



Health sciences – Term 3 (2022 – 2023)

Revision – Unit 10 (Food safety and hygiene)

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1.	Which of the following foods should not be washed?	
	(A)	Raw chicken
	(B)	Raw fruit
	(C)	Raw vegetables
	(D)	All of the options are correxct

2.	In which part of eggs do bacteria live?	
	(A)	The white part
	(B)	The yolk (yellow part)
	(C)	The shell
	(D)	All of the options are correct

3.	How should you safely reheat liquid-based foods such as soup or curry?	
	(A)	Do not allow it to boil
	(B)	Allow it to boil for three seconds
	(C)	Allow it to boil for one minute
	(D)	Allow it to boil for ten minutes

4.	List two of the five keys to safer food.	
	(i)	1. keep clean
	(ii)	2. cook thoroughly

5.	List two stages at which food can become contaminated with bacteria that causes foodborne illness.	
	(i)	1. harvesting
	(ii)	2. growth

6.	Leftover food should not be stored in the fridge for longer than _____.	
	(A)	2 hours
	(B)	2 days
	(C)	3 hours
	(D)	3 days

7.	Where is the safest place to thaw frozen food?	
	(A)	Outside in direct sunlight
	(B)	In the freezer
	(C)	In the fridge
	(D)	In the oven

8.	What is the name given to a severe allergic reaction that could lead to death?	
	anaphylaxis	

9.	One of the most common food intolerances happens when the body cannot digest the natural sugars found in milk, yogurt and soft cheeses. What is this intolerance called?	
	(A)	Gluten intolerance
	(B)	Lactose intolerance
	(C)	Caffeine sensitivity
	(D)	Histamine intolerance

10.	List one symptom of a food allergy that is not a symptom of a food intolerance.	
	trouble breathing	

11.	How many days should leftover food be stored in the fridge?	
	(A)	As many days as you like
	(B)	Leftover food should be stored for no more than 3 days
	(C)	Leftover food can be stored in the fridge for 7 days
	(D)	Leftover food should be stored for no more than 5 days

12.	Which of the following are safe raw materials?	
	(A)	Filtered bottle water
	(B)	Food that is rotting
	(C)	Canal water
	(D)	Unfiltered tap water

13.	Which of the following foods commonly cause allergic reactions.	
	(A)	Eggs
	(B)	Gluten
	(C)	Nuts
	(D)	All of the above

14.	What is food allergy?	
	(A)	When the body's digestive system responds unusually to certain foods
	(B)	A genetic condition which causes a dislike to certain foods
	(C)	When the body's immune system responds unusually to certain foods
	(D)	When the body's nervous system responds unusually to certain foods

15.	When cooking foods, what temperatures are safe and destroy bacteria?	
	(A)	5 – 60°C
	(B)	61 – 100°C
	(C)	0 – 60°C
	(D)	0°C

16.	Difficulty breathing, a rapid heart rate and nausea are symptoms of _____.	
	(A)	food intolerance
	(B)	foodborne illness
	(C)	histamine reaction
	(D)	anaphylaxis

17.	What is the ideal temperature zone for bacteria to grow?	
	(A)	100°C and above
	(B)	5°C – 60°C
	(C)	0°C – 3 °C
	(D)	-10°C – 0°C

18.	Sultan is preparing food in his kitchen. After cutting raw chicken he sanitises the cutting board and knife. Sultan puts the empty food packaging into the bin and wipes his hands on his clothes before cutting vegetables.	
	What type of cross-contamination is described?	
	(A)	Food-to-food
	(B)	Equipment-to-food
	(C)	People-to-food
	(D)	There is no cross-contamination described

19.	_____ are when the body's immune system reacts to certain foods and tries to fight against it.	
	(A)	Foodborne illnesses
	(B)	Food allergies
	(C)	Food intolerances
	(D)	Food poisoning

20.	How can you protect food from pests?	
	(A)	Sanitize cutting boards before use
	(B)	Use a thermometer to check the temperature
	(C)	Store food in closed containers
	(D)	Store raw meat above cooked foods

21.	Fill in the blanks.	
	Food intolerances can be hard to ____c____. This is because the ____a____ that people experience are similar to those of many other conditions. The best way to diagnose food intolerance is to ____b____ symptoms alongside foods that are eaten. ____d____ suspected foods from the diet is also a good method.	
	a. symptoms b. monitor c. diagnose d. removing	

22.	Which of the following is an example of good food safety?	
	(A)	Using the same plate for raw and cooked foods
	(B)	Washing hands after handling raw meat or poultry
	(C)	Cooking food until it reaches 50°C
	(D)	Cooling hot food on the counter overnight

