

***Food Safety, Health and Hygiene Certificate
Examination Paper – Level 1***



<i>For Examiner's Use Only</i>				
<i>Has Pass Mark Been Achieved?</i>	<i>Yes</i>	<i>No</i>		30
<i>Examiners Signature</i>				

INSTRUCTIONS TO CANDIDATE

- 1. Please PRINT your name in the space below**

<i>Name</i>			
<i>Course Venue</i>			
<i>Exam Date</i>		<i>Date of Birth</i>	
<i>Candidates Signature</i>			

- 2. There are a total of thirty questions. The pass mark is 21/30**
- 3. There is only ONE correct answer for each question – Read them carefully!**

<i>Q1.</i>	<i>Which of the following is an example of a High Risk Food?</i>		
<i>a)</i>	<i>Strawberry Jelly</i>		
<i>b)</i>	<i>Cooked Meat</i>	X	
<i>c)</i>	<i>Ice Cubes</i>		
<i>d)</i>	<i>Raw Liver</i>		

Clearly mark your chosen answer with a "X" (see example). If you make a mistake please initial your final decision

Do not write in the red shaded area

- 4. Time allowed, one hour**
- 5. When you have finished please hand this paper in to the course tutor or exam supervisor and leave the room**

Good Luck!

Q1.	What sort of covering should you use for a cut finger in a food room?		
a)	<i>A blue waterproof detectable plaster</i>		
b)	<i>A normal waterproof plaster</i>		
c)	<i>No covering</i>		
d)	<i>A clean tissue</i>		

Q2.	What should your FIRST action be if you become unwell during service?		
a)	<i>Go home</i>		
b)	<i>Tell your supervisor</i>		
c)	<i>Carry on working</i>		
d)	<i>Take a break</i>		

Q3.	When do you return to work following absence through gastric illness?		
a)	<i>When you are able to eat again</i>		
b)	<i>The next day</i>		
c)	<i>When you have medical clearance</i>		
d)	<i>When your boss tells you</i>		

Q4.	What is the ideal operating temperature for the inside of a refrigerator ?		
a)	<i>Less than 20°C</i>		
b)	<i>Between 1°C and 4°C</i>		
c)	<i>Between -2°C and -4°C</i>		
d)	<i>Less than 0°C</i>		

Q5.	What is the minimum temperature at which hot food can safely be held without re-heating prior to serving?		
a)	<i>64°C</i>		
b)	<i>37°C</i>		
c)	<i>-1°C</i>		
d)	<i>55°C</i>		

Q6.	Describe in what condition should your nails be		
a)	<i>Clean nail varnish</i>		
b)	<i>Short & clean</i>		
c)	<i>It's not important</i>		
d)	<i>Long & healthy</i>		

Q7.	Which four things that bacteria need four things to grow?		
a)	<i>Food, air, time and plastic</i>		
b)	<i>Moisture, air, chemicals and light</i>		
c)	<i>Food, light, moisture and colour</i>		
d)	<i>Food, moisture, warmth and time</i>		

Q8.	Which of the following foods is most associated with <i>E Coli 0157</i>?		
a)	<i>Trifle</i>		
b)	<i>Pasteurized Milk</i>		
c)	<i>Raw mince</i>		
d)	<i>Cooked Carrots</i>		

Q9.	Which of the following is true of <i>Campylobacter</i>?		
a)	<i>It is often associated with raw poultry</i>		
b)	<i>It makes you ill in less than twenty minutes</i>		
c)	<i>You can see it without a microscope</i>		
d)	<i>Wearing gloves will stop the cells multiplying</i>		

Q10.	What is the purpose of <i>spores</i> that live within some bacteria?		
a)	<i>To multiply</i>		
b)	<i>To give the food a sour taste</i>		
c)	<i>To survive high temperatures</i>		
d)	<i>To turn the food black</i>		

Q11.	Which of the following Statements is true?		
a)	<i>All raw meat is potentially harmful and contaminated</i>		
b)	<i>Some raw meat should be treated as contaminated</i>		
c)	<i>Raw meat is not contaminated</i>		
d)	<i>Only poultry is harmful and contaminated</i>		

Q12.	What is the normal ideal operating temperature for a <i>FREEZER</i>?		
a)	<i>-6^oc</i>		
b)	<i>-18^oc</i>		
c)	<i>0^oc</i>		
d)	<i>4^oc</i>		

Q13.	What is the best way to check the temperature of food?		
a)	<i>By using a sanitised temperature probe</i>		
b)	<i>By looking and judging</i>		
c)	<i>By Touching with the back of your hand</i>		
d)	<i>By tasting the food</i>		

Q14.	What is the purpose of a <i>HACCP</i> system?		
a)	<i>To ensure a safe food hygiene system</i>		
b)	<i>To educate Chef's</i>		
c)	<i>To increase paperwork</i>		
d)	<i>To keep management happy</i>		

