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| 1 | Germs will multiply quickly, when _____ | (.) |
| a | Frozen food are chilled in chiller set at 3 °C | |
| b | Chilled food items stored between 0°C- 4°C | |
| c | Hot food items are stored at 30°C | |
| d | Cooked food are stored above °C | |
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| 2 | Why is it important to use (FEFO) first expire, first out stock rotation system? | (.) |
| a | For easy cleaning of storage area. | |
| b | To ensure that expired food are not used | |
| c | To ensure food storage area is pest free | |
| d | For easy stacking of food products | |
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| 3 | Which statement below is the wrong way in keeping food premise clean? | (.) |
| a | Clean food preparation area | |
| b | clean floor of food premises | |
| c | Clean food scraps immediately | |
| d | Leave dirty plates and utensil overnight | |
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| 4 | Why is it importation to not use chipped and cracked crockery | (.) |
| a | Broken pieces may get mixed with the food | |
| b | Germs may be trapped in the grooves | |
| c | Chipped crockery may cause injury to customers or food handler | |
| d | All of the above | |
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| 5 | Which statement is NOT the proper way to manage waste and will attract pest and cause food contamination? | (.) |
| a | Discard refuse bag at designated bin | |
| b | Discard food waste in foot pedal refuse bin lined with plastic bag | |
| c | Empty refuse bin when it is three-quarter full | |
| d | Leave refuse bag with food waste on the floor | |
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| 6 | Which if the following is NOT a valid reason for pest control in a food establishment? | (.) |
| a | Prevent damage to the property | |
| b | Prevent wastage of food | |
| c | Prevent fruits from ripening | |
| d | Prevent spread of diseases | |
| 7 | When preparing food in bulk, which of the following is a recommended practice? | (.) |
| a | Bring temperature of food down to 4°C quickly. | |
| b | Cook food until the internal temperature reached 50 °C | |
| c | Keep cooked food at 30 °C | |
| d | Keep cold food at below 10 °C | |
| 8 | Which if the following is a method to keep the food premise pest free? | (.) |
| a | Leave refuse bag with food waste overnight | |
| b | Mop the floor only | |
| c | Leave the food scrap on the floor | |
| d | Arrange for pest control regularly | |
| 9 | As food handler, why is it IMPORTANT that we observe good personal hygiene? | (.) |
| a | To look good | |
| b | To reduce food cost | |
| c | To prepare tastier food | |
| d | To prevent contamination of food that could lead to foodborne illness | |
| 10 | What should you do if you are having diarrhoea or vomiting | (.) |
| a | See a doctor immediately | |
| b | Report to your supervisor immediately | |
| c | Not prepare or handle any food | |
| d | All of the above | |

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| 11 | Which of the following is an example of good personal hygiene practice that can prevent foodborne illness? | (.) |
| a | Handle food with long and dirty fingernails | |
| b | Handle RTE food with bare hands. | |
| c | Wash hands with soap and water after visiting the toilet. | |
| d | Sneeze or cough over food. | |
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| 12 | Which of the following is a hygienic way to clean our hands after handling uncooked food? | (.) |
| a | Wash hands with running water | |
| b | Wipe hands on dirty cloth | |
| c | Wash hands with soap and running water | |
| d | Wipe hands on apron | |
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| 13 | What is the reason for using food items from approved sources? | (.) |
| a | The food is tastier. | |
| b | Reduce food costs | |
| c | The food items have undergone quality checks | |
| d | The food items are easily available | |
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| 14 | Food handlers should practice_____ | (.) |
| a | Wash food ingredients thoroughly | |
| b | Scrub and peel ingredients when necessary | |
| c | Ensure chemicals/detergent are kept away from washed ingredients | |
| d | All of the above | |
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| 15 | Which way of defrosting frozen food will cause contamination? | (.) |
| a | Place frozen food sealed in plastic bag and submerge in water at below 5°C | |
| b | Place in a chiller at between 0°C and 4°C | |
| c | Place in a microwave over use defrost setting. | |
| d | Place on the table top. | |
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| 16 | Which of the following practice will lead to cross contamination? | (.) |
| a | Wash chopping board thoroughly after use | |
| b | Use the same chopping board. | |
| c | Dispose worn out chopping board. | |
| d | Use separate chopping board for preparation | |
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| 17 | Which statement below is an incorrect practice? | (.) |
| a | Use gloves to handle ready-to-eat food. | |
| b | Change gloves when they are dirty or torn. | |
| c | Handle money with gloved hand | |
| d | Use gloves of the correct size | |
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| 18 | Which statement below is not the proper way to transport food? | (.) |
| a | Food trolleys are kept clean. | |
| b | Deliver food within the shortest time possible | |
| c | Food trays and containers are placed on the floor of the delivery truck | |
| d | Food delivery trucks are used strictly for transporting food only. | |
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| 19 | Which of the following is the correct way to dispose food? | (.) |
| a | Food must be covered at all times. | |
| b | Food on display must have sneeze guard. | |
| c | Showcase for food display must be clean at all times. | |
| d | All of the above. | |
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| 20 | Which statement below is not a proper food and beverage practice? | (.) |
| a | Use gloves to prepare ready-to-eat food | |
| b | Use same chopping board when handling raw food and ready to eat vegetables. | |
| c | Clean or wash food thoroughly before use | |
| d | Cook raw food thoroughly | |
| 21 | Which of the following is a correct practice when grinding meat with a food processor? | (.) |
| a | Label and colour code the grinders for different types of meat. | |
| b | Use separate binders for different types of meat | |
| c | Wash and sanitise meat grinders thoroughly after every use | |
| d | All of the above | |
| 22 | Why is it important to keep cooked food at the correct temperature? | (.) |
| a | To prevent bacteria from multiplying quickly | |
| b | So that the food will spoil faster | |
| c | So that the food will taste nice | |
| d | The food will look nice | |
| 23 | What should we do to ensure chiller and freezer are maintain at the appropriate temperatures? | (.) |
| a | Do not overstock chiller and freezer | |
| b | Check the rubber lining for damage | |
| c | Do not open the chiller/freezer door for too long | |
| d | All of the above | |
| 24 | Which of the following is the right place to store dry food? | (.) |
| a | Staff locker | |
| b | Near the toilet | |
| c | Dry area away from cleaning supplies/insecticides | |
| d | Near rubbish bin | |

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| 25 | Which statement below is the correct way to store food in the chiller/freezer? | (.) |
| a | Overstock with food | |
| b | Stack food | |
| c | Store food in tightly-covered containers | |
| d | Store raw meat above ready-to-eat food | |
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| 26 | Which of the following is the correct method for keeping utensil and dinnerware clean? | (.) |
| a | Wash and clean utensil and dinnerware before use | |
| b | Store utensil on dirty shelves | |
| c | Store clean utensil next to insecticides and detergents | |
| d | Place utensils on the ground | |
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| 27 | How can we ensure safe food preparation? | (.) |
| a | Neat and clean work surfaces | |
| b | Dirty cooking area | |
| c | Oily and stained exhaust hood | |
| d | Food scraps on the floor | |
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| 28 | Which of the following statement does not indicate rat infestation? | (.) |
| a | Gnaw/Bites marks | |
| b | Sighting of maggots | |
| c | Sighting of live rats/rodents | |
| d | Rats/Rodent droppings | |
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| 29 | Which of the following DOES NOT indicate the food has spoilt? | (.) |
| a | Change in colour | |
| b | Turn spicier | |
| c | Change in odour | |
| d | Turn sour | |