

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 or 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

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.

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

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 of 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

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. To 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

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

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.