200 Saudi Baladiya Food Safety Practice Questions & Answers

200 practice questions with the right answers and simple explanations. Test Made by **Creekee Khan**.

1 · Types of food safety hazards

Question 1. What are the four main types of food safety hazards?

A. Physical, chemical, microbial, and allergenic hazards.
B. Biological, financial, physical, and microbial hazards.
C. Chemical, biological, electronic, and physical hazards.
D. Microbial, biological, allergenic, and nutritional hazards.

The right answer: A. Physical, chemical, microbial, and allergenic hazards.

The four recognised food-safety hazards are microbial (biological), chemical, physical, and allergenic.

2 · What is a food hazard

Question 2. What is a food hazard?

A. Anything in food that changes how it tastes.
B. Anything in food or the food environment that can harm a consumer's health or cause illness or injury.
C. Any chemical substance added to food on purpose.
D. Any food that has passed its expiry date.

The right answer: B. Anything in food or the food environment that can harm a consumer's health or cause illness or injury.

A food hazard is anything in food or its environment that could make a consumer ill or injured.

3 · Microbial contamination

Question 3. Why are microbial contaminants a major food-safety concern?

A. They make food smell stronger only.
B. They can be seen without a microscope.
C. They cause foodborne illness and spoilage, and many cannot be seen with the naked eye.
D. They only grow in cooked food.

The right answer: C. They cause foodborne illness and spoilage, and many cannot be seen with the naked eye.

Microbial contaminants cause illness and spoilage and are usually invisible, so control is needed.

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4 · Types of microbial contaminants

Question 4. Name four examples of microbial contaminants.

A. Bacteria, viruses, moulds, and parasites.
B. Salt, sugar, fats, and proteins.
C. Pesticides, cleaning agents, oils, and metals.
D. Glass, hair, stones, and bones.

The right answer: A. Bacteria, viruses, moulds, and parasites.

The main microbial contaminants of food are bacteria, viruses, moulds, and parasites.

5 · Chemical hazards in food

Question 5. Give three examples of chemical hazards in food.

A. Bacteria, viruses, and moulds.
B. Pesticide residues, cleaning chemicals, and machine oils or lubricants.
C. Glass shavings, metal fragments, and hair.
D. Salt, sugar, and water.

The right answer: B. Pesticide residues, cleaning chemicals, and machine oils or lubricants.

Common chemical hazards include pesticide residues, cleaning chemicals, and lubricants that reach food.

6 · Physical hazards

Question 6. Which of these is a physical food hazard?

A. Bacteria
B. Cleaning agent
C. Broken glass
D. Mould

The right answer: C. Broken glass

Broken glass is a physical hazard; the others are microbial or chemical.

7 · Allergenic foods

Question 7. Why can allergenic foods be hazardous even when safe for most people?

A. They are always poisonous.
B. They trigger allergic reactions in people who are sensitive or allergic to that ingredient.
C. They spoil faster than other foods.
D. They cannot be cooked safely.

The right answer: B. They trigger allergic reactions in people who are sensitive or allergic to that ingredient.

Allergens trigger immune reactions in sensitive consumers even when the food is otherwise safe.

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8 · Direct contamination

Question 8. What is direct contamination of food?

A. Damage to food during shipping only.
B. A contaminant reaches food directly, such as dirty hands touching ready-to-eat food.
C. Contamination that happens only after cooking.
D. Contamination from chemicals in the air only.

The right answer: B. A contaminant reaches food directly, such as dirty hands touching ready-to-eat food.

Direct contamination happens when the contaminant reaches food immediately, for example via hands.

9 · Cross-contamination

Question 9. What is indirect contamination or cross-contamination?

A. Contamination from one food to another via surfaces, utensils, equipment, or cloths.
B. Contamination from outdoor air only.
C. Contamination through bare-hand contact with food only.
D. Contamination caused by sunlight only.

The right answer: A. Contamination from one food to another via surfaces, utensils, equipment, or cloths.

Cross-contamination transfers contaminants via surfaces, utensils, equipment, cloths, or other foods.

10 · Refrigerator storage of raw and cooked food

Question 10. Why should raw food be stored below cooked or ready-to-eat food in a refrigerator?

A. It is easier to reach that way.
B. Raw-food juices may drip down and contaminate cooked or ready-to-eat food.
C. The fridge works more efficiently.
D. Cooked food needs more vertical space.

The right answer: B. Raw-food juices may drip down and contaminate cooked or ready-to-eat food.

Storing raw food below ready-to-eat food prevents drips and cross-contamination in the fridge.

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11 · Covering raw food in the refrigerator

Question 11. Why should raw food be covered before it is placed in a refrigerator?

A. So it cools faster.
B. To prevent leakage, contamination, and contact with other foods.
C. To make the food easier to find.
D. Because cold food tastes better when covered.

The right answer: B. To prevent leakage, contamination, and contact with other foods.

Covering raw food in the fridge prevents leakage, contamination, and contact with other foods.

12 · High-risk foods

Question 12. What is a high-risk food?

A. A food that can support rapid growth of harmful microorganisms or toxin formation when handled or stored wrongly.
B. Any food that costs a lot of money.
C. Food that has been deeply fried.
D. Only imported foods.

The right answer: A. A food that can support rapid growth of harmful microorganisms or toxin formation when handled or stored wrongly.

