

Food Hygiene and Cooking Quiz

Question 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

2

Food contaminated with food poisoning bacteria would...

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

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

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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

5

Where should eggs be kept?

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

6

You should not wash your meat/poultry?

- A.) True
- B.) False

7

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

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