



Quiz: Food Hygiene

Please tick as many answers as appropriate

Harmful microbes can commonly be found on: (3 points)

- Raw meat
- Raw fish
- Fruit and vegetables
- Yoghurt

The best way to destroy harmful microbes on food is to: (1 point)

- To make sure food is cooked on the outside
- Cook food as quickly as possible
- Cook food thoroughly at high temperatures
- To make sure food is warm before we eat it

Meat and vegetables should be: (1 point)

- Sorted on the same shelf in the fridge
- Cut on different chopping boards
- Cut with the same knife
- Stored in a warm cupboard

Refrigeration: (2 points)

- Kills all microbes
- Speeds up microbe growth
- Only stops microbes growing, it doesn't kill them
- Should be set to 4°C or below

Which food may contain useful microbes? (3 points)

- Cheese
- Yoghurt
- Bread
- Raw chicken

How can we prevent food poisoning? (2 points)

- Store raw meat/chicken in the fridge
- Cook meat/chicken thoroughly before we eat it
- By washing raw chicken
- Eating yoghurt





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Continued.....

Match the terms with their definitions:
(3 points)

Best before

Use by

Food spoilage

The deterioration of colour, texture and flavour of food

The food is safe to eat after this date, but may no longer be at its best quality

Food is safe to eat up until this date, but should not be eaten after it

Which of the following is not one of the four key ways you can prevent food poisoning? (1 point)

- Cleaning during food preparation
- Cooking food thoroughly
- Using the same chopping board and utensils during food preparation
- Storing food correctly in refrigerators at $\leq 4^{\circ}\text{C}$

What infections can you get from poor hand washing? (1 point)

- Salmonella
- Cold and flu
- Diarrhoea
- All of the above