High-risk foods are moist, protein-rich foods that allow harmful microorganisms to multiply quickly.

13 · Examples of high-risk foods

Question 13. Give four examples of high-risk foods.

A. Salt, pepper, sugar, and flour.
B. Cooked meat, ready-to-eat meals, egg-based dishes, and dairy products.
C. Canned beans, dried rice, oats, and pasta.
D. Fresh fruit, raw nuts, seeds, and dried herbs.

The right answer: B. Cooked meat, ready-to-eat meals, egg-based dishes, and dairy products.

Cooked meat, ready-to-eat meals, egg dishes, and dairy products are typical high-risk foods.

14 · Danger zone temperatures

Question 14. What temperature range is identified as the microbial danger zone?

A. Below 0°C only.
B. Above 5°C and below 63°C.
C. Room temperature only.
D. Above 100°C only.

The right answer: B. Above 5°C and below 63°C.

Above 5°C and below 63°C is the danger zone where pathogens can multiply quickly.

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15 · Controlling bacterial growth

Question 15. How should high-risk foods be controlled to reduce bacterial growth?

A. Keep chilled at or below 5°C or hot-held at or above 63°C, protect from contamination, minimise time out of control.
B. Leave at room temperature for short periods.
C. Wash only in cold water.
D. Store next to raw food only.

The right answer: A. Keep chilled at or below 5°C or hot-held at or above 63°C, protect from contamination, minimise time out of control.

Hold chilled food at or below 5°C, hot food at or above 63°C, and minimise exposure time.

16 · Viruses versus bacteria

Question 16. How are viruses different from bacteria in their relationship with food?

A. Viruses multiply rapidly in food.
B. Viruses do not multiply in food; food can carry a virus into the body where it may cause illness.
C. Viruses are larger than bacteria and visible to the eye.
D. Viruses are killed by freezing but not by cooking.

The right answer: B. Viruses do not multiply in food; food can carry a virus into the body where it may cause illness.

Viruses do not grow in food; they are transferred by food into the body and cause illness there.

17 · Sources of viruses

Question 17. Where do viruses commonly come from when they contaminate food?

A. From metal surfaces only.
B. From infected people, contaminated hands, contaminated water, or contaminated surfaces.
C. From dry air only.
D. From frozen food only.

The right answer: B. From infected people, contaminated hands, contaminated water, or contaminated surfaces.

Viruses reach food mainly through infected people, hands, water, and surfaces.

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18 · How moulds grow

Question 18. How do moulds grow and spread?

A. By being cooked thoroughly.
B. By growing on suitable foods and spreading through microscopic spores via air or contact.
C. Only on very sweet foods.
D. Only by direct sunlight.

The right answer: B. By growing on suitable foods and spreading through microscopic spores via air or contact.

Moulds grow on suitable foods and spread by microscopic spores through air or contact.

19 · Mycotoxins from moulds

Question 19. Can some moulds produce harmful substances in food?

A. No, mould in food is harmless.
B. Yes, some moulds produce toxins called mycotoxins that may remain even if visible mould is removed.
C. Only in liquid foods.
D. Only in fresh foods at room temperature.

The right answer: B. Yes, some moulds produce toxins called mycotoxins that may remain even if visible mould is removed.

Some moulds produce mycotoxins which can remain even after visible mould is removed.

20 · Parasites versus bacteria and moulds

Question 20. How are parasites different from bacteria and moulds?

A. Parasites need a host to complete their life cycle.
B. Parasites are smaller than bacteria.
C. Parasites live only in cold foods.
D. Parasites multiply rapidly in food at room temperature.

The right answer: A. Parasites need a host to complete their life cycle.

Parasites need a host organism to complete their life cycle; some can be carried in food.

21 · Controlling parasites

Question 21. How can parasites in food be controlled?

A. Use approved suppliers, wash produce with safe water, and cook food thoroughly.
B. Freezing always kills every parasite.
C. Adding extra salt removes all parasites.
D. Parasites cannot be controlled in food.

The right answer: A. Use approved suppliers, wash produce with safe water, and cook food thoroughly.

Use approved suppliers, wash produce in safe water, and cook thoroughly to control parasites.

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22 · Controlling viruses in food establishments

Question 22. What is one important way to control viruses in food establishments?

A. Good personal hygiene, especially correct handwashing, illness reporting, and keeping ill workers off food.
B. Cooking every food to 200°C.
C. Freezing all food for at least one week.
D. Using more cleaning chemicals than usual.

The right answer: A. Good personal hygiene, especially correct handwashing, illness reporting, and keeping ill workers off food.

Correct and frequent handwashing plus preventing ill workers from handling food controls viruses.

23 · Hidden microbial contamination

Question 23. Why should food handlers assume microbial contaminants may be present even when they cannot see them?

A. Microorganisms are microscopic and may be present without changing the food's appearance, smell, or taste.
B. All food is contaminated by definition.
C. Bacteria float visibly in the air.
D. Mould always produces a strong smell.

The right answer: A. Microorganisms are microscopic and may be present without changing the food's appearance, smell, or taste.

Microbes are microscopic and may be present without changing how food looks, smells, or tastes.

24 · Signs of food spoilage

Question 24. What are common signs of food spoilage?

