

safefood for life Quiz

Section 1: Introduction to food hygiene

1. Define the term 'food worker'

2. Give 3 legal requirements for a food worker

a. _____

b. _____

c. _____

3. List 3 causes of food poisoning.

a. _____ b. _____

c. _____

4. What are the 6 main requirements for bacterial growth?

a. _____ b. _____ c. _____

d. _____ e. _____ f. _____

Section 2: Food Contamination

5. Give 4 examples of high risk foods

a. _____ b. _____

c. _____ d. _____

6. What are the 3 main ways in which food can be contaminated?

a. _____ b. _____

c. _____

7. What do the letters HACCP stand for?

8. What is 'bacterial cross-contamination'?

Section 3: Food Delivery & Storage

9. On what types of foods would you usually find a best before date?

10. List 4 of the requirements which a food delivery should meet.

- a. _____ b. _____
c. _____ d. _____

11. Why must hot food be cooled before storing in a refrigerator?

12. How often should you check the temperature of the refrigerator in a food business?

Section 4: Food Preparation, Cooking and Storage

13. What is the temperature 'danger zone' for bacterial growth?

14. Give 3 ways in which cross-contamination can be prevented.

- a. _____
b. _____
c. _____

15. Why must food be properly defrosted before cooking?

16. What is the minimum core temperature that should be reached during cooking?

Section 5: Personal Hygiene

17. Why is personal hygiene important (give 4 reasons)?

- a. _____ b. _____
c. _____ d. _____

18. List 3 food poisoning bacteria which people may carry.

- a. _____ b. _____
c. _____

19. Give 5 situations when hands should be washed.

- a. _____ b. _____
c. _____ d. _____
e. _____

20. Give 4 characteristics of suitable protective clothing for a food worker.

- a. _____ b. _____
c. _____ d. _____

Section 6: Design & Layout of Food Premises & Pest Control

21. What powers does an Environmental Health Officer have in relation to a food business (list 4)?

- a. _____
b. _____
c. _____

d. _____

22. What are the requirements for kitchen equipment and work surfaces in a food premises (list 3)?

a. _____

b. _____

c. _____

23. In relation to design & layout of a food premises, what do the letters VLWDR stand for?

24. Give 3 reasons why pest control is important in food premises.

a. _____

b. _____

c. _____

Section 7: Cleaning

25. List 4 reasons why we need to clean in food premises.

a. _____

b. _____

c. _____

d. _____

26. Define what a detergent is and state what it is used for in a kitchen.

27. What are the 4 stages of systematic cleaning?

a. _____ b. _____

c. _____ d. _____

28. List 5 of the components of a cleaning programmes for catering premises.

- a. _____ b. _____
c. _____ d. _____
e. _____

Section 8: HACCP

29. What is the purpose of HACCP in a food business?

30. List 3 reasons why documentation is an important part of food safety management.

- a. _____
b. _____
c. _____

31. What is the main hazard associated with cooking, and give 2 controls for this hazard.

32. Give 3 reasons why a HACCP system should be reviewed.

- a. _____
b. _____
c. _____

Answers:

Section 1: Introduction to food hygiene

1. Define the term 'food worker'.

A food worker is anyone working in the food handling area and applies to all stages of production, processing or distribution of food

2. Give 3 legal requirements for a food worker

Maintain high degree of personal cleanliness; Keep the workplace clean; Protect food from contamination or anything that could cause harm; Follow good personal hygiene practices- e.g handwashing; Wear clean clothes and if necessary wear protective clothing; Tell your employer if you are suffering from, or are a carrier of, a food-borne disease

3. List 3 causes of food poisoning

Bacteria; Viruses; Chemical contaminants including metals, insecticides and cleaning agents; Natural poisons in food – toadstools, green potatoes and red kidney beans; Metals

4. What are the 6 main requirements for bacterial growth?

Food; Moisture; Time; Warmth; Oxygen; pH

Section 2: Food Contamination

5. Give 4 examples of high risk foods

Cooked meat and poultry; Cooked meat products including gravy, stock, meat pies; Sausage rolls & chicken nuggets; Milk, cream, custards and dairy produce, custard slices & cream cakes; Cooked eggs and products made from eggs mayonnaise, meringue or home-made ice cream; Shellfish and other seafood, prawn cocktail & smoked salmon; Cooked rice, rice pudding or egg fried rice; Ready to eat salads, coleslaw or potato salad etc.

6. What are the 3 main ways in which food can be contaminated?

Microbial contamination (includes bacteria, moulds and viruses); Physical contamination; Chemical contamination

7. What do the letters HACCP stand for?

Hazard Analysis and Critical Control Point

- 8 What is 'bacterial cross-contamination'?

The transfer of harmful bacteria from one item/food/surface/person to food

Section 3: Food Delivery & Storage

9. On what types of foods would you usually find a best before date?

Best before dates usually appear on canned, dried and frozen products.

