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| Question 1-3 |
| 1. List four of the main faults contributing to food poisoning outbreaks:  1.  2.  3.  4.  2. What are two of the hazards:  1.  2.  3. List two benefits of good food hygiene and safety:  1.  2. |
| Questions 4-8 |
| 4. Give an example of two types of bacteria:  1.  2.  5. What is meant by the ‘danger zone’?  6. What do you understand by the term ‘high risk foods’?  7. Give three examples:  1.  2.  3.  8. What is the risk for ready-to-eat raw foods? |
| Questions 9-13 |
| 9. List four signs of food spoilage:  1.  2.  3.  4.  10. What are two rare causes of food poisoning?  1.  2.  11. What are the sources of salmonella bacteria?  12. Why should you use a probe thermometer to check cooking temperatures of food?  13. Why should you wash your hands frequently, including after using the toilet? |
| Questions 14-18 |
| 14. List four of the sources of food poisoning bacteria:  1.  2.  3.  4.  15. Give an example of direct cross-contamination:  16. How can you control cross-contamination?  17. Why is it important to wear hair protection and not to wear jewellery and nail varnish when preparing foods?  18. List common foods which contain allergens:  1.  2.  3.  4. |
| Questions 19-22 |
| 19. What is the most common way bacteria are transferred to food?  20. What precaution should smokers take to prevent contamination?  21. What should a food handler who is suffering from illness do?  22. What are your responsibilities to prevent contamination? |
| Questions 23-25 |
| 23. a. How often should kitchen bins be emptied and  b. why must outside waste areas be kept clean and tidy?  a.  b.  24. What does the law say about food premises?  25. What must you do if you discover broken, cracked, rusted or otherwise damaged equipment? |
| Questions 26-28 |
| 26. How can food pests contaminate food?  27. List four ways you can reduce the risk of infestation?  1.  2.  3.  4.  28. Give an example of a physical pest control method: |
| Questions 29-31 |
| 29. Why are cleaning schedules important:  30. List the six stages of cleaning:  1.  2.  3.  4.  5.  6.  31. Describe how to sanitise a surface: |
| Questions 32-41 |
| 32. What is HACCP?  H  A  C  C  P  What system do the company use to implement and evidence this?  33. What precautions should you take when receiving deliveries of food?  34. In what order should you store foods in the fridge? Complete the table:   |  |  |  | | --- | --- | --- | |  | Type of Food | Examples | | Top Shelf |  |  | | Middle Shelf |  |  | | Bottom Shelf |  |  |   35. What actions should you take if you find fridge temperatures are operating at temperatures resulting in food being at over 8C?  36. At what temperature should freezers operate?  37. How would you defrost a chicken or joint of meat?  38. What is meant by stock rotation?  39. List four controls which will help maintain the safety of cooked or reheated food:  1.  2.  3.  4.  40. Give three examples of how you could speed up the cooling process for cooked foods:  1.  2.  3.  41. Describe how to use and look after a probe thermometer: |
| Questions 42-43 |
| 42. What system in use in the home could help prove due diligence in the event of a food poisoning outbreak?  43. What might Environmental Health Officers do when they come in to inspect your kitchen?  1.  2.  3.  4.  5. |

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| Do you feel this pack has given you a sufficient knowledge of Food Safety? |
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| Are there any extra training needs you would like to follow up: |
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