1. As a food handler, why is it IMPORTANT that we observe good personal hygiene?
    1) To prepare tastier food.
    2) To reduce food cost.
    3) To prevent contamination of food that could lead to foodborne illness.
    4) To look good

2. 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 the above.

3. 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 of cough over food.

4. Which of the following is a hygienic way to clean our hands after handling uncooked food?
    a. Wipe hands on dirty cloth
    b. Wash hands with running water.
    c. Wash hands with soap and running water
    d. Wipe hands on apron

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5. What is the reason for using food items from approved sources?
    A. The food is tastier.
    B. Reduce food cost
    C. The food items have undergone quality checks.
    D. The food items are easily available.

6. Food handlers should practice
    a. Wash food ingredients thoroughly
    b. Scrub and peel ingredient when necessary.
    c. Ensure chemicals/ detergent are kept away from washed ingredients
    d. All the above

7. 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 oven use defrosting setting.
    d. Place on the table top.

8. Which of the following practice will lead to cross contamination?
    a. Wash chopping board thoroughly after use.
    b. Dispose worn out chopping board.
    c. Use the same chopping board to handle raw and ready-to-eat food.
    d. Use separate chopping boards for preparation of raw and ready-to-eat food.

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9. 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.

10. 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.

11. Which of the following is the correct way to display food?
    a. Food must be always covered.
    b. Food on display must have sneeze guard.
    c. Showcase for food display must be always clean.
    d. All of the above.

12. Which statement below is not a proper food and beverage practice?
    a. Use same chopping board when handling raw food and ready ready-to-eat vegetables.
    b. Use gloves to prepare ready-to-eat food.
    c. Clean or wash food thoroughly before use.
    d. Cook raw food thoroughly

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13. 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 grinders for different types or meat.
c. Wash and sanitise meat grinders thoroughly after every use.
d. All of the above

14. Germs will multiply quickly, when_____

a. Cooked food is stored above 60°C
b. Frozen Food are chilled in the chiller set at 3°C
c. Chilled food items stored between 0°C-4°C
d. Hot food items are stored at 30°C

15. 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

16. What should we do to ensure chiller and freezer are maintain at the appropriate temperatures?

a. Don't overstock chiller and freezer.
b. Check the rubber lining for damage.
c. Do not open the chill/freezer door for too long.
d. All of the above

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17. Why is it important to use the (FEFO) first expire, first out, stock rotation system?
    a. For easy stocking of food products
    b. For easy cleaning of the storage area.
    c. Th ensure that expired food are not used.
    d. To ensure food storage area is pest free.

18. 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

19. 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.

20. Which statement below is the wrong way in keeping food premises clean?
    a. Leave dirty plates and utensils overnight
    b. Clean food preparation area
    c. Clean floor of food premises
    d. Clear food scraps immediately.

21. Why is it important not to 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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22. Which of the following is the correct method for keeping utensils and dinnerware clean?
    a. Wash and clean utensils dinnerware before use
    b. Store utensils on dirty shelves
    c. Store clean utensils next to insecticides and detergents
    d. Place utensils on the ground

23. 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 floor

24. Which statement is not the proper way to managed waste and will attract pest and cause food contamination?
    a. Empty refuse bin when it is three-quarters full
    b. Discard food waste in foot pedal refuse bin lined with plastic bag.
    c. Discard refuse bag at designated bin area
    d. Leave refuse bag with food waste on the floor.

25. Which of the following statement does not indicate rat infestation?
    a. Gnaw marks
    b. Sighting of maggots
    c. Sighting of live rats/rodents
    d. Rodents Dropping

26. 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

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27. Which of the following is NOT a valid reason for pest control in a food establishment?

a. Prevent damage to property
b. Prevent spread of diseases
c. Prevent wastage of food
d. Prevent fruits from ripening

28. 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 reaches 50 °C
c. Keep cooked food at 30 °C
d. Keep cold food at below 10 °C

29. Which of the following is a method to keep food premises pest free?

a. Leave refuse bag with food waste overnight
b. Leave food scraps on the floor
c. Arrange for pest control regularly
d. Mop the floor only.

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