A. Changes in colour, smell, texture, or taste; mould; swelling or leaking packaging; unusual dryness or sliminess.
B. Food becomes more nutritious over time.
C. Food changes colour only when frozen.
D. Only the smell of food changes.

The right answer: A. Changes in colour, smell, texture, or taste; mould; swelling or leaking packaging; unusual dryness or sliminess.

Spoilage signs include colour, smell, texture or taste changes, mould, swelling, leaks, slime.

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25 · Perishable foods

Question 25. What are perishable foods? Give examples.

A. Foods that spoil relatively quickly, such as milk, fish, meat, poultry, and leafy vegetables.
B. Canned and dried foods only.
C. Foods that never spoil at all.
D. Only deep-frozen foods.

The right answer: A. Foods that spoil relatively quickly, such as milk, fish, meat, poultry, and leafy vegetables.

Perishable foods such as milk, fish, meat, poultry, and leafy vegetables spoil quickly.

26 · Semi-perishable foods

Question 26. What are semi-perishable foods? Give examples.

A. Foods that never spoil when stored.
B. Foods that keep longer than perishable foods but can still spoil, such as potatoes, carrots, apples, and onions.
C. Foods kept only in the freezer.
D. Foods that are always cooked before eating.

The right answer: B. Foods that keep longer than perishable foods but can still spoil, such as potatoes, carrots, apples, and onions.

Semi-perishable foods like potatoes, carrots, apples, and onions keep longer but still spoil.

27 · Non-perishable foods

Question 27. What are non-perishable foods? Give examples.

A. Perishable foods that are kept in a fridge.
B. Foods with a long shelf life when kept dry and properly stored, such as rice, dried beans, sugar, and flour.
C. Only fresh fruit and salads.
D. Foods that spoil within a few days.

The right answer: B. Foods with a long shelf life when kept dry and properly stored, such as rice, dried beans, sugar, and flour.

Rice, dried beans, sugar, and flour are non-perishable when kept dry and properly stored.

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28 · Factors that accelerate food spoilage

Question 28. What factors can accelerate food spoilage?

A. Poor time and temperature control, moisture, contamination, damaged packaging, air exposure, and pest activity.
B. Cold storage only.
C. Vacuum packaging only.
D. Nothing accelerates food spoilage.

The right answer: A. Poor time and temperature control, moisture, contamination, damaged packaging, air exposure, and pest activity.

Time, temperature, moisture, contamination, packaging damage, air, and pests all accelerate spoilage.

29 · Swollen cans

Question 29. What can a swollen can indicate?

A. Nothing at all, it is normal.
B. Gas production from microbial growth or a damaged container; it must be treated as unsafe.
C. The food inside is extra fresh.
D. The can was filled correctly.

The right answer: B. Gas production from microbial growth or a damaged container; it must be treated as unsafe.

A swollen can suggests microbial gas or damage and must be treated as unsafe.

30 · Action when a swollen can is noticed

Question 30. What should you do if you notice a swollen can of food?

A. Open it and smell the contents.
B. Do not open, taste, or use it; isolate and report or reject it according to procedure.
C. Use it if it does not smell off.
D. Place it in the freezer until needed.

The right answer: B. Do not open, taste, or use it; isolate and report or reject it according to procedure.

Do not open, taste, or use a swollen can; isolate and reject it following your receiving procedure.

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31 · Methods to reduce food spoilage

Question 31. What are the main methods for reducing food spoilage?

A. Inspect deliveries, check dates and packaging, use safe temperatures, separate raw and ready-to-eat food, protect from pests, clean and sanitize properly.
B. Keep food in warm, humid places.
C. Always overcook food for safety.
D. Wash food only after the expiry date.

The right answer: A. Inspect deliveries, check dates and packaging, use safe temperatures, separate raw and ready-to-eat food, protect from pests, clean and sanitize properly.

Inspect deliveries, control temperatures, separate raw and RTE food, control pests, and clean well.

32 · Personal hygiene for food handlers

Question 32. What is personal hygiene for food handlers?

A. Cleanliness and healthy work practices involving the body, hands, clothing, and behaviour that help prevent contamination.
B. Wearing strong perfume every shift.
C. Skipping regular showers.
D. Wearing as much jewellery as possible.

The right answer: A. Cleanliness and healthy work practices involving the body, hands, clothing, and behaviour that help prevent contamination.

Personal hygiene is clean body, hands, clothes, and behaviour that prevent contamination of food.

33 · Why personal hygiene matters

Question 33. Why is personal hygiene particularly important for food handlers?

A. To look tidy for customers.
B. A handler may carry harmful microorganisms without knowing and transfer them to food.
C. To impress the manager during inspections.
D. To sell more food at the counter.

The right answer: B. A handler may carry harmful microorganisms without knowing and transfer them to food.

Food handlers can carry pathogens unknowingly and pass them to food if hygiene is poor.

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34 · Direct transfer of bacteria from handler

Question 34. Name two ways bacteria can be transferred directly from a food handler to food.

A. Touching food with unwashed hands and coughing or sneezing over exposed food.
B. Eating food in the kitchen and putting on gloves.
C. Cleaning surfaces thoroughly and washing hands.
D. Wearing gloves correctly and using clean utensils.

The right answer: A. Touching food with unwashed hands and coughing or sneezing over exposed food.

