

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	

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	

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.	

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	

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	

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	