

Food Safety, Health and Hygiene Certificate General Catering Practice Examination Paper Level 2

For Examiner's Use Only				
Has Pass Mark Been Achieved?	Yes	No		30
Examiners Signature				

INSTRUCTIONS TO CANDIDATE – READ CAREFULLY BEFORE STARTING THE EXAM

1. Please PRINT your name in the space below

Full Name <small>Please use CAPITALS</small>			
Exam Venue			
Exam Date		Date of Birth	
Candidates Signature			
I certify that I have completed this test paper in exam conditions with no outside help			

- 2. There are a total of thirty questions. The pass mark is 21/30 *
There is only ONE correct answer for each question.
Read each question carefully!**
- 3. * Questions 3, 16, 24 and 30 MUST BE ANSWERED CORRECTLY in order to pass the exam. These questions are highlighted in Red and marked ***
- 4. Time allowed ONE HOUR**

Q1.	Which of the following is an example of a High Risk Food			
a)	Strawberry Jelly			
b)	Shellfish	X		
c)	Ice Cubes			
d)	Frozen Peas			

Clearly mark your chosen answer with “X” placed in the un shaded area (see example). Should you make a mistake please initial your final decision

The shaded area is for the examiner's use

5. When you have finished please hand this paper in to the course tutor or exam supervisor then leave the room.

Good Luck!

Q1.	Which of the following would occur from POOR HYGIENE PRACTICES?		
a)	Incorrect first aid facilities including detectable dressing		
b)	An increase in gross profit		
c)	A fall in business, low staff morale and possible customer complaints		
d)	Increased productivity		

Q2.	What should your FIRST ACTION be if you become unwell during service with sickness and diarrhoea?		
a)	Check the internet for cause and symptoms		
b)	Carry on working until the end of shift, then write in the accident book		
c)	Tell your supervisor or manager (who must send you home)		
d)	Take your break early and drink plenty of clean cool water		

*Q3.	When can you return to work following absence through gastric illness?		
a)	When you are able to eat and drink again		
b)	The next day provided that symptoms have reduced		
c)	Forty eight hours after symptoms have completely ceased		
d)	24 hours after your shift was due to be completed		

Q4.	Which one of the following best describes why a food business should have a Food Safety Management System		
a)	To give everyone the proper hours and reduce work stress		
b)	To control hazards that may arise during the food process within an organisation		
c)	To ensure staff can complete all forms and documents in regard to hygiene management		
d)	To ensure customers are correctly given the food they ordered		

Q5.	As part of your food hygiene management system. Which one of the following best describes what a temperature chart should display?		
a)	The temperature of un-chilled food and probe details		
b)	The temperature of the fridge and freezer, time, date and average kitchen temperature		
c)	The temperature of probed food, all storage facilities, time, date and name of the person who made the checks.		
d)	The probe temperature; name and address of the business owner		

Q6.	Which four requirements do bacteria need in order to grow?		
a)	Food, air, time and plastic		
b)	Food, moisture, warmth and time		
c)	Food, light, moisture and colour		
d)	Moisture, air, chemicals and light		

Q7.	Which of the following foods is most associated with E Coli 0157?		
a)	Pasteurized Salad Dressing		
b)	UHT Milk		
c)	Raw beef mince		
d)	Purified water drops when boiled		

Q8.	Which of the following is often associated with raw poultry or eggs?		
a)	Clostridium Perfringens		
b)	Clostridium Botulinum		
c)	Salmonella		
d)	Staphylococcus Aureus		

Q9.	What is the purpose of spores that live within some bacteria?		
a)	To multiply		
b)	To give the food a sour taste		
c)	To survive high temperatures		
d)	To grow moulds		

Q10.	When should a new food handler receive hygiene induction training?		
a)	When the Environmental Health Officer deems it necessary		
b)	During the first full week at work		
c)	Before starting food handling duties		
d)	After their first shift		

Q11.	What is the minimum time and temperature control required to destroy most bacteria?		
a)	67 °c for one minute		
b)	68 °c for two minutes		
c)	69°c for two minutes		
d)	70 °c for two minutes		

Q12.	What is the best way to check the correct temperature of food?		
a)	By using a sanitised temperature probe		
b)	By looking and judging		
c)	By Touching with the back of your hand		
d)	By tasting the food		

