1. What is the biggest mover of contaminants?
	1. People
	2. Wind
	3. Dirty Equipment
	4. Birds
2. Proper hygiene includes
	1. Continuous housekeeping
	2. Maintaining clean clothes and shoes
	3. Keeping nails trimmed and clean
	4. All of the above
	5. None of the above
3. What is the leading cause of hazards in food?
	1. Pieces of wood from pallets
	2. Pests
	3. Personal Hygiene
	4. Contaminated Food Packaging
4. True or False: It is unnecessary to wash hands if changing gloves.
	1. True
	2. False
5. What hazard is associated with personal hygiene?
	1. Biological Hazard
	2. Chemical Hazard
	3. Physical
	4. All of the above
	5. None of the above
6. Which of the following is not an example of bacteria that can be spread from hands
	1. Lactaid
	2. Listeria
	3. E. Coli
	4. Salmonella
7. Write in detail the step-by-step method of how to wash your hands.