

# Cross-Contamination Quiz

## Answer Sheet

1

**What is the best way to prevent cross-contamination while cooking?**

- A.) Use the same chopping boards for different foods
- B.) Put onto plates that had raw food on them
- C.) Wash your hands regularly
- D.) Use the same utensils for different foods

Answer: hands are in direct contact with food, they are the most common vehicle for transferring food poisoning bacteria, hands need to be kept clean at all times. Wash your hands with soap and water regularly – scrub for at least 20 seconds – that's the same as singing Happy Birthday twice.

2

**Which of the following statement is true?**

- A.) Fruits and vegetables that come from the shops do not need to be washed or rinsed as they are in a sealed plastic bag.
- B.) Just washing your hands before cooking or handling food will be enough to prevent food poisoning.
- C.) Germs and bacteria can easily spread from raw to ready-eat foods when meat has been placed on a surface that hasn't been cleaned properly.
- D.) If the food is put in the fridge or freezer within a certain time that will prevent cross-contamination.

Answer: this is known as direct route where raw meat touches or drips onto ready-to-eat foods

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After picking up raw meat with tongs or a fork what should you do with the utensil?

- A.) Wash it under hot water
- B.) Use a sterilizing unit
- C.) Discard it
- D.) Wash with hot soapy water and dry

4

Sources of contamination are?

- A.) People
- B.) Animals/ pest
- C.) Raw food
- D.) All of the above

5

Hands, clothes, equipment , food and hand-contact surfaces are all vehicles and route of contamination?

- A.) True
- B.) False

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Keep raw and cooked foods separate to prevent cross-contamination?

- A.) True
- B.) False

7

Controls of cross-contamination are...

- A.) Effective instruction, supervision and training of food handlers
- B.) Separation of raw and ready-to-eat food (colour-coding)
- C.) Effective cleaning and disinfection
- D.) All of the above