Direct transfer includes touching food with dirty hands or coughing or sneezing over it.

35 · Indirect contamination by food handlers

Question 35. Give two examples of indirect contamination caused by food handlers.

A. Touching a contaminated surface and then food, or using a contaminated utensil during preparation.
B. Wearing gloves correctly and washing hands.
C. Coughing on food and sneezing on food.
D. Drinking water and eating lunch in the break room.

The right answer: A. Touching a contaminated surface and then food, or using a contaminated utensil during preparation.

Indirect transfer happens via contaminated surfaces, utensils, equipment, cloths, or work clothes.

36 · Illness symptoms and food handling

Question 36. Why should food handlers with fever, diarrhoea, vomiting, sore throat with fever, or jaundice not handle food?

A. They look unwell to customers.
B. These symptoms may indicate an illness that can contaminate food and spread to other people.
C. They will be too tired to work quickly.
D. Customers will not like the way they look.

The right answer: B. These symptoms may indicate an illness that can contaminate food and spread to other people.

These symptoms suggest infection that can be passed to food and to other people.

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37 · Action when illness symptoms appear

Question 37. What should a food handler do when experiencing symptoms of a potentially infectious illness?

A. Continue working as long as gloves are worn.
B. Stop food-handling duties, inform the supervisor immediately, and follow medical and workplace instructions.
C. Take medicine and stay at the workstation.
D. Leave without telling anyone the reason.

The right answer: B. Stop food-handling duties, inform the supervisor immediately, and follow medical and workplace instructions.

Stop work, tell the supervisor, seek advice, and follow medical and workplace instructions.

38 · Handwashing duration

Question 38. How long should hands be washed during proper handwashing?

A. Five seconds only.
B. Scrub with soap and running water for at least 20 seconds, then rinse and dry hygienically.
C. Exactly one minute, no more.
D. No scrubbing is needed if sanitizer is used.

The right answer: B. Scrub with soap and running water for at least 20 seconds, then rinse and dry hygienically.

Scrub hands with soap and running water for at least 20 seconds, then rinse and dry.

39 · Proper handwashing setup

Question 39. What should be used for proper handwashing at a food-handling site?

A. A bucket of standing water.
B. A designated handwashing sink, running potable water, liquid soap, and single-use drying method.
C. A bar of soap shared between workers.
D. Alcohol-based hand gel only.

The right answer: B. A designated handwashing sink, running potable water, liquid soap, and single-use drying method.

Use a designated sink, running potable water, liquid soap, and single-use towels or hand dryer.

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40 · Handwashing before gloves

Question 40. Why must food handlers wash their hands before putting on new gloves?

A. To make the gloves feel cleaner.
B. Gloves do not replace handwashing; clean hands help prevent contamination inside and outside the gloves.
C. Gloves will not stay on dirty hands.
D. So the gloves fit the hands better.

The right answer: B. Gloves do not replace handwashing; clean hands help prevent contamination inside and outside the gloves.

Clean hands reduce the contamination that might end up inside or outside the gloves.

41 · Safe thawing of frozen meat

Question 41. How should frozen meat be thawed safely?

A. On the kitchen counter at room temperature.
B. In a refrigerator, in a microwave when it will be cooked immediately, or under cold running water in a leak-proof package.
C. In a bowl of hot water on the bench.
D. In direct sunlight on the receiving dock.

The right answer: B. In a refrigerator, in a microwave when it will be cooked immediately, or under cold running water in a leak-proof package.

Thaw in the fridge, in the microwave for immediate cooking, or under cold running water sealed.

42 · Why not thaw at room temperature

Question 42. Why should frozen food not be thawed at room temperature?

A. It takes far too long to thaw.
B. The outside can enter the danger zone while the centre is still frozen, allowing microbes to multiply.
C. The food loses its natural colour.
D. It wastes electricity in the kitchen.

The right answer: B. The outside can enter the danger zone while the centre is still frozen, allowing microbes to multiply.

Room-temperature thawing allows microbes to multiply on the warm outer layers.

CRUTKEE KHAN

43 · FIFO in food storage

Question 43. What does FIFO mean in food storage?

A. First In, First Out: use older acceptable stock before newer stock, while checking dates and condition.
B. Fast Input, Fast Output.
C. Freeze In, Freeze Out.
D. Final Inspection of Food Orders.

The right answer: A. First In, First Out: use older acceptable stock before newer stock, while checking dates and condition.

FIFO means using older acceptable stock before newer stock, respecting use-by dates.

44 · Labelling and dating prepared food

Question 44. Why should prepared or opened food be labelled and dated?

A. So the kitchen staff know whom it belongs to.
B. Labels help identify the food, the preparation or opening date, and the permitted use period.
C. To make the storeroom look more organised.
D. To save shelf space in the fridge.

The right answer: B. Labels help identify the food, the preparation or opening date, and the permitted use period.

Labels and dates identify the food, prep/opening date, and permitted use period for traceability.

45 · Expired food handling

Question 45. What should be done with food that is expired or beyond its approved use period?

A. Smell it and decide whether to use it.
B. Do not serve or use it; segregate and discard it according to the establishment's food-safety procedure.
C. Use it only for staff meals after a quick look.
D. Freeze it to extend its usable life.

