

1	Which of the following DOES NOT indicate the food has spoilt?	(. )
(1)	Turn sour	
(2)	Change in odour	
(3)	Turn spicier	
(4)	Change in colour	
2	Germs will multiply quickly, when _____	(. )
(1)	Cooked food are stored above 60°C	
(2)	Hot food items are stored at 30°C	
(3)	Chilled food items stored between 0°C- 4°C	
(4)	Frozen food are chilled in chiller set at 3 °C	
3	Which of the following statement does not indicate rat infestation?	(. )
(1)	Rats/Rodent droppings	
(2)	Gnaw/Bites marks	
(3)	Sighting of live rats/rodents	
(4)	Sighting of maggots	
4	Why is it important to use (FEFO) first expire, first out stock rotation system?	(. )
(1)	To ensure food storage area is pest free	
(2)	For easy stacking of food products	
(3)	For easy cleaning of storage area.	
(4)	To ensure that expired food are not used	
5	How can we ensure safe food preparation?	(. )
(1)	Oily and stained exhaust hood	
(2)	Food scraps on the floor	
(3)	Neat and clean work surfaces	
(4)	Dirty cooking area	

6	Which statement below is the wrong way in keeping food premise clean?	(. )
(1)	Clean food scraps immediately	
(2)	Leave dirty plates and utensil overnight	
(3)	clean floor of food premises	
(4)	Clean food preparation area	
7	Which of the following is the correct method for keeping utensil and dinnerware clean?	(. )
(1)	Place utensils on the ground	
(2)	Store utensil on dirty shelves	
(3)	Wash and clean utensil and dinnerware before use	
(4)	Store clean utensil next to insecticides and detergents	
8	Why is it importation to not use chipped and cracked crockery	(. )
(1)	Germs may be trapped in the grooves	
(2)	Broken pieces may get mixed with the food	
(3)	Chipped crockery may cause injury to customers or food handler	
(4)	All of the above	
9	Which statement below is the correct way to store food in the chiller/freezer?	(. )
(1)	Store raw meat above ready-to-eat food	
(2)	Overstock with food	
(3)	Stack food	
(4)	Store food in tightly-covered containers	
10	Which statement is NOT the proper way to manage waste and will attract pest and cause food contamination?	(. )
(1)	Leave refuse bag with food waste on the floor	
(2)	Empty refuse bin when it is three-quarter full	
(3)	Discard food waste in foot pedal refuse bin lined with plastic bag	
(4)	Discard refuse bag at designated bin	

11	Which of the following is the right place to store dry food?	(. )
(1)	Near rubbish bin	
(2)	Dry area away from cleaning supplies/insecticides	
(3)	Near the toilet	
(4)	Staff locker	
12	Which if the following is NOT a valid reason for pest control in a food establishment?	(. )
(1)	Prevent fruits from ripening	
(2)	Prevent spread of diseases	
(3)	Prevent wastage of food	
(4)	Prevent damage to the property	
13	What should we do to ensure chiller and freezer are maintain at the appropriate temperatures?	(. )
(1)	Check the rubber lining for damage	
(2)	Do not open the chiller/freezer door for too long	
(3)	Do not overstock chiller and freezer	
(4)	All of the above	
14	When preparing food in bulk, which of of the following is a recommended practice?	(. )
(1)	Keep cold food at below 10 °C	
(2)	Keep cooked food at 30 °C	
(3)	Cook food until the internal temperature reached 50 °C	
(4)	Bring temperature of food down to 4°C quickly.	
15	Why is it important to keep cooked food at the correct temperature?	(. )
(1)	The food will look nice	
(2)	So that the food will taste nice	
(3)	To prevent bacteria from multiplying quickly	
(4)	So that the food will spoil faster	

16	Which if the following is a method to keep the food premise pest free?	(. )
(1)	Leave refuse bag with food waste overnight	
(2)	Arrange for pest control regularly	
(3)	Mop the floor only	
(4)	Leave the food scrap on the floor	
17	Which of the following is a correct practice when grinding meat with a food processor?	(. )
(1)	Use separate binders for different types of meat	
(2)	Label and colour code the grinders for different types of meat.	
(3)	Wash and sanitise meat grinders thoroughly after every use	
(4)	All of the above	
18	As food handler, why is it IMPORTANT that we observe good personal hygiene?	(. )
(1)	To prevent contamination of food that could lead to foodborne illness	
(2)	To prepare tastier food	
(3)	To reduce food cost	
(4)	To look good	
19	Which statement below is not a proper food and beverage practice?	(. )
(1)	Cook raw food thoroughly	
(2)	Clean or wash food thoroughly before use	
(3)	Use same chopping board when handling raw food and ready to eat vegetables.	
(4)	Use gloves to prepare ready-to-eat food	
20	What should you do if you are having diarrhoea or vomiting	(. )
(1)	See a doctor immediately	
(2)	Report to your supervisor immediately	
(3)	Not prepare or handle any food	
(4)	All of the above	

21	Which of the following is the correct way to dispose food?	(. )
(1)	Food must be covered at all times.	
(2)	Food on display must have sneeze guard.	
(3)	Showcase for food display must be clean at all times.	
(4)	All of the above.	
22	Which statement below is not the proper way to transport food?	(. )
(1)	Food trays and containers are placed on the floor of the delivery truck	
(2)	Food delivery trucks are used strictly for transporting food only.	
(3)	Deliver food within the shortest time possible	
(4)	Food trolleys are kept clean.	
23	Which of the following is an example of good personal hygiene practice that can prevent foodborne illness?	(. )
(1)	Wash hands with soap and water after visiting the toilet.	
(2)	Handle RTE food with bare hands.	
(3)	Sneeze or cough over food.	
(4)	Handle food with long and dirty fingernails	
24	Which of the following is a hygienic way to clean our hands after handling uncooked food?	(. )
(1)	Wipe hands on apron	
(2)	Wash hands with soap and running water	
(3)	Wash hands with running water	
(4)	Wipe hands on dirty cloth	
25	Which statement below is an incorrect practice?	(. )
(1)	Handle money with gloved hand	
(2)	Use gloves to handle ready-to-eat food.	
(3)	Use gloves of the correct size	
(4)	Change gloves when they are dirty or torn.	

26	Which of the following practice will lead to cross contamination?	(. )
(1)	Dispose worn out chopping board.	
(2)	Use separate chopping board for preparation	
(3)	Use the same chopping board.	
(4)	Wash chopping board thoroughly after use	
27	Food handlers should practice_____	(. )
(1)	Ensure chemicals/detergent are kept away from washed ingredients	
(2)	Wash food ingredients thoroughly	
(3)	Scrub and peel ingredients when necessary	
(4)	All of the above	
28	What is the reason for using food items from approved sources?	(. )
(1)	The food is tastier.	
(2)	The food items have undergone quality checks	
(3)	The food items are easily available	
(4)	Reduce food costs	
29	Which way of defrosting frozen food will cause contamination?	(. )
(1)	Place on the table top.	
(2)	Place frozen food sealed in plastic bag and submerge in water at below 5°C	
(3)	Place in a microwave over use defrost setting.	
(4)	Place in a chiller at between 0°C and 4°C	