

Food Hygiene and Cross Contamination Quiz

[NOTE: Some questions have multiple correct answers. Circle all those that you think are correct]

1. What should our approach to food safety be?
 - a. Plan to do a thorough clean of the areas where food is prepared, at least once a month
 - b. Anticipate food safety problems before they actually occur and take appropriate steps to prevent them from happening
 - c. Monitor and keep an eye out for anyone who might become ill as a result of poor hygiene practice
2. What are our responsibilities for food safety?
 - a. We are required by law to produce food that is safe to eat
 - b. It is up to others to tell us if they believe food that we serve is past its sell by date
 - c. We must always show parents our menus, that way they will know that food for their children is safe for them to eat
3. Name three things that food handlers are required to do:
 - a. Keep themselves clean
 - b. Wear suitable footwear
 - c. Know all the ingredients for a lasagne
 - d. Report foodborne illness or skin condition to supervisor
 - e. Wear suitable protective clothing
4. Name 4 things that could cause contamination of food?
 - a. Bacteria
 - b. Bad breath
 - c. Foreign objects
 - d. Pesticides
 - e. Too many cooks in the kitchen
 - f. Cleaning products
5. What does the Early Years Foundation Stage Statutory Framework say about where food should be prepared?
 - a. All food must be prepared in a dedicated kitchen
 - b. An adequately equipped area must provide healthy meals, snacks and drinks for children
 - c. Food should be prepared on tables away from the children



6. Name four high risk foods
 - a. Cooked meats
 - b. Cabbage
 - c. Eggs
 - d. MacDonald's beef burgers
 - e. Cooked rice
 - f. Avocado
 - g. Shellfish
7. Name 3 things that are important to ensure safe storage of food
 - a. Fridge temperatures are at the right levels to store food
 - b. The fridge is big enough to have lots of food in it at any one time
 - c. Raw and cooked foods are kept safely in a fridge and protected from contamination
 - d. Labels on foods must always face outwards so that everyone can read them clearly
 - e. Stock control of perishable foods is managed effectively to ensure that all foods remain safe to eat
8. What does the Early Years Foundation Stage Statutory Framework say about those who prepare food?
 - a. They have to be qualified to do so
 - b. They must be competent to prepare and handle food
 - c. They must know how to sterilise bottles for babies
9. Which of the 8 well-being SHANARRI factors in the Scottish, Getting it right for every child (GIRFEC) approach relates to effective food hygiene practice?
 - a. Safe
 - b. Healthy
 - c. Achieving
 - d. Nurtured
 - e. Active
 - f. Respected
 - g. Responsible
 - h. Included

Food Hygiene and Cross Contamination Quiz Answers

1: b

2: a

3: a, d, e

4: a, c, d, f

5: b

6: a, c, e, g

7: a, c, e

8: b

9: a, b, d, f

