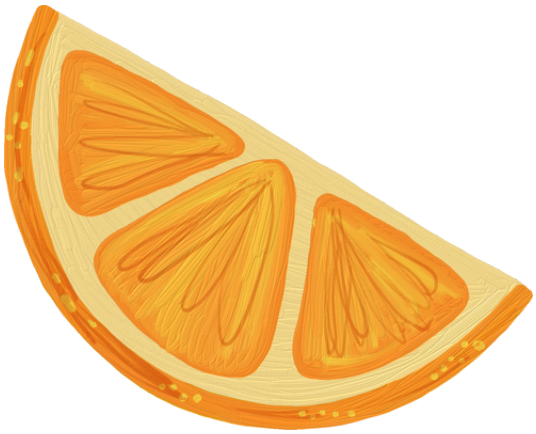
Unit 10

Food Safety and Hygiene



SOLUTION PAPER

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SECTION 1

FOODBORNE ILLNESS

SECTION 2

CROSS-CONTAMINATION

SECTION 3

PREVENTING FOODBORNE ILLNESS

SECTION 4

FOOD ALLERGIES AND INTOLERANCES

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1. 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

2. Difficulty breathing, a rapid heart rate and nausea are symptoms of

   a) food intolerance
   b) foodborne illness
   c) histamine reaction
   d) anaphylaxis

3. Fatima has a lactose intolerance. Which of the following she should avoid?

   a) Yoghurt
   b) Cheese
   c) Butter
   d) All of the above

4. 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

5. What emergency medical care should be provided to a person who is in anaphylactic shock?

   a) Inject a histamine pen
   b) Inject a lactose pen
   c) Inject an epinephrine pen
   d) Inject a norepinephrine auto-injector

6. _____ 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

7. Which is not a method of checking that food is properly cooked?

   a) Use a thermometer to check food reaches 60 ˚C
   b) Cook meat and poultry until the juices are clear and inside is not pink
   c) Cook eggs and seafood until piping hot the whole way through
   d) Boil liquid-based foods for at least one minute

8. Which food is not at high risk of bacterial growth?

   a) Poultry
   b) Eggs
   c) Seafood
   d) Rice
   e) Fruits
   f) Vegetables

9. Choose an illness-causing bacteria that is commonly found in foods.

   a) Campylobacter
   b) Escherichia coli
   c) Listeria
   d) Salmonella
   e) All of the above

10. Which of the following is an ideal condition for bacteria to grow?

   a) Thawing frozen food in the fridge
   b) Storing raw poultry at room temperature
   c) Storing food in the fridge at 0 ˚C
   d) Sanitising cutting boards after they have been in contact with raw meat

11. At what temperature bacteria is destroyed?

a) 5 °C – 60 °C
b) Above 65 °C
c) 0 °C
d) – 10 °C

12. _____ are caused by eating foods that contain harmful bacteria.

a) Food allergies
b) Food safety
c) Foodborne illnesses
d) Food intolerance

13. Which of the following is an example of food-to-food cross-contamination?

a) Using an unwashed knife to cut ingredients
b) Preparing a meal without washing your hands
c) Drying clean dishes with a dirty tea towel
d) Adding unwashed lettuce to a fresh salad

14. Which of the following is a practice of good food safety?

a) Eating foods that has been reheated more than once
b) Washing your hands before and after handling food
c) Using the same knife to cut raw and cooked food
d) Storing raw meat in open containers above cooked foods

15. What is lactose intolerance?

a) A digestive reaction after eating rye or barley
b) A digestive reaction after eating dairy products
c) An immune reaction after eating soybeans
d) An immune reaction after drinking caffein

16. What is food intolerance?

a) **When the body has difficulty digesting certain food**
b) A life–threatening reactions to food that happens suddenly
c) When the immune system tries to fight against certain food
d) An illness that happens after eating contaminated food

17. A person with a gluten intolerance should avoid eating

a) Milk
b) Eggs
c) Shellfish
d) **Cereal**

18. What is contaminated food?

a) **Food that becomes dangerous because bacteria get into it**
b) Food that is cooked to a temperature above 70°
c) Food that is kept in the frozen food zone for 5-7 days
d) Food that is washed before preparation

