

Food Poisoning and Food-Borne Illness

1) The main symptoms of food poisoning or food borne illness include?

- A. Sore throat, headache, high temperature and feeling weak
- B. Headache, feeling irritable, sickness and lack of appetite
- C. Diarrhoea, vomiting, stomach pain and fever
- D. Nausea, back pain, headache and constipation

(C) The main symptoms of food poisoning or food borne illness include; Diarrhoea, vomiting, stomach pain and fever

2) Some people are at greater risk of developing food borne infections. For these people the consequences of food poisoning can be very serious. Who are these people?

- A. Delivery drivers, chefs, nurses and doctors
- B. Middle aged men, production workers and farmers
- C. Elderly people, pregnant women, babies and people who are already ill
- D. All of the above

(C) These people are referred to as 'High Risk Groups' They are people who are likely to be seriously ill or even die as a result of food poisoning. This is because their immune systems are weak or not fully developed.

3) What are Pathogens?

- A. People who are most vulnerable to food borne illness
- B. Types of food that support the growth of bacteria
- C. Chemicals used to kill fungi and moulds
- D. Micro-organisms capable of causing harm or disease

(D) Most micro-organisms are harmless, however some cause illness and these are called Pathogens. Pathogenic Bacteria is the main cause of food related illness.

4) Some of the most common causes of food poisoning include:

- Preparing foods too far in advance
- Not cooking foods properly
- Not defrosting foods correctly

True or False

(True) These are some of the most common causes of food poisoning. Other causes include storing foods incorrectly (for example too warm) so that bacteria can grow quickly cross contamination of foods after cooking infection from people handling foods due to poor hygiene.

5) Micro-organisms are?

- A. Pathogens
- B. Microscopic organisms that are found everywhere
- C. Toxins produced by bacteria
- D. A source of chemical contamination

(B) Micro-organisms are tiny living things which are found everywhere. A microscope is normally required to see them. Most micro-organisms are harmless.

Food Contamination

1) To multiply bacteria need:

- A. Food, warmth, time and moisture
- B. Pests, allergens and spoilage
- C. Blood, high temperatures, mould and time
- D. Dry, cold, and high risk food

(A) To multiply bacteria need food, warmth, time and moisture

2) Cross Contamination means:

- A. The head chef is angry
- B. The transportation of harmful substances to food by: Hands that touch raw foods, such as chicken, then touch food that will not be cooked, like salad ingredients
- C. Food has not reached the correct temperature to kill bacteria
- D. All of the above

(B) Cross Contamination means the transportation of harmful substances to food by: Hands that touch raw foods, such as chicken, then touch food that will not be cooked, like salad ingredients.

3) Mould is a chemical hazard:

- True
- False

(False) Mould is a biological hazard.

4) Staphylococcus Aureus may be found on:

- A. Eggs, poultry and dairy products
- B. Rice, pasta and cereals
- C. The skin, in infected cuts and boils and in the nose
- D. All of the above

(C) Staphylococcus Aureus may be found on the skin, in infected cuts and boils and in the nose.

5) Physical hazards include:

- A. Virus, mould, pathogens and spoilage
- B. Metal, jewellery, plastic, wood and glass
- C. Cross contamination, incorrect temperatures and overloaded refrigerators
- D. Salmonella, Listeria, Mycotoxins and plasters

(B) Physical hazards include: Metal, jewellery, plastic, wood and glass

Preventing Contamination

1) Why should outdoor clothing and personal belongings be kept out of food preparation areas?

- A. To prevent cooking odours getting into clothing
- B. To reduce the risk of contaminating food
- C. To protect outdoor clothing from getting stained
- D. To prevent the risk of accidents

(B) To reduce the risk of contaminating food.

2) What is the best way to describe contamination?

- A. The presence in food of any harmful or objectionable substance or object
- B. A disease carrying organism
- C. The method by which bacteria multiply
- D. Not cooking food properly

(A) The best way to describe contamination is the presence in food of any harmful or objectionable substance or object.

3) What is the danger zone?

- A. The temperature at which bacteria grow best (between 5°C and 63°C)
- B. The area where food is prepared in the kitchen
- C. The chemical storage cupboard
- D. The chef's office when he is angry

(A) The danger zone is the temperature at which bacteria grow best (between 5°C and 63°C).

4) By law the temperature of a refrigerator must not exceed?