10. List four of the requirements which a food delivery should meet.

- *The delivery vehicle must be suitable for the transport of food, e.g. all vehicles must be weatherproof and clean. Vehicles must be refrigerated if used for transporting perishable foods. Where food and non-food items are transported in the same vehicle they must be suitably segregated to prevent cross contamination.*
- *The delivery personnel must behave in a hygienic manner and wear suitable protective clothing.*
- *The food should be free from obvious contamination and in good condition.*
- *There should be no evidence of infestation.*
- *The food must be within its 'best before' or 'use by' date, where appropriate.*
- *The packaging must be undamaged.*
- *All high risk foods must be delivered either chilled or frozen*
- *The standards of hygiene in the supplier's premises should be checked prior to purchasing*

11. Why must hot food be cooled before storing in a refrigerator?

Hot food must not be placed directly into the refrigerator as it will raise the temperature of the refrigerator above acceptable limits and may cause condensation leading to cross-contamination

12. How often should you check the temperature of the refrigerator in a food business?

The temperature of a refrigerator in a food premises should be checked daily

Section 4: Food Preparation, Cooking and Storage

13. What is the temperature 'danger zone' for bacterial growth?

Between 5 and 63°C

14. Give three ways in which cross-contamination can be prevented.

Use separate work areas, utensils and equipment; Wash foods (fruit, fish, vegetables) in designated sink in potable water; Minimise the handling of food

15. Why must food be properly defrosted before cooking?

Otherwise the minimum core temperature of 75°C may not be achieved. If the centre of the food remains in the danger zone it will allow any bacteria present to multiply and possibly cause food poisoning.

16. What is the minimum core temperature that should be reached during cooking?

75°C

Section 5: Personal Hygiene

17. Why is personal hygiene important (give 4 reasons)?

To prevent food poisoning / food contamination; To comply with the law; Appearance; Staff morale

18. List 3 food poisoning bacteria which people may carry.

Staphylococcus aureus; Clostridium perfringens; Escherichia coli; Salmonella

19. Give 5 situations when hands should be washed.

Before: Starting work; Handling food, especially if cooked or ready-to-eat; Changing from one job to another

After: Visiting the toilet; Handling raw meat and vegetables; Sneezing, coughing, blowing nose; Touching eyes, nose, face, hair, mouth, cuts; Smoking, coffee/lunch breaks; Cleaning duties, handling money, waste

20. Give 4 characteristics of suitable protective clothing for a food worker.

It must include suitable hat/cap and/or hairnet protecting all hair; It must be pale in colour so that any dirt is clearly visible; It must be washable; It must have no external pockets; Uniforms should be fastened by means of studs, Velcro or zips

Section 6: Design & Layout of Food Premises & Pest Control

21. What powers does an Environmental Health Officer have in relation to a food business (list 4)?

Enter and inspect food and premises; Investigate outbreaks of food borne disease and possible offences; Remove suspect food and have it destroyed if it is considered to be unsafe to eat; Serve improvement and prohibition notices; Take food businesses to court for breaking food safety laws

22. What are the requirements for kitchen equipment and work surfaces in a food premises?

Where possible, equipment should be mobile and easy to dismantle to allow for easy cleaning; Equipment and work surfaces should be smooth, durable, non-absorbent and easy to clean; Wooden surfaces are not recommended as they are absorbent and do not allow effective cleaning

23. In relation to design & layout of a food premises, what do the letters VLWDR stand for?

Ventilation, Lighting, Water, Drainage, Refuse

24. Give 3 reasons why pest control is important in food premises.

Pests are a hazard to public health – they carry disease; Pests damage and waste food; Pests damage property; Pests can contaminate water storage tanks

Section 7: Cleaning

25. List 4 reasons why we need to clean in food premises.

To reduce the risk of cross-contamination; To prevent food poisoning and food spoilage; To prevent pest infestation; To ensure a safe working environment; To promote a favourable image to the public; To comply with the law

26. Define what a detergent is and state what it is used for in a kitchen.

Chemicals which remove dirt, grease, oil and food particles. They do not kill bacteria. Water alone will not remove grease and dirt, therefore, a detergent must be added, e.g. soap, washing-up liquid, washing powder.

27. What are the 4 stages of systematic cleaning?

Prepare – remove loose and heavy soiling; Clean – Wash with hot water and detergent; Rinse – with clean hot water to remove any traces of detergent or dirt; Disinfect – Use chemical disinfectant and leave it on for the correct contact time

28. List 5 of the components of a cleaning programmes for catering premises.

What cleaning has to be done (i.e. all equipment, utensils etc. on premises to be listed); How often; What cleaning agents and concentrations are to be used; Procedure for cleaning; Safety instructions to be followed; By whom; Checked by whom

Section 8: HACCP

29. What is the purpose of HACCP in a food business?

Identify any step in the activities of their food business which is critical to ensuring food safety; Implement safety measures to reduce risks to health

30. List 3 reasons why documentation is an important part of food safety management.

It is a legal requirement; Record keeping helps to ensure that the business complies with the law and provides evidence of how the food is produced and handled; It is essential to know what you are doing and why and keep accurate records; Your records need to show that the steps in the production and sale of food that are critical to safety are being controlled;

31. What is the main hazard associated with cooking, and give 2 controls for this hazard.

*Microbial/toxin survival.
Minimise time at room temperature; Pre-heat oven; Cook to a minimum core temperature of 75°C; Staff training*

32. Give 3 reasons why a HACCP system should be reviewed.

The control measures are ineffective; The product is unsatisfactory; The type of product or ingredient changes, e.g. frozen chickens are used instead of fresh; New equipment is introduced, e.g. a new refrigerator, cooker; Complaints are received; Poor lab results from food samples