Q13.	What is the best definition of Contamination		
a)	The presence in food of any harmful or objectionable substance or object		
b)	Anything that looks or tastes as if it is infected including meats		
c)	All organisms that have the ability to make an individual ill		
d)	Multiplication of spores and bacteria leading to contamination		

Q14.	Which is the best way of keeping rats and mice out of food premises?		
a)	Keeping a cat		
b)	Putting poisoned food down		
c)	Keeping everything clean and proofing the building		
d)	Putting up a "No Entry" sign		

Q15.	Which of the following would help to prevent Cross Contamination?		
a)	Use wooden chopping boards		
b)	Separate areas for raw and cooked meat		
c)	Keeping all meat stored together at the correct temperature		
d)	Wear suitable hats in the food preparation area		

*Q16.	Which of the following is known as the temperature “Danger Zone” where bacteria may grow?		
a)	Between 5°C and 100 °C		
b)	Between 10°C and 65°C		
c)	Between 5°C and 63°C		
d)	Between 4°C and 50°C		

Q17.	The temperature of the freezer is far too high, what action do you take?		
a)	Immediately report the matter to your supervisor		
b)	Unplug the freezer and check the records		
c)	Close the restaurant for 24 hours while a new freezer is purchased		
d)	Cook all food held in the freezer as soon as possible and re-freeze		

Q18.	If an enforcement officer found a food premises caused an imminent health risk, what would be their most likely course of action?		
a)	Photograph all refrigerator temperature records		
b)	Write a formal letter of warning to each employee on duty		
c)	Take immediate action to close the premises		
d)	Place rodent traps and cameras in strategic areas of the kitchen		

Q19.	Which of the following could be described as <i>Physical Contamination</i>?		
a)	A paper clip found in salad		
b)	Overalls and aprons that have been poorly laundered		
c)	Food that has been eaten before being fully de-frosted		
d)	Pathogens that have multiplied for over ten hours		

Q20.	Which of the following statements is most important in the food room?		
a)	A food handlers clothes should easy to clean		
b)	A food handlers clothes should be light coloured		
c)	A food handlers clothes should be tight fitting		
d)	A food handlers clothes should be clean and hygienic		

Q21.	Which of the following contain protective spores that survive in conditions unsuitable for pathogens?		
a)	Salmonella		
b)	Clostridium Perfringens		
c)	E Coli 0157		
d)	Staphylococcus Aureus		

Q22.	How much bacteria does detergent kill?		
a)	All of it		
b)	Bacteria is reduced to a safe level		
c)	Approximately half		
d)	None of it		

Q23.	What is the best way to clean a food preparation area?		
a)	Sanitize the area		
c)	Use hot soapy water		
d)	Use bleach		
b)	Wipe down with sterile wipes		

*Q24.	According to the EU Food Information for Consumer Regulations Which of the following are common food allergens?		
a)	Rock salt and pepper		
b)	Coconut, beetroot and cocoa		
c)	Almonds, mustard and gluten		
d)	Coffee, sugar and gluten		

Q25.	What is the correct operating temperature for a refrigerator?		
a)	Between -1°C and 4°C		
b)	Below 5°C		
c)	Below 10°C		
d)	Between 0°C and 3°C		

Q26.	In ideal conditions, how often do bacteria double in number?		
a)	Three times an hour		
b)	Every five to ten minutes		
c)	One million per gram per second		
d)	Every ten to twenty minutes		

Q27.	Which of the following is an example of spoilage bacteria?		
a)	Rot on potatoes		
b)	Dust in dry stores		
c)	Undercooked chicken		
d)	Grease traps		

Q28.	Which of the following would be a safe method to cool food?		
a)	Put straight into the refrigerator and turn up to maximum		
b)	Divide into smaller portions		
c)	Put next to an open window which has a suitable fly screen		
d)	Spray with sanitized cold water		

Q29.	Which of the following is possible according to food legislation?		
a)	Every employee must memorise the health and safety policy		
b)	An employee can be prosecuted for wearing dirty overalls		
c)	All chopping boards must be dark coloured		
d)	White hats and gloves must be worn at all times		

*Q30.	In which part of the refrigerator should raw meat be stored?		
a)	Below ready to eat foods		
b)	Above ready to eat foods		
c)	On the same shelf provided the foods do not touch		
d)	It doesn't matter provided the temperature is suitable		

The End!

Please hand in your paper for marking, leave the room or sit quietly until Everyone Else has finished. Do not leave the room without returning this paper to the course supervisor