- A. 0°C (32°F)
- B. -18°C (0°F)
- C. 1°C (0°F)
- D. 8°C (46°F)

(D) By law the temperature of a refrigerator must not exceed 8°C (46°F).

5) What is the minimum time/temperature control required to destroy most bacteria when cooking?

- A. 37°C (99°F) for one minute
- B. 100°C (212°F) for two minutes
- C. 70°C (158°F) for two minutes
- D. 63°C (145°F) for one minute

(C) The minimum time/temperature control required to destroy most bacteria when cooking is 70°C (158°F) for two minutes

Personal Hygiene

1) Food Handlers should cover cuts and wounds with which one of the following?

- A. Gauze and lint
- B. Elastic Bandage
- C. A water proof dressing
- D. A blue waterproof plaster

(D) To prevent contamination of food with harmful bacteria and blood these wounds should be completely covered with a brightly coloured blue waterproof plaster.

2) Washing hands is very important for food safety, when should you wash your hands?

- A. After using the toilet
- B. After smoking a cigarette
- C. After handling raw meat
- D. After doing all of the above

(D) Hands must be kept very clean at all times by washing thoroughly in hot water with liquid soap. Efficient drying of hands is also important and may be achieved by using disposable towels.

3) Why is wearing jewellery not allowed in food preparation areas?

- A. Because it might fall in to food being prepared
- B. Because it harbours dirt and bacteria which will contaminate food
- C. Because it might get caught in machinery and cause an accident
- D. All of the above

(D) Food handlers should not wear earrings, watches, jewelled rings or broaches as they harbour dirt and bacteria. Also stones or small pieces of metal may end up in the food.

4) What should you do if you have been on holiday and whilst you were away you suffered from sickness, diarrhoea and upset stomach?

- A. Go to work as normal
- B. Tell your supervisor before going to work
- C. Take some medicine
- D. Wear some gloves whilst preparing food

(B) Any food handlers suffering from sickness, diarrhoea, vomiting or food borne infection must not handle food. They must notify their supervisor who will decide if they should work with food or not.

5) Pathogenic bacteria, bacteria which is harmful to humans can be found on the skin, ears, nose and mouth and in infected wounds. What is the name of this bacteria.

- A. Salmonella
- B. Listeria
- C. Staphylococcus Aureus
- D. E-coli 0157

(C) Staphylococcus Aureus a pathogenic bacteria can be found on the skin, ears, nose and mouth and in infected wounds

Cleaning and Disinfection

1) Disinfection is?

- A. Dissolving grease and removing dirt
- B. Using hot steam and soap
- C. Reducing bacteria to safe levels using a chemical
- D. Killing insects that might contaminate food

(C) Disinfection is reducing bacteria to safe levels using a chemical.

2) A Detergent is a chemical used to?

- A. Kill all germs and bacteria
- B. Dissolve grease and remove dirt
- C. Remove lime scale
- D. All of the above

(B) A Detergent is a chemical used to dissolve grease and remove dirt.

3) Cloths often become contaminated with bacteria and can therefore be a source of contamination. They should be?

- A. Made from linen
- B. Washed after use
- C. Kept in a bleach solution overnight
- D. Disposable and changed frequently

(D) Cleaning cloths should be disposable and changed frequently.

4) Disinfection reduces the bacteria to safe levels. You should disinfect any items which come into direct contact with:

- A. Food or the hands of food handlers
- B. Touch points such as refrigerator handles or switches
- C. Meat slicers, knives, chopping boards and food containers
- D. All of the above

(D) Disinfection - reduces the bacteria to safe levels. Disinfect any items which come either into direct contact with food or the hands of food handlers. This includes meat slicers, work surfaces, chopping boards, refrigerator door handles.

5) When using chemicals for cleaning you must:

- A. Mix them in a storage cupboard away from food
- B. Follow the manufactures instructions
- C. Always wear gloves and eye protection
- D. Only use them when the kitchen is closed

(B) When using chemicals for cleaning you must always follow the manufactures instructions.

Premises and Equipment

1) All materials used in a food space must be:

- A. Stainless steel
- B. Smooth and easy to clean
- C. Light coloured
- D. Painted

(B) All materials used in a food space must be smooth and easy to clean.

2) If doors or windows open onto the outside, they must be?

- A. Kept closed at all times
- B. Only opened during deliveries
- C. Fitted with insect proof screens that can be easily removed for Cleaning
- D. Be unobstructed at all times

(C) If doors or windows open onto the outside, they must be fitted with insect proof screens that can be easily removed for cleaning.

