

## Skills Check Unit 10 Grade 12 Advanced

**Instructions:** Teachers are to select five of the following questions for skills check 1 and insert them into the skills check template. Each question is worth 1 mark. Students must correctly answer all parts of the question, where appropriate, to gain 1 mark. Students who answer 1 or more parts of the question wrong will be awarded 0 marks for that question.

|    |                                                                     |
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| 1. | Name one illness-causing bacteria that are commonly found in foods. |
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|----|----------------------------------------------------------|-----------------|
| 2. | 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     |

|    |                                                                            |                    |
|----|----------------------------------------------------------------------------|--------------------|
| 3. | Difficulty breathing, a rapid heart rate and nausea are symptoms of _____. |                    |
|    | (A)                                                                        | food intolerance   |
|    | (B)                                                                        | foodborne illness  |
|    | (C)                                                                        | histamine reaction |
|    | (D)                                                                        | anaphylaxis        |

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|----|-------------------------------------------------------------------------|
| 4. | Fatima has a lactose intolerance. Name two foods that she should avoid. |
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|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| 5. | 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 |

|    |                                                                                          |
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| 6. | What emergency medical care should be provided to a person who is in anaphylactic shock? |
|    |                                                                                          |

|    |                                                                                                |                     |
|----|------------------------------------------------------------------------------------------------|---------------------|
| 7. | _____ 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      |

|    |                                                               |
|----|---------------------------------------------------------------|
| 8. | Describe one method of checking that food is properly cooked. |
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|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9. | Fill in the blanks.                                                                                                                                                                                                                                                                                                                                                  |
|    | <p>Food intolerances can be hard to _____. This is because the _____ that people experience are similar to those of many other conditions. The best way to diagnose food intolerance is to _____ symptoms alongside foods that are eaten. _____ suspected foods from the diet is also a good method.</p> <p>a. symptoms   b. monitor   c. diagnose   d. removing</p> |

|     |                                                               |
|-----|---------------------------------------------------------------|
| 10. | Name two foods that are at a higher risk of bacterial growth. |
|     |                                                               |