Q15.	Which is the best way of keeping rats and mice out of food premises?		
a)	<i>Keeping a cat</i>		
b)	<i>Putting poisoned food down</i>		
c)	<i>Keeping everything clean and proofing the building</i>		
d)	<i>Putting up a "No Entry" sign</i>		

Q16.	Which one of the Following should be Sanitized OFTEN?		
a)	<i>Fridge handles and ovens</i>		
b)	<i>Fridge handles and surfaces for preparing food on</i>		
c)	<i>Floors and ovens</i>		
d)	<i>Fridge handles and cupboards</i>		

Q17.	While taking delivery of some frozen food the reading from your probe is -5°C What course of action is best practice?		
a)	<i>Refuse delivery</i>		
b)	<i>Take delivery as normal and throw away your probe</i>		
c)	<i>Put Straight in the Freezer</i>		
d)	<i>Cook all food immediately</i>		

Q18.	In which part of the fridge should raw meat be stored?		
a)	<i>Below High Risk Food</i>		
b)	<i>Above High Risk Food</i>		
c)	<i>On the Same Level</i>		
d)	<i>It Doesn't Matter</i>		

Q19.	Which of the following could be described as "Physical Contamination?"		
a)	<i>A pen top</i>		
b)	<i>Salmonella</i>		
c)	<i>Chemicals</i>		
d)	<i>Rot</i>		

Q20.	Which of the following is the most important for a kitchen worker's over clothing?		
a)	<i>It should be clean</i>		
b)	<i>It should be light coloured</i>		
c)	<i>It should be baggy</i>		
d)	<i>It should be easy to clean</i>		

Q21.	In which of the following bacteria will spores form when bacteria dies?		
a)	<i>Salmonella</i>		
b)	<i>Clostridium Perfringens</i>		
c)	<i>E Coli 0157</i>		
d)	<i>Staphylococcus Aureus</i>		

Q22.	How much bacteria does detergent kill?		
a)	<i>All of it</i>		
b)	<i>Bacteria is reduced to a safe level</i>		
c)	<i>Approximately half</i>		
d)	<i>None of it</i>		

Q23.	What is the best way to clean a food preparation area?		
a)	<i>Sanitize the area</i>		
b)	<i>Sterilise completely</i>		
c)	<i>Use hot soapy water</i>		
d)	<i>Use bleach</i>		

Q24.	Why should rubbish bins be kept clean and have tight fitting lids?		
a)	<i>The rubbish rots more slowly</i>		
b)	<i>It save using bin liners</i>		
c)	<i>Flies are not attracted</i>		
d)	<i>They need emptying less often</i>		

Q25.	What is the best way to kill <i>Salmonella</i> in a raw chicken?		
a)	<i>Tread on it</i>		
b)	<i>Cook it to a high core temperature</i>		
c)	<i>Freeze it</i>		
d)	<i>You can't kill it</i>		

Q26.	In ideal conditions, how often do bacteria double in number?		
a)	<i>Twice an hour</i>		
b)	<i>Every ten to twenty seconds</i>		
c)	<i>Every half an hour</i>		
d)	<i>Every ten to twenty minutes</i>		

Q27.	Which of the following is an example of spoilage bacteria?		
a)	<i>Mould on bread</i>		
b)	<i>Chemicals in food</i>		
c)	<i>Staphylococcus Aureus</i>		
d)	<i>Rodent hair</i>		

Q28.	Why should jewellery not be worn in a food room?		
a)	<i>It may fall in food and harbour bacteria</i>		
b)	<i>You may not be insured</i>		
c)	<i>It doesn't look good</i>		
d)	<i>The customers may not like it</i>		

Q29.	Which of the following is true according to food legislation?		
a)	<i>You must clock in before starting work</i>		
b)	<i>You can be prosecuted for wearing dirty overalls</i>		
c)	<i>Chopping boards must be dark coloured</i>		
d)	<i>Hats and gloves must be worn at all times</i>		

Q30.	Which of these foods are associated with food allergies?		
a)	<i>Shellfish</i>		
b)	<i>Nuts</i>		
c)	<i>Yeast</i>		
d)	<i>All of the above and more</i>		

The End!

Please hand in your paper for marking, leave the room or sit quietly until Everyone Else has finished. Do not leave the room without returning this paper to the course supervisor or tutor

<i>I confirm that I took this test without help or aid from another person</i>	
<i>Signed</i>	
<i>Date of Exam</i>	
<i>Date of Birth</i> <i>(optional)</i>	
<i>Address of Candidate</i> <i>including Post Code</i> <i>(will be required in order to post certificate)</i>	
<i>If you are taking this test at work you may need your manager to complete the section below but is optional</i>	
<i>I confirm that the above mentioned person took the test in exam conditions</i>	
<i>Signature</i>	
<i>Name and Position</i>	
<i>Venue of Course</i>	
<i>Date</i>	

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