3) Hand-washing facilities must have:

- A. Cold water, bar of soap and towels
- B. Mixer taps, hand gels and paper towels
- C. Hot and Cold water, liquid soap and paper towels
- D. Hot water, sanitiser liquid and linen towels

(C) Hand-washing facilities must have Hot and Cold water, liquid soap and paper towels.

4) Fridges must be capable of storing food below:

- A. -18°C (0°F)
- B. 8°C (46°F)
- C. 63°C (145°F)
- D. 37 °C (99°F)

(B) Fridges must be capable of storing food below 8°C (46°F)

5) Suitable and sufficient lighting should be provided to all parts of a food premises to:

- A. Allow for effective cleaning and safe working conditions
- B. Deter rodents and thieves
- C. Make the food appear more appetising
- D. Prevent mistakes when adding ingredients

(A) Suitable and sufficient lighting should be provided to all parts of a food premises to allow for effective cleaning and safe working conditions

Food Pests

1) What should you do if you see signs of pests in your place of work?

- A. Report it to the Environmental Health Department
- B. Place poisons and traps in the area
- C. Report it to your manager or supervisor immediately
- D. Put all food in to pest proof containers

(C) If you notice any signs of pests report it to your manager or Supervisor immediately.

2) The main signs of pests include:

- A. Broken crockery, missing paperwork, damage to stock
- B. Loud noises, irritated customers, loss of trade, closure of business
- C. Mould, damp, holes and damaged brickwork
- D. Droppings, dead bodies, eggs, Larvae, pupae, feathers, fur, nesting materials, smear marks and rat runs, unusual smells, damage to buildings including gnawed pipes, cables and fittings

(D) The main signs of pests include; droppings, dead bodies, eggs, Larvae, pupae, feathers, fur, nesting materials, smear marks and rat runs, unusual smells, damage to buildings including gnawed pipes, cables and fittings.

3) Food premises provide pests with all the conditions they need to survive which include:

- A. Food, moisture, warmth and shelter
- B. Quite, filth, rubbish and holes
- C. People, animals, nesting materials and temperature
- D. Disease, noise, cooked foods and packaging

(A) Conditions they need to survive include food, moisture, warmth and shelter.

4) If pests are discovered during an inspection, or as a result of a complaint, this could lead to the premises being?

- A. More frequently visited by an Environmental Health Officer
- B. Moved to another area where there are no pests
- C. The premises being closed under a Hygiene Emergency Prohibition Notice costing the business money and potentially ruining its reputation
- D. Ignored by customers until the situation improves

(C) If pests are discovered during an inspection, or as a result of a complaint, this could lead to the premises being closed under a Hygiene Emergency Prohibition Notice, costing the business money and potentially ruining its reputation.

5) It is acceptable to use insecticides and rodenticides bought from a supermarket to use in commercial catering premises. Is this statement true or false?

- True
- False

(False) Use a reputable pest control company. Pest controllers locate, identify, destroy and repel pests.

Food Law

1) Authorised Environmental Health Officers have the power to enter commercial and trade premises:

- A. At all reasonable times
- B. During lunch breaks
- C. When the business is not trading
- D. Only during weekdays

(A) They can enter the premises at any reasonable time.

2) Food Safety legislation is designed to?

- A. Arrest people for poor practice
- B. Protect consumers from illness and harm
- C. Issue fines and imprisonment
- D. Ensure that food is nutritious

(B) Food safety legislation is designed to protect consumers from illness and harm.

3) Who is responsible for enforcing food safety legislation?

- A. The head Chef
- B. The business owner
- C. Supervisors
- D. Local Authority environmental health officers

(D) Local Authority environmental health officers are responsible for enforcing food safety legislation.

4) Due diligence means the business is able to demonstrate that it has done everything within its power to safeguard consumer health. This means keeping accurate records proving this defence. Records may include: HACCP, monitoring records – storage/cooking/delivery, Pest control, Cleaning schedules and training records.

- True
- False

(True) The above statement is true.

5) Most prepacked foodstuffs must carry a date of minimum durability. This can be:

- Use By and Best Before Date
- Use Today Best Before Tomorrow

(Use By and Best Before Date) Most prepacked foodstuffs must carry a date of minimum durability this can be either Use By and Best Before Date.