

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?**
Separate 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/larvae
- 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