19. Bacteria grow by multiplying, they double every

a) 5 minutes
b) 10 minutes
c) **15 minutes**
d) 20 minutes

20. Why should you avoid washing raw chicken?

a) Water will make the chicken taste bad
b) Water will wash away all of the bacteria
c) Water will cook the chicken faster than normal
d) **Water will spread the bacteria around the kitchen**

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21. If a thermometer is not available, how should you check that the chicken you are preparing is fully cooked?

    a) The chicken smells like it is burning
    b) The chicken looks cooked on the outside
    c) The insides are pink and fleshy
    d) The insides are not pink and juices are clear

22. Leftover food should not be stored in the fridge for longer than

    a) 1 week
    b) 2 days
    c) 2 weeks
    d) 3 days

23. What happens in the temperature danger zone?

    a) Bacteria grow quickly
    b) Bacteria grow slowly
    c) Bacteria do not grow
    d) Bacteria are destroyed

24. What is the treatment given to a person suffering from anaphylaxis?

    a) Cardiopulmonary resuscitation
    b) An injection of adrenaline
    c) The Heimlich maneuver
    d) An injection of insulin

25. Which of the following is a symptom of both a food allergy and a food intolerance?

    a) Vomiting
    b) Headache
    c) Swelling of the face
    d) Finding it difficult to breathe

26. Where can you store food that will slow, or even stop the growth of bacteria?

a) In the oven
b) In the freezer
c) In the sink
d) In direct sunlight

27. Cooking food to _____ °C can kill large groups of bacteria and ensure it is safe to eat.

a) 10
b) 55
c) 70
d) 60

28. Which of the following foods is high risk of contamination?

a) Eggs
b) Seafood
c) Rice
d) All of the above

29. Marwa prepared a salad using kitchen equipment that was not washed properly and caused her to become sick. Which type of cross-contamination is being described?

a) Food-to-food
b) Equipment-to-food
c) People-to-food
d) All of the above

30. 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

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31. In which temperature zone do bacteria grow quickly?

    a) Frozen food zone
    b) Cold food zone
    c) Temperature danger zone
    d) Hot food zone

32. Zayed has an intolerance to lactose. Which of the following foods should Zayed avoid eating?

    a) Eggs
    b) Milk
    c) Bread
    d) Pasta

33. Which of the following describes a food allergy?

    a) Immune system reacts to harmless substances by fighting them
    b) The body's digestive system becomes irritated by food that has been eaten
    c) A reaction that is not life-threatening
    d) The body cannot properly digest food that has been eaten

34. A person who experiences digestive problems when they eat bread, pasta and cookies may have which intolerance?

    a) Histamine intolerance
    b) Lactose intolerance
    c) Gluten intolerance
    d) Fructose Intolerance

35. 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

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36. What is a severe allergic reaction called?

a) Foodborne illness
b) Nausea
c) Food intolerance
d) Anaphylaxis

37. 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

38. What is the name of the global health campaign created by the WHO to help prevent foodborne illness?

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. What is people-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 cooking without washing them.
d) When contaminated lettuce is added to a fresh salad

40. 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) Bacteria from another object or food come into contact with clean food
d) All of the above

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41. Foodborne illness is also known as

a) Food intolerance
b) Food allergy
c) Food poisoning
d) Food toxins

42. What causes food to become contaminated?

a) Parasites
b) Chemicals
c) Viruses
d) Fungi
e) All of the above

43. A food intolerance is a response from the _____ system towards certain foods.

a) immune
b) digestive
c) nervous
d) circulatory

44. 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 happens suddnely after eating the food

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. 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

47. What four conditions do bacteria need to grow?

a) Time, cold, darkness and dryness
b) Warmth, dryness, water and food
c) **Time, warmth, food and water**
d) Water, food, darkness and cold

48. What is the difference between cleaning and sanitising?

a) **Cleaning removes dirt and crumbs, sanitising kills germs**
b) Cleaning kills germs, sanitising removes dirt and crumbs
c) There is no difference between cleaning and sanitising
d) Sanitising is always done before cleaning kitchen equipment

49. 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

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

UNIT 10

FOOD SAFETY AND HYGIENE

REVISION PAPER

Resources

- *G12 – Term 3 – Unit 10: Food Safety and Hygine*
- *Unit 10 Skills Check*
- *Health Science EOT3 Exam Revision Files*

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Related Files:

Health Science Textbook T3 2022-2023

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