

## Unit 207: Food safety

### Activity 7: Quiz

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1. What are the five categories of high-risk people
2. Give the two main symptoms of food poisoning
3. Describe microbiological contamination
4. Describe chemical contamination
5. Describe physical contamination
6. What temperature is the danger zone? Between\_\_\_\_\_ and\_\_\_\_\_
7. Why should we aim to keep food outside the danger zone?
8. What are pathogenic bacteria?
9. What are spoilage bacteria?
10. What are high risk foods?
11. What are the four main requirements for bacterial growth?
12. At what temperature should your fridge operate? (legal requirement)

13. At what temperature should your freezer operate? (legal requirement)
14. At what temperature should you hold hot food?
15. How would you make sure that food has been cooked thoroughly?
16. What temperature should the food reach for cooking and reheating?
17. Why should you wash your hands after touching your face?
18. How do colour coded boards help prevent cross contamination?
19. What facilities must a food business provide for hand washing?
20. What illness must food handlers report to their supervisors?
21. What are signs of a pest infestation?
22. How do catering outlets monitor that refrigerated food is being kept at the correct temperature?
23. Where should you thaw/defrost food?
24. What does the phrase 'clean as you go' mean?
25. What is a cleaning schedule?

26. What is a detergent?
27. What is a sanitiser?
28. What is contact time?
29. What is a critical control point?
30. Waste should be stored in bins with \_ \_ \_ \_ \_ fitted \_ \_ \_ \_ \_
31. Explain the difference between 'use by' and 'best before'.
32. What is due diligence?
33. Plasters (dressing) should be
  - a)
  - b)