

Cross-Contamination Quiz

Question 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

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.

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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

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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

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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