

Question Sheet

1/How do you get food poisoning?

- a) From breathing in Germs
- b) By overcooking raw chicken
- c) By eating food contaminated by Bacteria
- d) By combing your hair

2/Bacteria need which of the following to multiply?

- a) Ultra Violet Light, Temperature, Water
- b) Moisture, Temperature, Time
- c) Dark Dry conditions
- d) Time, Ultra Violet Light, Temperature

3/Cooked foods should be:-

- a) Cooked to +75oC and kept above +63oC
- b) Cooked to a core temperature of 137oC and put in the fridge
- c) Cooled to +29oC and kept in the hot cupboard
- d) Kept at body temperature

4/High Risk Foods should **not** be:-

- a) Put in the fridge
- b) Handled with clean disposable gloves
- c) Left out at room temperature
- d) Handled with clean tongs

5/High Risk Foods include:-

- a) Cooked Rice, Chips and Salad
- b) Green Salad, Cooked Rice and Raw Carrots
- c) Cooked Rice, Grated Cheese and Green Salad
- d) Meat Sandwiches, Eggs, Cooked Rice

6/You can help prevent Cross Contamination by:-

- a) Keeping **ALL** Raw foods away from cooked items
- b) Using wooden handled knives kept for the purpose
- c) Washing the floor daily
- d) Using Red handled knives all the time

7/High Risk Foods left in the danger zone can lead to food poisoning. What is the danger zone?

- a) +98oC to -350oF
- b) +5oC to +63oC
- c) 0oC to +3oC
- d) 37oC

8/When probing food for temperature you should:-

- a) Sanitise the probe first and Record the temperature
- b) Clean the probe with a dishcloth
- c) Take the lid off and wipe the probe
- d) Record any temperature below the danger zone

9/If food is past it's "USE BY" date you should:-

- a) Use it quickly
- b) Take the label off
- c) Dispose it
- d) Store it in the fridge

10/Food handlers should:-

- a) Not spit, cough or smoke in a food room
- b) Take regular showers/baths
- c) Not eat or drink in a food room
- d) Comply with all of the above

11/Before handling food you should:-

- a) Wash your hands each time
- b) Put it in a sterile area
- c) Turn off the oven
- d) Take the chicken out of the deep freeze



12/If you run out of Waterproof Blue plasters you should:-

- a) Use a fabric one
- b) Tell your supervisor
- c) Go home and report sick
- d) Put a sterile bandage on it

13/If you or your family have food poisoning you should:-

- a) Go home and tell your family and friends
- b) Inform your supervisor after calling an ambulance
- c) Inform your supervisor before handling food
- d) Inform your supervisor after handling food

14/Cleaning materials should be:-

- a) Mixed together to make them stronger
- b) Stored at the bottom of the fridge
- c) Kept for at least a week
- d) Made up according to instructions

15/C.O.S.H.H. Regulations are about:-

- a) Harmful Substances and Health & Safety
- b) Harmful Substances and Employment Precautions
- c) Employment Precautions and Health & Safety
- d) Legislative precautions relating to food poisoning

16/If you find a pest in a kitchen you should:-

- a) Hit it with a UV Flykiller
- b) Record it in the "Due Diligence" Book
- c) Spray it with Flykiller
- d) Report it to your Supervisor

17/If you are responsible for food poisoning due to poor hygiene:-

- a) You can be fined or imprisoned
- b) Your Boss will face prison
- c) Your Boss is immune from prosecution
- d) You cannot be held responsible

18/Tea Towels can cause cross contamination you should:-

- a) Use a wrung out dishcloth
- b) Air dry or use clean disposable paper towels
- c) Spray the tea towel with sanitiser to kill all germs
- d) Wash up tomorrow

19/Poor food hygiene standards can:-

- a) Be acceptable in certain conditions
- b) Cause DEATH, Food Poisoning and Illness
- c) Produce localised, endemic laxation
- d) Be rectified at the end of each day

20/When accepting Frozen Food Deliveries you should:-

- a) Refuse to accept if it is frozen solid
- b) Check the temperature and refuse delivery at above -10oC
- c) Let it stand before putting away
- d) Let the delivery person put it away

NAME _____
Date _____

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