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	
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	
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	
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	
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 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.	
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	
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	
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	
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	
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	
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.	
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	
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	
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	
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	
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	

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