

What was the best piece of advice that you gathered from Dale Carnegie's "How To Win Friends & Influence People?"

***Open to personal choice***

What were the 5 essential skills of "110 Techniques of Communication of Public Speaking", by David JP Phillips?

1. **Open body language**
2. **Gestures and speaking with ones hands**
3. **Vocal pace/Keeping a calm pace**
4. **Pauses**
5. **Ducane Smile/Full face smile**

What are the top 5 causes of Food Borne Illness?

1. **Holding times & temperatures**
2. **Poor personal hygiene**
3. **Inadequate cooking**
4. **Contaminated equipment**
5. **Food from unsafe sources**

What are the 3 types of food contaminants?

1. **Physical**
2. **Chemical**
3. **Biological**

What is the Temperature Danger Zone?

**Between 41 degrees (F) and 135 degrees (F)**

Where in the refrigerator are Ready-To-Eat foods stored?

**On the top shelf**

What are the four best practices when it comes to personal hygiene?

1. **Shower daily**
2. **Wear clean clothing**
3. **Wash hands regularly**
4. **Report any illnesses**

How far from the walls and floors should stored foods be?

**Six inches**

What is the longest that all opened, perishable or Ready-To-Eat foods to be kept?

**Seven days**

Is wiping down surfaces with sanitizer enough to “clean” a surface to prevent cross-contamination?

**No**

