Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Position\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Question 1  
**What is the correct temperature that frozen food should be kept at?**

|  |  |
| --- | --- |
| A . | 0 degrees |
| B. | 15 degrees or lower |
| C. | -18 degrees or lower |
| D. | 20 degrees or lower |

Question 2  
**What is the correct temperature that Chilled food should be delivered at?**

|  |  |
| --- | --- |
| A . | 0 degrees |
| B. | 0-8 degrees |
| C. | -18 degrees or lower |
| D. | 20 degrees or lower |

Question 3  
**Where should raw meat be stored in a refrigerator?**

|  |  |
| --- | --- |
| A . | At the top. |
| B. | In the middle. |
| C. | At the bottom, or away from other products |

Question 4

**Where should cooked meat be stored in a refrigerator?**

|  |  |
| --- | --- |
| A . | At the top or in separate area |
| B. | In the middle or in separate area |
| C. | At the bottom, below all other food. |
|  |  |

Question 5  
**When defrosting products what use by period would you use? discounting initial defrost period (so once product has reached 1 degrees), excluding sea food.**

|  |  |
| --- | --- |
| A . | 2 days |
| B. | 3 days |
| C. | 5 days |
| D. | 1 week |

Question 6  
**What is the minimum temperature the hot food on the buffet display should read?**

|  |  |
| --- | --- |
| A . | 53 degrees.C |
| B. | 75 degrees.C |
| C. | 63 degrees.C |
|  |  |

Question 7  
**What is the minimum temperature the hot foot coming out of the kitchen should read?**

|  |  |
| --- | --- |
| A . | 63 degrees. |
| B. | 75 degrees. |
| C. | 82 degrees. |
| D. | 56 degrees. |

Question 8  
**What are the basic steps for washing hands?**

|  |  |
| --- | --- |
| A . | Wash thoroughly with water and dry. |
| B. | Apply soap, wash thoroughly, rinse and use paper towels. |
| C. | Apply soap, wash thoroughly. |

Question 9  
**What is the reason for drying your hands after washing them?**

|  |  |
| --- | --- |
| A . | So that you don’t drip water everywhere. |
| B. | Because germs and bacteria are more easily spread with wet hands. |
| C. | Your hands are slippery when wet, and you will not be able to hold kitchen utensils properly. |

Question 10  
**It is important to wash hands, use correct chopping boards, stack fridges and freezers correctly, wear uniform, not smoke in food areas, use different areas for cooked and raw products etc to try to?**

|  |  |
| --- | --- |
| A . | Prevent cross contamination of harmful bacteria. |
| B. | Look professional. |
| C. | Impress the boss. |
| D. | Get the job done more efficiently. |

Question 11  
**The ideal temperature in your fridge should be?**

|  |  |
| --- | --- |
| A . | 5 – 10 degrees C |
| B. | 1 and 4 degrees. C |
| C. | 0 to 5 degrees. C |
| D. | -2 to 0 degrees. C |

Question 12  
**When preparing raw meat it is important to?**

|  |  |
| --- | --- |
| A . | Wear disposable gloves, work quickly and efficiently using a red chopping board then cover label, date and refrigerate the product immediately. |
| B. | Be quick and get the job done. |
| C. | Work quickly and efficiently using a red chopping board then cover label, date and refrigerate the product immediately. |
| D. | Wear gloves, use a green chopping board, work quickly, cover and date, put away when you have time. |

Question 13  
**Whilst in a food preparation or serving environment, what is the best way to dry your hands after washing them?**

|  |  |
| --- | --- |
| A . | Using paper towels. |
| B. | Damp towels. |
| C. | Just let then dry naturally. |

Question 14  
**When Putting prepared food away which important actions must be followed?**

|  |  |
| --- | --- |
| A . | Covered and dated with use by date and put on correct shelf within refrigerator. |
| B. | Covered and dated with date of preparation. |
| C. | Ensure it is covered. |
| D. | Pop it in a box and shove it anywhere in the refigerator. |

Question 15  
**After batch cooking a product such as battered wings you should?**

|  |  |
| --- | --- |
| A . | Check temp to ensure cooked through, complete batch cooking paperwork, put into blast chiller, complete blast chiller paperwork, cover and add use by date, put into fridge |
| B. | Check cooked, leave out till suitable cool add use by date then put into fridge |
| C. | Leave out to use over the shift ahead |
| D. | Leave on the side for somebody else to worry about. |

Question 16  
**It is important to prepare food safely because;**

|  |  |
| --- | --- |
| A . | It helps to prevent food poisoning. |
| B. | Prepared food looks better. |
| C. | Prepared food tastes better. |

Question 17  
**Which of the following does bacteria need to assist it to grow and multiply?**

|  |  |
| --- | --- |
| A . | Water. |
| B. | Food. |
| C. | Warm temperatures. |
| D. | All of the above. |

Question 18  
**How do you know if a Chicken Breast has been properly cooked and is safe to eat?**

|  |  |
| --- | --- |
| A . | After cutting it in half and you see the inside as pink you know it has been cooked properly. |
| B. | If you can see that it has been burnt then you know it is safe. |
| C. | If you can see the outside of the Chicken is evenly brown and when you cut it in the middle you can see that the meat is no longer pink. |

Question 19  
**Signs of contaminated food could be?**

|  |  |
| --- | --- |
| A . | Different colour, strong smell, slimy to the touch, sticky to the touch, use by date exceeded |
| B. | Strong smell |
| C. | Different colour |
| D. | Glowing neon green colour |

Question 20  
**Which colour chopping board would you use to chop vegetables on?**

|  |  |
| --- | --- |
| A . | Red |
| B. | yellow |
| C. | Green |
| D. | Brown |

Question 21

**What date sticker would you put on a prepared batch of tuna mayponaise prepared Mon 1/2/2016**

A . Thurs 4/2/2016

B. Sat 6/2/2016

C. Sun 7/2/2016

D. Mon 1/2/2016

Question 22

**When taking stock from stores or freezer or fridge it is important to?**

A . Always follow stock rotation and use the oldest stock first, checking dates and following the system of new stock at the back old stock at the front

B. Be careful not to make a mess when taking items from stores

C. Be quick and take the nearest available product

D. Take the largest looking box so as to save having to carry to many small ones

**TRUE OR FALSE QUESTIONS**

Question 23  
**If a food is cooked on the outside it will also be cooked on the inside.**  
True or false.

Question 24  
**You must wear all required uniform when dealing with food products, these need to be changed into from civvies in the premises not worn from home?**.  
True or false.

Question 25

**You Must wash your hands before entering any food department within Back of house and on average every 20 mins during normal service much more when required.**

True or false.

Question 26

**The use of sanitizer throughout all food areas is not necessary, simple hot water will suffice** .

True or false