

Food Safety

Level 3 Award in Food Safety

1

Practical Examination

1. High-risk foods are foods that:

- a) are ready-to-eat
- b) are stored at room temperature
- c) are contaminated
- d) are usually raw

X

2. Which of the following statements is false?

- a) Food poisoning bacteria are a greater risk than spoilage bacteria
- b) Spoilt food may be detected when eaten
- c) Spoilage is mainly caused by mould, enzymes and bacteria
- d) The quickest method of detecting spoilage organisms is by microbiological sampling

X

3. Which one of the following statements is true?

- a) Carriers are people who have recovered from illness and do not excrete pathogens
- b) Carriers often exhibit symptoms of illness
- c) Carriers show no symptoms of illness but excrete organisms
- d) Carriers are never likely to cause food poisoning

X

4. Which of the following is a benefit of good hygiene standards?

- a) Reduced costs of maintenance
- b) Reduced costs of training
- c) Protecting profits
- d) Increased number of food complaints

X

5. Which of the following range of temperatures will allow the most rapid growth of food poisoning bacteria?

- a) 60°C - 80°C
- b) 20°C - 50°C
- c) 50°C - 60°C
- d) 0°C - 20°C

X

6. Contamination is best described as the:

- a) multiplication of bacteria in food
- b) presence of harmful or objectionable matter
- c) presence of toxins during cooling
- d) spoilage of out-of-date food

X

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7. Which of the following are all common symptoms of food poisoning?

- a) Vomiting, diarrhoea and large bruises
- b) Stomach ache, vomiting and swollen ankles
- c) Diarrhoea vomiting and abdominal pain
- d) Fever, shortness of breath and stomach ache

X

8. It is critical to wash your hands:

- a) after cleaning a chopping board used for cooked meat
- b) after going to the toilet
- c) after eating food
- d) before handling raw vegetables

X

9. You have been instructed to clean work surfaces in the following work areas using the same cleaning equipment. Where should you start?

- a) High-risk
- b) Vegetable preparation
- c) Raw meat
- d) Raw fish

X

10. During normal cooking spores of bacteria:

- a) multiply
- b) produce toxin
- c) expand
- d) survive

X

11. Food hazards are usually categorised into the following:

- a) physical, chemical, allergenic, large
- b) chemical, physical, microbiological, allergenic
- c) small, microbiological, physical, chemical
- d) allergenic, chemical, microbiological, removable

X

12. Which of the following are all factors which affect bacterial multiplication?

- a) Food, pH, warmth and dirt
- b) Food, pH, light and warmth
- c) Nutrients, pH, available moisture and temperature
- d) Warmth, available moisture, light and pH

X

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Practical Examination

13. Which of the following is a control measure used to prevent the contamination of high-risk food with pathogens?

- a) Cooking food to 75°C
- b) Minimising the time of food preparation at room temperature
- c) Effective cleaning and disinfection
- d) Adding sugar to food during production

X

14. Which of the following are most likely to cause food poisoning?

- a) Toxins, moulds and allergens
- b) Poisonous chemicals, mosquitoes and spores
- c) Toxins, poisonous plants and worms
- d) Pathogenic bacteria, viruses and poisonous chemicals

X

15. How can a supervisor monitor handwashing?

- a) Check that all washbasins are clean and easy to use
- b) Train the staff when to wash their hands
- c) Observe staff washing their hands
- d) Lead by example and wash hands properly

X

16. What is HACCP?

- a) A system used to control pests
- b) A food safety management system
- c) A type of cleaning schedule
- d) A microbiological testing system

X

17. How long does food poisoning usually last?

- a) 1 to 7 days
- b) 10 to 70 minutes
- c) 1 to 7 hours
- d) At least a month

X

18. Which of the following is not a control measure for food preparation?

- a) Colour-coding
- b) Minimise handling
- c) Keep covered
- d) Minimise time in 'risk zone'

X

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19. Which of the following is true regarding low-risk foods?

- a) They should be protected from damp
- b) They must be stored in a refrigerator
- c) They never cause food poisoning
- d) They support the multiplication of food poisoning bacteria

X

20. Which of the following are all signs of a mouse infestation?

- a) Droppings, dead bodies, gnawed pipes and holes in stainless steel tables
- b) Feathers, unusual smells, dead bodies and gnawed pipes
- c) Droppings, dead bodies, gnawed pipes and damaged cans
- d) Droppings, dead bodies, gnawed pipes and empty bait boxes

X

21. Which of the following are the best ways to stop rats getting into a food premises?

- a) Traps in the kitchen, proofing and maintenance of buildings
- b) Proofing, maintenance of drains and maintenance of buildings
- c) Checking deliveries, training staff to catch them and proofing
- d) Proofing, clean equipment and training staff to report sightings

X

22. Which of the following statements is true?

- a) Food handlers must wear protective clothing when leaving work
- b) A supervisor can improve hygiene if they lead by example
- c) Smoking by food handlers is banned to prevent chemical contamination
- d) Nail brushes should be used every time the hands are washed

X

23. Which of the following all describe good practice regarding the hands of food handlers?

- a) Kept clean, long nails, no jewellery and wearing gloves
- b) Kept clean, false nails, no jewellery and wearing gloves
- c) Round nails, no rings, no nail varnish and kept wet
- d) Short nails, kept clean, no false nails and no rings

X

24. Which of the following is most important to ensure effective disinfection of a chopping board?

- a) Removing food scraps and waste before disinfection
- b) Mixing the detergent and disinfectant together
- c) Microbiological testing of the surface once a month
- d) Rinsing off the disinfectant immediately

X

25. Which of the following are all essential properties for chopping boards?

- a) Hard wearing, able to absorb liquids, easy to clean and no joints
- b) Crevice free, waterproof, easy to clean and open jointed
- c) Hard wearing, waterproof, no joints and easy to clean
- d) Smooth, durable, able to absorb liquids and easy to clean

X

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26. Which of the following all cause spoilage?

- a) Moulds, yeasts, enzymes and bacteria
- b) Worms, viruses, enzymes and yeasts
- c) Enzymes, bacteria, detergents and parasites
- d) Yeasts, moulds, pesticides and enzymes

X

27. Which of the following describe the best conditions for a storage area for sugar and dehydrated products?

- a) Humid, cool, clean and rodent proof
- b) Well-ventilated, cool, clean and rodent proof
- c) Dark, cool, clean and pest free
- d) Dark, clean, warm and pest free

X

28. Why is salt used to preserve food?

- a) It makes the food acidic
- b) It destroys viruses and toxins
- c) It reduces the water available to bacteria
- d) It is non-toxic

X

29. Which of the following are in the correct order?

- a) Pre-clean, rinse, disinfect and dry
- b) Main clean, pre-clean, disinfect and rinse
- c) Main clean, rinse, pre-clean and disinfect
- d) Pre-clean, main clean, rinse and disinfect

X

30. Which of the following statements is false?

- a) Disinfectants need contact time to work
- b) Effective hand cleanliness can reduce the risk of food poisoning
- c) Refrigeration may be used to destroy food poisoning bacteria
- d) Good communication is an effective control measure for allergens

X