Unit 207: Food safety

# Activity 7: Quiz (Tutor)

**1. What are the five categories of high-risk people**

Young children, elderly, sick, pregnant women, those with immune deficiency

**2. Give the two main symptoms of food poisoning**

Nausea, diarrhoea, vomiting abdominal pain

**3. Describe microbiological contamination**

Pathogenic bacteria, spoilage bacteria, viruses

**4. Describe chemical contamination**

Pesticides, fertilizer’s, cleaning chemicals

**5. Describe physical contamination**

Soil or dirt on veg, hair, fingernails, plasters, buttons from food handlers,

packaging, string, paint fragments, screws from buildings and equipment,

pests, flies, ants.

**6. What temperature is the danger zone? Between\_\_\_\_\_ and\_\_\_\_\_\_**

5°C and 60°C

**7. Why should we aim to keep food outside the danger zone?**

To keep it safe to eat and to prevent deterioration

**8. What are pathogenic bacteria?**

An organism that causes illness/disease

**9. What are spoilage bacteria?**

The process of causing damage, spoilage bacteria causes food to perish

**10. What are high risk foods?**

High risk foods are those most likely to be involved in food poisoning cases.

**11. What are the four main requirements for bacterial growth?**

Warmth, food, moisture, time

**12. At what temperature should your fridge operate? (legal requirement)**

0°C–5°C

**13. At what temperature should your freezer operate? (legal requirement)**

-18°C

**14. At what temperature should you hold hot food?**

63°C or above

**15. How would you make sure that food has been cooked thoroughly?**

Check temperature at thickest part, check colour of juices

**16.**  **What temperature should the food reach for cooking and reheating?**

Core temperature of 70°C for 2 minutes

**17. Why should you wash your hands after touching your face?**

To prevent physical cross contamination

**18. How do colour coded boards help prevent cross contamination?**

Sperate boards are used for the different food groups and so prevents cross

contamination

**19. What facilities must a food business provide for hand washing?**

Separate handwashing sinks for staff to wash their hands with soap,

nailbrush and paper towels/hand dryer

**20. What illness must food handlers report to their supervisors?**

Diarrhoea, vomiting, colds, sore throats, congested eyes, skin infections,

stomach upset, suspected food poisoning

**21. What are signs of a pest infestation?**

Droppings, gnawing, smear marks, dead bodies, damage to packaging

eggs/lavae

**22. How do catering outlets monitor that refrigerated food is being kept at**

**the correct temperature?**

Carry out temperature checks on refrigerators, probing food items

**23. Where should you thaw/defrost food?**

In a refrigerator

**24. What does the phrase ‘clean as you go’ mean?**

Cleaning equipment and surfaces after completing a task to maintain levels of

hygiene

**25. What is a cleaning schedule?**

A document that states the cleaning tasks to be completed, the equipment

and chemicals to be used and the frequencies

**26. What is a detergent?**

A cleaning agent used for washing kitchen equipment

**27. What is a sanitiser?**

A cleaning chemical that is a combination of a detergent and disinfectant used

to clean kitchen surfaces a surface

**28. What is contact time?**

The time a cleaning chemical should be left in contact with a surface to work

**29. What is a critical control point?**

A step when a control can be implemented to prevent or eliminate food safety

hazard or reduce it to an acceptable level

**30. Waste should be stored in bins with \_ \_ \_ \_ \_ fitted\_ \_ \_ \_**

Well fitted lids

**31.** **Explain the difference between ‘use by’ and ‘best before’.**

The date that indicates when a food may no longer be safe to eat.

The date is an indication of quality rather than safety.

**32.**  **What is due diligence?**

Evidence of every precaution being taken to keep food safe

**33. Plasters (dressing) should be**

**a)** waterproof

**b)** detectable – blue in colour / have metal in them