The right answer: B. Do not serve or use it; segregate and discard it according to the establishment's food-safety procedure.

Expired food must not be served; segregate and discard it according to procedure.

OBEE KHAN

46 · Approved suppliers

Question 46. Why should food be purchased from approved suppliers?

A. They usually charge less.

B. Approved suppliers help ensure traceability and that food is sourced, transported, and handled under appropriate safety controls.

C. They are always located nearby.

D. Their food always tastes better.

The right answer: B. Approved suppliers help ensure traceability and that food is sourced, transported, and handled under appropriate safety controls.

Approved suppliers provide traceability and ensure safe sourcing, transport, and handling.

47 · Receiving a food delivery

Question 47. What should be checked when receiving a food delivery?

A. Only the invoice price.

B. Supplier, product identity, packaging condition, dates, signs of contamination or spoilage, and food temperature where required.

C. The driver's name only.

D. The colour of the food only.

The right answer: B. Supplier, product identity, packaging condition, dates, signs of contamination or spoilage, and food temperature where required.

Check supplier, identity, packaging, dates, contamination or spoilage signs, and temperature.

48 · Out-of-temperature chilled delivery

Question 48. What should you do if a chilled food delivery is above its permitted receiving temperature?

A. Accept it and process it immediately.

B. Keep it separate, notify the supervisor, record the problem, and follow the approved rejection or corrective-action procedure.

C. Throw it straight into the bin without telling anyone.

D. Freeze it immediately and use it later.

The right answer: B. Keep it separate, notify the supervisor, record the problem, and follow the approved rejection or corrective-action procedure.

Keep it separate, notify the supervisor, record the problem, and follow the rejection procedure.

CERTIFIKEE KHAN

49 · Potable water importance

Question 49. Why is potable water important in food preparation?

A. It usually tastes better than other water.
B. It is safe water suitable for drinking and food use and helps prevent contamination by harmful microorganisms or chemicals.
C. It is required only in certain drinks.
D. It is the cheapest type of water available.

The right answer: B. It is safe water suitable for drinking and food use and helps prevent contamination by harmful microorganisms or chemicals.

Potable water is safe for drinking and food use and prevents microbial or chemical contamination.

50 · Ice that touches food

Question 50. Why must ice that touches food or drinks be made from potable water?

A. Ice melts faster when made from clean water.
B. Ice can transfer contaminants directly to food or drinks, so it must be made, handled, and stored hygienically.
C. It looks much clearer than other ice.
D. Customers prefer clear ice in their drinks.

The right answer: B. Ice can transfer contaminants directly to food or drinks, so it must be made, handled, and stored hygienically.

Ice can transfer contaminants directly to food and drinks and must be made from safe water.

51 · Refrigerator overloading

Question 51. Why should a refrigerator not be overloaded?

A. The door will not close properly.
B. Overloading blocks cold-air circulation and makes it harder to maintain a safe, even temperature throughout.
C. It uses far too much electricity.
D. The shelves may break under the weight.

The right answer: B. Overloading blocks cold-air circulation and makes it harder to maintain a safe, even temperature throughout.

Overloading blocks cold-air flow and prevents a safe, even temperature inside the fridge.

CHEF KEE KHAN

52 · Why personal hygiene is important

Question 52. Why is personal hygiene important for food handlers?

A. So customers think the kitchen looks clean.
B. It helps prevent the spread of disease and protects food from contamination.
C. To get a higher wage at the next review.
D. To impress visiting inspectors only.

The right answer: B. It helps prevent the spread of disease and protects food from contamination.

Good personal hygiene prevents disease spread and protects food from contamination.

53 · Direct transfer of bacteria to food

Question 53. How can bacteria transfer directly from a worker to food?

A. By touching food with unwashed hands, touching ready-to-eat food without protection, or coughing and sneezing over exposed food.
B. By wearing freshly laundered work clothes.
C. By using clean utensils and clean boards.
D. By washing hands frequently throughout the shift.

The right answer: A. By touching food with unwashed hands, touching ready-to-eat food without protection, or coughing and sneezing over exposed food.

Direct transfer occurs via unwashed hands, unprotected contact with RTE food, or coughing or sneezing.

54 · Indirect transfer of bacteria to food

Question 54. How can bacteria transfer indirectly to food?

A. Through contaminated surfaces, utensils, equipment, cloths, or work clothes.
B. By washing hands correctly and often.
C. Through clean running water only.
D. Through fresh outdoor air only.

The right answer: A. Through contaminated surfaces, utensils, equipment, cloths, or work clothes.

Indirect transfer happens via contaminated surfaces, utensils, equipment, cloths, or work clothes.

CRICKEE KHAN

55 · Wounds contaminating food

Question 55. Can an exposed wound contaminate food?

A. No, all wounds are sterile on their own.
B. Yes, microorganisms from a wound can transfer to hands, equipment, or food.
C. Only if fresh blood is clearly visible.
D. Only deep puncture wounds matter for food safety.

The right answer: B. Yes, microorganisms from a wound can transfer to hands, equipment, or food.

Microorganisms from any wound can transfer to hands, equipment, or food and must be controlled.

56 · Preparation before food-handling work

Question 56. What should a worker do before starting food-handling work?