23.	What is a lactose intolerance?	
	(A)	A digestive reaction after eating dairy products
	(B)	A digestive reaction after eating wheat or barley
	(C)	A digestive reaction after eating soy
	(D)	A digestive reaction after eating caffeine

24.	Separating raw and prepared food will prevent cross-contamination.	
	(A)	True
	(B)	False

25.	You can reheat leftovers as many times as you like.	
	(A)	True
	(B)	False

26.	Bacteria grows fast in damp places	
	(A)	True
	(B)	False

27.	Dana experiences mild digestive problems such as bloating when she eats bread, pasta and cookies. Which condition does this suggest Dana has?	
	(A)	Lactose intolerance
	(B)	Gluten intolerance
	(C)	Lactose allergy
	(D)	Gluten allergy

28.	Which of the following foods is high risk of contamination?	
	(A)	Eggs
	(B)	Seafood
	(D)	All of the above

29.	What is anaphylaxis?	
	(A)	A severe allergic reaction
	(B)	An intolerance to dairy foods
	(D)	An intolerance to wheat and barley

30.	Why is it important to cook foods to 70°C	
	(A)	This temperature kills large groups of bacteria
	(B)	This temperature makes food taste nice
	(D)	All of the above

31.	What is food-to-food cross contamination?	
	(A)	When clean foods come into contact with contaminated food
	(B)	When clean foods come into contact with unclean equipment
	(D)	When clean foods becomes contaminated from a person's sneeze

32.	Another name for foodborne illness is	
	(A)	Food poisoning
	(B)	Food allergy
	(D)	Food expiry

33.	Which of the following can cause food to become contaminated?	
	(A)	Bacteria
	(B)	Viruses
	(D)	All of the above

34.	Why is it important to keep raw and cooked foods separate?	
	(A)	To prevent cross-contamination
	(B)	To increase the spread of bacteria
	(D)	To prevent food from entering the temperature danger zone

35.	What happens to food in the temperature danger zone?	
	(A)	Bacteria multiply very quickly
	(B)	Bacteria cannot grow
	(C)	Food is fully cooked and safe to eat
	(D)	Bacteria are destroyed

36.	What is cross-contamination?	
	(A)	The process of bacteria moving onto food from equipment, people or other food
	(B)	The process of bacteria being destroyed due to cooking to high temperature
	(C)	The process of freezing food so bacteria become inactive and cannot multiply
	(D)	The process of storing cooked food separately from raw foods in a fridge

37.	A food intolerance is a response from the System towards certain foods	
	(A)	Immune
	(B)	Digestive
	(C)	Nervous
	(D)	Circulatory

38.	The WHO created a global health message to help prevent foodborne illness. What is the name of this message?	
	(A)	The five keys to safer food
	(B)	The five keys of food handling and storage
	(C)	The five ways to prevent foodborne illness
	(D)	The five methods of cooking food

39.	Many people with severe allergies carry with them in case they suffer from anaphylaxis?	
	(A)	An adrenaline auto-injector
	(B)	An injection of insulin
	(C)	A sugary drink
	(D)	A first aid kit

40.	What is temperature should food be cooked to in order to destroy dangerous bacteria and ensure it is safe to eat?	
	(A)	5°C
	(B)	54°C
	(C)	70°C
	(D)	37°C

41.	What is the rule for cooling hot food, such as rice, before storing it in the fridge?	
	(A)	Cool it at room temperature until the steam no longer rises from it
	(B)	Leave it to cool at room temperature for at least five hours
	(C)	Put it in the fridge as soon as it is cooked
	(D)	Cool it in the freezer for 20 minutes

42.	What is the difference between cleaning and sanitising?	
	(A)	Cleaning removes dirt and crumbs, sanitizing kills germs
	(B)	Cleaning kills germs, sanitizing removes dirt and crumbs
	(C)	There is no difference between cleaning and sanitizing
	(D)	Sanitizing is always done before cleaning kitchen equipment

43.	What four conditions do bacteria need to grow?	
	(A)	Time, warmth, food and water
	(B)	Time, cold, darkness and dryness
	(C)	Water, food, darkness and cold
	(D)	Warmth, dryness, water and food

44.	How should you reheat soup so that it is safe to eat?	
	(A)	Boil the soup and allow it to remain boiling for one minute
	(B)	Put the soup on low heat for one minute
	(C)	It is not safe to reheat soup
	(D)	Boil the soup and allow it to remain boiling for ten minutes

45.	Which of the following is an illness-causing bacteria that is commonly found in food?	
	(A)	Listeria
	(B)	Hysteria
	(C)	Mysteria
	(D)	Criteria

