - c. Steel
45. When using the Chef Knife, it is best to cut with the:
- a. Blade towards the cutting board
 - b. Thumb extended over the blade
 - c. Finger extended to push food into knife
46. One should be instructed in the use of the fire extinguisher:
- a. During a fire
 - b. After cooking is done
 - c. As part of kitchen training
47. If one needs to reach a high shelf, it is far safer to:
- a. Stand on a chair
 - b. Stand on boxes
 - c. Use a step ladder
48. Singing , whistling, and chewing gum is not permitted because:
- a. It's noisy and distracts people
 - b. Saliva from the mouth may spread over food being prepared
 - c. Most people sing off tune
49. Machinery saves work, so be sure you:
- a. Keep it clean
 - b. Polish it
 - c. Follow manufacturers instructions
50. Before you start to remove a hot container; make sure your path is clear and call:
- a. "Look Out!"
 - b. "Hot Stuff!"
 - c. "Move out of the way"

- 51. If there is any doubt about whether broken glass may have fallen into food, you should:
 - a. Throw the food away
 - b. Feel around for the glass
 - c. Taste the food

- 52. If heavy containers are awkward to lift, one should:
 - a. Get help to lift them
 - b. Try to lift them anyway
 - c. Get another job

- 53. If you break a glass in the sink, the safest way to remove the broken glass is to:
 - a. Feel around for it
 - b. Try to blow the suds away
 - c. Drain the sink and remove the glass

- 54. Food and badly bent punctured cans should be:
 - a. Used immediately
 - b. Discarded
 - c. Safe to use

- 55. If you think leftovers have become contaminated, you should:
 - a. Reheat them
 - b. Freeze them
 - c. Discard them

- 56. Cream pies come, mayonnaise basted fillings and salads, meat and fish, must be:
 - a. Refrigerated at night
 - b. Left on the counter during lunch
 - c. Held at 41 degrees Fahrenheit or lower

- 57. Foods to be served hot, should be at least:
 - a. 41 degrees Fahrenheit (5 degrees Celsius)
 - b. 135 Fahrenheit (57 degrees Celsius)
 - c. 240 degrees Fahrenheit (115 degrees Celsius)

- 58. Because they are subject to bacteria growth, don't refreeze:
 - a. Thawed foods
 - b. Gelatin dishes
 - c. Cucumbers

- 59. Smoking fat in a fryer or skillet indicates:
 - a. Heat is too high
 - b. Moist food has been added
 - c. Temperature is all right

- 60. To keep hot grease from spattering, keep foods to be fried:
 - a. As dry as possible
 - b. Wet
 - c. Cold

61. If you find a can of food that is bulging at the ends, you should:
- a. Discard it within safety guidelines
 - b. Never taste it
 - c. All the above
-
62. When operating machinery with moving parts, never wear:
- a. Rings
 - b. Watches
 - c. Dangling neckwear or loose clothing
-
63. The best time to clean and sanitize is:
- a. The end of your shift
 - b. After every task
 - c. Every two hours
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64. For minor cuts on the hand, you can still work with food if you:
- a. Wash often
 - b. Wear rubber or plastic gloves
 - c. Wear a bandage and gloves
-
65. Frozen foods should be kept in the freezer set at:
- a. 41 degrees Fahrenheit
 - b. 0 degrees Fahrenheit
 - c. 0 degrees Celsius
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66. Safety requires using only the approved can openers which:
- a. Leave a smooth edge
 - b. Remove the can rim
 - c. Leave the lid attached
-
67. Correct refrigeration of food helps prevent:
- a. Loss of food
 - b. Bacterial growth
 - c. Food from drying out
-
68. Store all perishable foods in the refrigerator at or below:
- a. 41 degrees Fahrenheit
 - b. 0 degrees Celsius
 - c. 0 degrees Fahrenheit
-
69. You can prevent fires by keeping the stove and its hood free of grease and routinely cleaning:
- a. Filters
 - b. Rags
 - c. Fans
-
70. When cleaning machines, like slicers, grinders, and mixers, it is best to:
- a. Make sure switch is off
 - b. Unplug from wall
 - c. Make sure switch is off and unplugged from wall
-

71. To keep your hair out of food and from being caught in moving parts of machinery, wear:
- a. Head-covering
 - b. A hair net
 - c. Any of the above
72. Never use glassware to:
- a. Form foods
 - b. Dish up ice or food
 - c. All the above
73. Never start any machine without checking:
- a. The guards and attachments are in place correctly
 - b. The machine is in the OFF position
 - c. All the above
74. Always use a wooden stopper when feeding food into the:
- a. Mixer
 - b. Blender
 - c. Grinder

Student	Instructor
<p>THIS IS TO CERTIFY that I have received instructions on safety precautions in my Culinary Arts class.</p> <p>The teacher demonstrated to me how to use tools, equipment and chemicals safely and correctly. I will observe all safety precautions. If ever in doubt regarding any operations, I will obtain the necessary information from my teacher.</p>	<p>THIS IS TO CERTIFY that</p> <p>_____</p> <p style="text-align: center;">(name of student)</p> <p>has been given safety instructions in my class.</p> <p>I demonstrated the proper use of tools, equipment and chemicals in the class and this student passed this written safety test with 100% accuracy.</p>
<p>_____</p> <p>(Student Signature)</p>	<p>_____</p> <p>(Teacher Signature)</p>
<p>_____</p> <p>(Date)</p>	<p>_____</p> <p>(Date)</p>