A. Eat a quick snack at the workstation.
B. Wear clean suitable work clothes, secure or remove jewellery as required, cover hair, and wash hands thoroughly.
C. Smoke a cigarette outside the kitchen.
D. Take photographs of the new products.

The right answer: B. Wear clean suitable work clothes, secure or remove jewellery as required, cover hair, and wash hands thoroughly.

Wear clean clothes, secure or remove jewellery, cover hair, and wash hands before starting work.

57 · Symptoms that exclude food handling

Question 57. What symptoms may mean that a worker should not handle food?

A. Feeling a little tired at the start of the shift.
B. Vomiting, diarrhoea, fever, jaundice, or a sore throat with fever; infected wounds or skin infections must also be reported.
C. A mild headache after lunch.
D. Just feeling hungry before the break.

The right answer: B. Vomiting, diarrhoea, fever, jaundice, or a sore throat with fever; infected wounds or skin infections must also be reported.

Vomiting, diarrhoea, fever, jaundice, sore throat with fever, and infected wounds mean stop food work.

CRICKEE KHAN

58 · Action when illness symptoms develop

Question 58. What should a worker do if they develop illness symptoms during a shift?

A. Stay at work and ignore the symptoms.
B. Inform the supervisor immediately and seek medical advice; do not handle food if the illness could contaminate it.
C. Take some medicine and continue working.
D. Work more slowly to avoid spreading the illness.

The right answer: B. Inform the supervisor immediately and seek medical advice; do not handle food if the illness could contaminate it.

Inform the supervisor at once, seek medical advice, and stop food handling if contamination is possible.

59 · Why cover hair

Question 59. Why should food handlers cover their hair while working?

A. To keep their head warm in cold rooms.
B. To prevent hair from falling into food and to reduce contamination of food.
C. To look more professional in the kitchen.
D. Because it is currently a fashionable trend.

The right answer: B. To prevent hair from falling into food and to reduce contamination of food.

Hair covering prevents loose hair falling into food and reduces contamination risk.

60 · Jewellery and watches at work

Question 60. Should food handlers wear jewellery or watches while working?

A. Yes, always, to show their personal style.
B. Avoid jewellery and watches when they could contaminate food or create a safety risk; follow the establishment's hygiene rules.
C. Only on the first day of each month.
D. Only wedding rings are allowed at all times.

The right answer: B. Avoid jewellery and watches when they could contaminate food or create a safety risk; follow the establishment's hygiene rules.

Avoid jewellery and watches that could contaminate food or create a safety risk; follow site rules.

CERTIFIKATE KHAN

61 · Suitable work clothes

Question 61. What are the requirements for suitable work clothes in a food area?

A. Any clothes from home are acceptable.
B. Clean, washable, fit for the task, in good condition, and changed when contaminated.
C. Only the most expensive branded clothes.
D. Brand-new clothes are required every day.

The right answer: B. Clean, washable, fit for the task, in good condition, and changed when contaminated.

Work clothes must be clean, washable, task-fit, in good condition, and changed when contaminated.

62 · Footwear in food-handling areas

Question 62. What type of footwear should be used in food-handling areas?

A. Open sandals or flip-flops.
B. Suitable, clean, washable, closed footwear with slip-resistant soles and in good condition.
C. Any shoes that look clean to the eye.
D. High-heeled dress shoes.

The right answer: B. Suitable, clean, washable, closed footwear with slip-resistant soles and in good condition.

Food areas need clean, closed, slip-resistant, washable footwear in good condition.

63 · Removing work clothing or aprons

Question 63. When should food-work clothing or aprons be removed?

A. Only when they visibly look dirty.
B. Remove or change them when leaving the food-handling area for toilets, smoking areas, breaks, or other non-food tasks.
C. Never remove them during the shift.
D. Only at the very end of the working day.

The right answer: B. Remove or change them when leaving the food-handling area for toilets, smoking areas, breaks, or other non-food tasks.

Remove or change when leaving the food area for toilets, breaks, smoking, or non-food tasks.

CRICKEE KHAN

64 · Handwashing duration

Question 64. How long should food handlers wash their hands?

A. About five seconds with water only.
B. At least 20 seconds of scrubbing with soap and running water.
C. Exactly one minute, then stop.
D. No scrubbing is needed if hand gel is used.

The right answer: B. At least 20 seconds of scrubbing with soap and running water.

Scrub hands with soap and running water for at least 20 seconds for proper handwashing.

65 · Where to wash hands

Question 65. Where should food handlers wash their hands?

A. In any available sink in the kitchen.
B. At a designated handwashing sink, never in a sink used for washing food or utensils.
C. In the dishwashing sink between cycles.
D. Outside the kitchen building entirely.

The right answer: B. At a designated handwashing sink, never in a sink used for washing food or utensils.

Always use a designated handwashing sink, not a food or utensil washing sink.

66 · When to wash hands

Question 66. When should food handlers wash their hands?

A. Only once at the start of every shift.
B. Before handling food and gloves, and after raw food, task changes, toilet use, touching body or clothes, waste, coughing or sneezing, and breaks.
C. Only when their hands look visibly dirty.
D. Only after finishing a meal in the break room.

The right answer: B. Before handling food and gloves, and after raw food, task changes, toilet use, touching body or clothes, waste, coughing or sneezing, and breaks.

Wash hands before handling food or gloves and after raw food, task change, toilet, body, waste, breaks.

