

Food Hygiene and Cooking Quiz

Answer Sheet

Please note that some questions have more than one correct answer

1

Which of the following is a high risk food?

- A.) Tinned cream
- B.) Bottled mayonnaise
- C.) Raw chicken
- D.) Chicken salad sandwich

Answer: High risk foods are often involved in outbreaks of food poisoning. Unfortunately, contaminated foods usually look, taste and smell completely normal and is unlikely to be detected. Raw meat is not considered to be a high risk-food because food poisoning bacteria will be destroyed by cooking food to the correct temperature 75°C.

2

Food contaminated with food poisoning bacteria would...

- A.) Smell
- B.) Change colour
- C.) Look and smell normal
- D.) Be slimy and sour

Answer: Food poisoning bacteria cannot be seen with the naked eye, it can only be detected through a microscope.

3

Which one of these statements is true?

- A.) All types of bacteria cause food poisoning
- B.) Bacteria grow fast in warm conditions
- C.) All bacteria need air to survive
- D.) Freezers make food last longer and kills bacteria

Answer: Bacteria grow in the Danger Zone "5-63° C" most rapid multiplication occurs between 20-50° C (ambient/ room temperature).

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4

How should you thaw out meat or poultry from the freezer?

- A.) You should leave in a container on the worktop
- B.) In a suitable container in the fridge
- C.) Cook it from frozen
- D.) You can thaw it by putting it in boiling water

Answer: Frozen food should be defrosted in a suitable container in the bottom shelf of your fridge- this prevents any drips or blood contaminating any other food in your fridge. If food is left out on the worktop at room temperature the food can become warm enough for bacteria to grow.

5

Where should eggs be kept?

- A.) In the fridge
- B.) In a cupboard
- C.) On the worktop
- D.) In a food pantry

Answer: Eggs should be kept at a constant temperature so store inside your fridge- if you leave eggs on the worktop the temperature can fluctuate and cause bacteria to multiply.

6

You should not wash your meat/poultry?

- A.) True
- B.) False

Answer: By washing your meat or poultry the splashes from the food can contaminate your surrounding work area.

7

What temperature do you need to cook food to kill bacteria?

- A.) 63°C
- B.) 70°C
- C.) 75°C
- D.) 82°C

Answer: Cooking the thickest or core part of your food to 75°C will kill most bacteria.