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| 1   | Why is it important to use (FEFO) first expire, first out stock rotation system? | (. ) |
| (1) | For easy stacking of food products   |      |
| (2) | To ensure that expired food are not used   |      |
| (3) | To ensure food storage area is pest free   |      |
| (4) | For easy cleaning of storage area.   |      |
| 2   | Which statement below is the wrong way in keeping food premise clean?            | (. ) |
| (1) | Leave dirty plates and utensil overnight   |      |
| (2) | Clean floor of food premises   |      |
| (3) | Clean food preparation area  |      |
| (4) | Clean food scraps immediately  |      |
| 3   | Which statement below is the correct way to store food in the chiller/freezer?   | (. ) |
| (1) | Store food in tightly-covered containers   |      |
| (2) | Stack food   |      |
| (3) | Store raw meat above ready-to-eat food   |      |
| (4) | Overstock with food  |      |
| 4   | Which of the following is the right place to store dry food?                     | (. ) |
| (1) | Staff locker   |      |
| (2) | Near the toilet  |      |
| (3) | Near rubbish bin   |      |
| (4) | Dry area away from cleaning supplies/insecticides                                |      |
| 5   | Why is it important to keep cooked food at the correct temperature?              | (. ) |
| (1) | To prevent bacteria from multiplying quickly                                     |      |
| (2) | So that the food will spoil faster   |      |
| (3) | The food will look nice  |      |
| (4) | So that the food will taste nice   |      |

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| 6   | As food handler, why is it IMPORTANT that we observe good personal hygiene?                               | (. ) |
| (1) | To look good  |      |
| (2) | To prevent contamination of food that could lead to foodborne illness                                     |      |
| (3) | To prepare tastier food   |      |
| (4) | To reduce food cost   |      |
| 7   | 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.   |      |
| 8   | 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  |      |
| 9   | Which statement is NOT the proper way to manage waste and will attract pest and cause food contamination? | (. ) |
| (1) | Discard food waste in foot pedal refuse bin lined with plastic bag  |      |
| (2) | Leave refuse bag with food waste on the floor   |      |
| (3) | Empty refuse bin when it is three-quarter full  |      |
| (4) | Discard refuse bag at designated bin  |      |
| 10  | Which if the following is NOT a valid reason for pest control in a food establishment?                    | (. ) |
| (1) | Prevent wastage of food   |      |
| (2) | Prevent damage to the property  |      |
| (3) | Prevent spread of diseases  |      |
| (4) | Prevent fruits from ripening  |      |

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| 11  | Which of the following statement does not indicate rat infestation?  | (. ) |
| (1) | Sighting of live rats/rodents  |      |
| (2) | Rats/Rodent droppings  |      |
| (3) | Sighting of maggots  |      |
| (4) | Gnaw/Bites marks   |      |
| 12  | Which statement below is not a proper food and beverage practice?  | (. ) |
| (1) | Clean or wash food thoroughly before use   |      |
| (2) | Cook raw food thoroughly   |      |
| (3) | Use gloves to prepare ready-to-eat food  |      |
| (4) | Use same chopping board when handling raw food and ready to eat vegetables.                                |      |
| 13  | Which statement below is not the proper way to transport food?   | (. ) |
| (1) | Food trolleys are kept clean.  |      |
| (2) | Food trays and containers are placed on the floor of the delivery truck                                    |      |
| (3) | Deliver food within the shortest time possible   |      |
| (4) | Food delivery trucks are used strictly for transporting food only.   |      |
| 14  | Which of the following is an example of good personal hygiene practice that can prevent foodborne illness? | (. ) |
| (1) | Sneeze or cough over food.   |      |
| (2) | Handle food with long and dirty fingernails  |      |
| (3) | Handle RTE food with bare hands.   |      |
| (4) | Wash hands with soap and water after visiting the toilet.  |      |
| 15  | Which of the following practice will lead to cross contamination?  | (. ) |
| (1) | Use the same chopping board.   |      |
| (2) | Wash chopping board thoroughly after use   |      |
| (3) | Use separate chopping board for preparation  |      |
| (4) | Dispose worn out chopping board.   |      |

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| 16  | Which way of defrosting frozen food will cause contamination?                          | (. ) |
| (1) | Place in a chiller at between 0°C and 4°C  |      |
| (2) | Place on the table top.  |      |
| (3) | Place frozen food sealed in plastic bag and submerge in water at below 5°C             |      |
| (4) | Place in a microwave over use defrost setting.   |      |
| 17  | Which of the following DOES NOT indicate the food has spoilt?                          | (. ) |
| (1) | Change in colour   |      |
| (2) | Turn sour  |      |
| (3) | Change in odour  |      |
| (4) | Turn spicier   |      |
| 18  | Which statement below is an incorrect practice?  | (. ) |
| (1) | Use gloves of the correct size   |      |
| (2) | Handle money with gloved hand  |      |
| (3) | Change gloves when they are dirty or torn.   |      |
| (4) | Use gloves to handle ready-to-eat food.  |      |
| 19  | Which of the following is the correct method for keeping utensil and dinnerware clean? | (. ) |
| (1) | Store clean utensil next to insecticides and detergents                                |      |
| (2) | Wash and clean utensil and dinnerware before use                                       |      |
| (3) | Place utensils on the ground   |      |
| (4) | Store utensil on dirty shelves   |      |

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| 20  | Why is it important 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  |      |
| 21  | What is the reason for using food items from approved sources?                            | (. ) |
| (1) | Reduce food costs   |      |
| (2) | The food is tastier.  |      |
| (3) | The food items are easily available   |      |
| (4) | The food items have undergone quality checks  |      |
| 22  | Which of the following is a hygienic way to clean our hands after handling uncooked food? | (. ) |
| (1) | Wipe hands on dirty cloth   |      |
| (2) | Wash hands with soap and running water  |      |
| (3) | Wipe hands on apron   |      |
| (4) | Wash hands with running water   |      |
| 23  | 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  |      |
| 24  | When preparing food in bulk, which of the following is a recommended practice?            | (. ) |
| (1) | Cook food until the internal temperature reached 50 °C                                    |      |
| (2) | Bring temperature of food down to 4°C quickly.  |      |
| (3) | Keep cooked food at 30 °C   |      |
| (4) | Keep cold food at below 10 °C   |      |

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| 25  | 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  |      |
| 26  | Which if the following is a method to keep the food premise pest free?                        | (. ) |
| (1) | Leave the food scrap on the floor   |      |
| (2) | Mop the floor only  |      |
| (3) | Leave refuse bag with food waste overnight  |      |
| (4) | Arrange for pest control regularly  |      |
| 27  | 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  |      |
| 28  | How can we ensure safe food preparation?  | (. ) |
| (1) | Food scraps on the floor  |      |
| (2) | Neat and clean work surfaces  |      |
| (3) | Dirty cooking area  |      |
| (4) | Oily and stained exhaust hood   |      |
| 29  | Germs will multiply quickly, when _____   | (. ) |
| (1) | Frozen food are chilled in chiller set at 3 °C  |      |
| (2) | Chilled food items stored between 0°C- 4°C  |      |
| (3) | Hot food items are stored at 30°C   |      |
| (4) | Cooked food are stored above 60°C   |      |