OBAIDEE KHAN

67 · Drying washed hands

Question 67. What should be used to dry washed hands?

A. The front of the worker's apron.
B. A hygienic method such as single-use paper towels or an approved hand dryer.
C. The dish cloth used on plates.
D. Just air drying without any method.

The right answer: B. A hygienic method such as single-use paper towels or an approved hand dryer.

Use single-use paper towels or an approved hand dryer; never apron or dish cloth.

68 · Bare-hand contact with ready-to-eat food

Question 68. Should high-risk or ready-to-eat food be touched directly with bare hands?

A. Yes, it should always be touched by hand.
B. Avoid bare-hand contact with ready-to-eat food; use clean utensils or suitable single-use gloves as required.
C. Only when the worker is in a hurry.
D. Only when the food is still very hot.

The right answer: B. Avoid bare-hand contact with ready-to-eat food; use clean utensils or suitable single-use gloves as required.

Avoid bare-hand contact with RTE food; use clean utensils or single-use gloves as required.

69 · Glove change frequency

Question 69. How often should disposable gloves be changed during food work?

A. Exactly every 30 minutes, no matter what.
B. There is no universal 30-minute rule; change gloves when torn, dirty, contaminated, after touching body or waste, after a break, and whenever changing tasks.
C. Only once at the very start of the shift.
D. Only when they are visibly torn or damaged.

The right answer: B. There is no universal 30-minute rule; change gloves when torn, dirty, contaminated, after touching body or waste, after a break, and whenever changing tasks.

Change gloves when torn, dirty, contaminated, after body contact, waste, breaks, or task change.

CHEF KEE KHAN

70 · Before putting on new gloves

Question 70. What should a worker do before putting on new gloves?

A. Just put them on without preparation.
B. Wash and dry hands thoroughly, then put on a clean pair of gloves.
C. Blow into the gloves to inflate them first.
D. Handle the gloves with contaminated hands.

The right answer: B. Wash and dry hands thoroughly, then put on a clean pair of gloves.

Wash and dry hands thoroughly, then put on a clean pair of single-use gloves.

71 · Covering wounds in food areas

Question 71. How should wounds be covered in food-handling areas?

A. With regular tissue paper.
B. Cover them with a waterproof, secure dressing; use a visible or coloured dressing where required, and wear a glove when the procedure requires it.
C. With a small piece of dry cotton wool only.
D. No covering is needed if the wound is small.

The right answer: B. Cover them with a waterproof, secure dressing; use a visible or coloured dressing where required, and wear a glove when the procedure requires it.

Cover wounds with a waterproof secure dressing and wear a glove when the procedure requires it.

72 · Sneezing or coughing while handling food

Question 72. What should a worker do when they need to sneeze or cough while handling food?

A. Turn away from food, cover mouth and nose with a tissue or elbow, dispose of the tissue safely, and wash hands before returning to food handling.
B. Sneeze or cough directly over the food nearby.
C. Walk away from work for the rest of the day.
D. Just use the bare hands to cover the mouth.

The right answer: A. Turn away from food, cover mouth and nose with a tissue or elbow, dispose of the tissue safely, and wash hands before returning to food handling.

Turn away, cover mouth and nose, dispose of tissue safely, then wash hands before returning.

CERTIFIED KHAN

73 · Eating and drinking in food-handling areas

Question 73. Is eating or drinking allowed in food-handling areas?

A. Yes, at any time during the shift.
B. No. Eating and drinking should take place only in designated areas away from exposed food.
C. Yes, only plain bottled water is allowed.
D. Yes, directly at the workstation if no food is present.

The right answer: B. No. Eating and drinking should take place only in designated areas away from exposed food.

Eating and drinking belong only in designated areas away from exposed food.

74 · Smoking in food-handling areas

Question 74. Is smoking allowed in food-handling areas?

A. Yes, in the staff smoking corner.
B. No. The SFDA Food Hygiene Requirements prohibit smoking or using tobacco in food-handling areas or while handling open food.
C. Yes, as long as a mask is worn.
D. Yes, only outside the back door of the kitchen.

The right answer: B. No. The SFDA Food Hygiene Requirements prohibit smoking or using tobacco in food-handling areas or while handling open food.

SFDA requirements prohibit smoking or tobacco use in food-handling areas or near open food.

75 · Unhealthy food-handling practices

Question 75. What is an unhealthy practice when handling food?

A. Washing hands between tasks.
B. Licking fingers, tasting food with an unwashed utensil, blowing into food bags, or touching the mouth and then food.
C. Wearing clean disposable gloves correctly.
D. Covering hair with a hairnet or cap.

The right answer: B. Licking fingers, tasting food with an unwashed utensil, blowing into food bags, or touching the mouth and then food.

Unhealthy practices include licking fingers, tasting with a used utensil, blowing into bags, mouth-touching.

CRICKEE KHAN

76 · Avoiding face contact during food work

Question 76. Why should workers avoid touching their hair, nose, or mouth while handling food?

A. Hands can pick up microorganisms from the body and transfer them to food or food-contact surfaces.
B. It looks impolite to customers.
C. It slows down the work pace.
D. It saves time during service.

The right answer: A. Hands can pick up microorganisms from the body and transfer them to food or food-contact surfaces.

