

A GUIDE TO FOOD HYGIENE QUIZ SHEET 1

1. A food handler can be:

- A) Kitchen hand
- B) Canteen worker
- C) Waiting staff
- D) Someone who clears and cleans tables
- E) Any of the above

2. Who is responsible for safe food handling in the food premises?

- A) Head chef
- B) Owner or manager
- C) Anyone handling food
- D) All the above

3. A physical hazard should not be found in food. A physical hazard could be:

- A) Herbs and spices
- B) Glass, hair, band aid, nail
- C) Peanuts, walnuts,
- D) Orange peel

4. How can you tell if food has enough bacteria to cause food poisoning?

- A) It smells bad
- B) It tastes bad
- C) It looks bad
- D) You can't tell. It looks, smells and tastes normal.

5. Under the right conditions bacteria multiply every:

- A) 3 hours
- B) hour
- C) 20 minutes
- D) day

6. The 'Danger Zone' is the temperature range between:

- A) 50-60°C
- B) 5-60°C
- C) 25-35°C
- D) 0-35°C

7. Which of the following is an example of a BAD food hygiene practice that could lead to cross contamination.

- A) Chopping raw and cooked meat on the same chopping board
- B) Washing all vegetables in clean water
- C) Keeping food in food grade containers
- D) Washing hands before handling food

8. When storing food in the freezer you should always:

- A) Cover, label and date foods
- B) Keep foods rock solid frozen
- C) Rotate stock – first in, first out rule
- D) All the above

9. High Risk foods such as chicken should be cooked to an internal core temperature of:

- A) 60°C
- B) 75°C or higher
- C) 70°C
- D) 150°C

10. Everyone carries bacteria on and inside their bodies. Bacteria are found on your:

- A) Hair
- B) Skin
- C) Hands
- D) Ears and nose
- E) Mouth
- F) All the above

11. What are the basic steps for washing hands?

- A) Apply soap, wash well, rinse and use air drier
- B) Wash thoroughly and dry
- C) Apply soap, wash well, rinse and dry with tea towel
- D) Wash thoroughly, rinse and dry

12. Food-handling gloves must be changed frequently and also:

- A) After handling garbage
- B) After every break
- C) After picking things up off the floor
- D) Between handling raw and cooked foods
- E) All the above

13. When preparing food, any cuts and wounds should be:

- A) Covered with a band aid
- B) Left uncovered
- C) Covered with a blue band aid & disposable glove
- D) Bandaged with gauze

14. What are the basic steps for cleaning effectively?

- A) Main cleaning and rinsing
- B) Scraping, main cleaning, sanitising and wiping
- C) Scraping, main cleaning, sanitising and air drying
- D) Scraping and sanitising

15. Pests are a problem in any food premises. The main problem is:

- A) They smell
- B) They spread disease through bacteria and droppings
- C) They eat the food
- D) They frighten staff