Unit 207: Food safety

# Activity 7: Quiz

**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)**