46.	A severe allergic reaction called	
	(A)	Anaphylaxis
	(B)	Lactose intolerance
	(C)	Gluten intolerance
	(D)	Adrenaline

47.	Why should you never wash raw chicken?	
	(A)	Washing it will change taste
	(B)	Washing it will kill all bacteria
	(C)	Washing it will cause it to cook faster than normal
	(D)	Washing it will spread bacteria around the kitchen

48.	Which of the following is a characteristic of a food intolerance?	
	(A)	A small amount of food can cause a reaction
	(B)	It is usually not life-threatening
	(C)	A reaction happens every time the food is eaten
	(D)	A reaction happened suddenly after eating food

49.	Sara made a salad but she did not wash the lettuce before preparing her meal. She developed a foodborne illness within 24 hours. Which type of cross-contamination caused Sara to become ill?	
	(A)	Food-to-food
	(B)	Equipment-to-food
	(C)	People-to-food
	(D)	Water-to-food

50.	Which of the following is a characteristic of a food allergy?	
	(A)	A small amount of food can cause a reaction
	(B)	It is not life-threatening
	(C)	A reaction only happens if a lot of the food is eaten
	(D)	A reaction happens slowly and gradually

51.	Cooking food to °C can kill large groups of dangerous bacteria within 30 seconds and ensure it is safe to eat	
	(A)	5
	(B)	58
	(C)	70
	(D)	37

52.	Which of the following is an example of cross-contamination?	
	(A)	When raw food touches cooked food
	(B)	When food is stored at a safe temperature
	(C)	When kitchen equipment is cleaning and sanitizing after use
	(D)	When raw food is stored separately from cooked food

53.	Ibrahim works at a burger restaurant. He took a break to use the bathroom and did not wash his hands when he returned to the kitchen. He continued to prepare burgers that causes the customers to develop a foodborne illness within 24 hours. Which type of cross-contamination is this?	
	(A)	Food-to-food
	(B)	Equipment-to-food
	(C)	People-to-food
	(D)	Water-to-food

54.	Where should frozen food be thawed?	
	(A)	In the fridge
	(B)	At room temperature
	(C)	In the freezer
	(D)	In the microwave

55.	If a thermometer is not available, how can you check that meat you are preparing is fully cooked?	
	(A)	The meat smells like it is burning
	(B)	The meat looks cooked on the outside
	(C)	The insides are pink and fleshy
	(D)	The inside are not pink and juices are clear

56.	Poultry is a high-risk food. Which of the following foods is poultry?	
	(A)	Chicken
	(B)	Lamb
	(C)	Fish
	(D)	Vegetables

57.	Which of the following is an illness-causing bacteria that is commonly found in food?	
	(A)	Salmonella
	(B)	Salmon
	(C)	Salami
	(D)	Salt

58.	What are the high-risk foods among the following?	
	(A)	Leftover rice
	(B)	raw poultry
	(C)	leafy green vegetables
	(D)	All of the above

59.	What is cross-contamination?	
	(A)	When allergy containing food comes into contact with other foods.
	(B)	It's how the bacteria can spread in food
	(C)	It happens when bacteria from another object or piece of food, comes into contact with clean food
	(D)	All of the above

60.	What is person-to-food cross contamination?	
	(A)	When undercooked food comes into contact with cooked food.
	(B)	When unwashed cutting board and knife are used to cut food
	(C)	When coughing into the hand and touching without washing them.
	(D)	When contaminated lettuce is added to a fresh salad

61.	Why is it important to store raw meat on shelves below other foods in the fridge?	
	(A)	To enhance cross-contamination
	(B)	To prevent cross-contamination
	(C)	Because lower shelves are colder.
	(D)	For the meat to taste better

62.	What is the temperature danger zone?	
	(A)	A temperature where bacteria stop its growth
	(B)	A temperature at which the bacteria slow down its growth
	(C)	A temperature zone where bacteria multiply very quickly
	(D)	A temperature where a bacteria get killed

63.	Which body system is affected by a food allergy?	
	(A)	The digestive system
	(B)	The immune system
	(C)	The nervous system
	(D)	The circulatory system

64.	A ____ is an illness that happens as a result of eating foods that contain disease-causing organisms.	
	(A)	dizziness.
	(B)	foodborne illness
	(C)	heartburn
	(D)	contamination

65.	____ and ____ be signs and symptoms of a foodborne illness.	
	(A)	swollen glands
	(B)	vomiting
	(C)	no headaches
	(D)	diarrhoea

66.	Foodborne illnesses can occur ____ after eating contaminated food.	
	(A)	2-4 hours
	(B)	6-72 hours
	(C)	After 72 hours
	(D)	straightaway