Hands pick up microbes from body sites and can transfer them to food or surfaces.

77 · What is cleaning

Question 77. What is cleaning in a food establishment?

A. Sterilising every surface of the building.
B. Removing food residues, grease, dirt, and other visible soil from a surface using suitable methods and detergent.
C. Wiping the surface with a damp cloth only.
D. Spraying strong chemicals everywhere.

The right answer: B. Removing food residues, grease, dirt, and other visible soil from a surface using suitable methods and detergent.

Cleaning removes visible soil and residues from a surface using a suitable method and detergent.

78 · What is sanitizing

Question 78. What is disinfection or sanitizing in a food establishment?

A. The same thing as cleaning, with different language.
B. A validated process used after cleaning to reduce microorganisms on a surface to an acceptable level.
C. Wiping the surface with a dry cloth once.
D. Using heated air alone for several minutes.

The right answer: B. A validated process used after cleaning to reduce microorganisms on a surface to an acceptable level.

Disinfection reduces microbes on a cleaned surface to an acceptable level using a validated process.

CREATE KHAN

79 · Purpose of cleaning and sanitizing

Question 79. What is the main purpose of cleaning and sanitizing food premises?

A. To make the kitchen look shiny.
B. To reduce contamination risks, prevent foodborne illness, and keep food-contact surfaces and equipment hygienic.
C. To reduce the amount of work needed.
D. To save water during the shift.

The right answer: B. To reduce contamination risks, prevent foodborne illness, and keep food-contact surfaces and equipment hygienic.

Cleaning and sanitizing reduce contamination risks and prevent foodborne illness.

80 · Hot-water temperature for main cleaning

Question 80. What is the temperature of hot water usually used for main cleaning?

A. Around 50°C, per the supplied training material; not a universal sanitizing temperature.
B. Around 100°C at all times.
C. Cold tap water only, never warm.
D. Boiling water poured directly on every surface.

The right answer: A. Around 50°C, per the supplied training material; not a universal sanitizing temperature.

Around 50°C is the supplied reference for main cleaning; follow the approved procedure.

81 · Rinsing after washing

Question 81. What is the purpose of rinsing after washing a food-contact surface?

A. To make the surface look wet and fresh.
B. When the cleaning procedure requires it, rinsing removes detergent and loosened residues before sanitizing or air-drying.
C. To cool down hot equipment quickly.
D. To bleach the surface before use.

The right answer: B. When the cleaning procedure requires it, rinsing removes detergent and loosened residues before sanitizing or air-drying.

Rinsing removes detergent and loosened residues before sanitizing or air-drying when required.

CRUKEE KHAN

82 · Hot-water tool disinfection temperatures

Question 82. What temperature should be used for hot-water disinfection of tools in specified meat-processing establishments?

A. Any temperature is acceptable.
B. Use the approved, validated time-temperature method; SFDA specifies hot water of at least 82°C, or an equivalent system, for specified processes.
C. Cold water from the tap is enough.
D. 200°C for every tool, every time.

The right answer: B. Use the approved, validated time-temperature method; SFDA specifies hot water of at least 82°C, or an equivalent system, for specified processes.

SFDA requires at least 82°C hot water or an equivalent validated disinfection system for specified tools.

83 · Separating cleaning equipment from utensils

Question 83. Why should cleaning equipment be kept separate from food utensils?

A. To save storage space in the cupboard.
B. To prevent dirty cleaning tools or chemical residues from contaminating clean food-contact utensils.
C. Because it is cheaper to store them separately.
D. To reduce the number of trips between rooms.

The right answer: B. To prevent dirty cleaning tools or chemical residues from contaminating clean food-contact utensils.

Separating cleaning tools from food utensils prevents chemical or dirt cross-contamination.

84 · Why waste is dangerous

Question 84. Why is waste dangerous in food establishments?

A. Because waste looks unattractive.
B. Waste can attract pests, support microbial growth, create odours, and contaminate food or surfaces.
C. Only because waste smells bad.
D. Because waste bins are very heavy.

The right answer: B. Waste can attract pests, support microbial growth, create odours, and contaminate food or surfaces.

Waste attracts pests, supports microbial growth, creates odours, and contaminates food and surfaces.

CREEKEE KHAN

85 · Placement of waste containers

Question 85. Where should waste containers be placed?

A. Right next to the cooking range.
B. In designated areas away from food preparation and storage, positioned so they do not contaminate food or food-contact surfaces.
C. Inside the main dry-store cupboard.
D. In direct sunlight on the loading dock.

The right answer: B. In designated areas away from food preparation and storage, positioned so they do not contaminate food or food-contact surfaces.

Place waste containers in designated areas away from food prep and storage.

86 · Characteristics of a suitable waste container

Question 86. What are the characteristics of a suitable waste container?

A. It can be open at the top.
B. Durable, leak-resistant, easy to clean, closable with a tight lid, lined with a suitable bag; hands-free operation is preferable where practical.
C. Any plastic bag will do.
D. Only metal containers are acceptable.

The right answer: B. Durable, leak-resistant, easy to clean, closable with a tight lid, lined with a suitable bag; hands-free operation is preferable where practical.

Suitable waste containers are durable, leak-resistant, easy to clean, lidded, lined, and hands-free if possible.

87 · Emptying waste containers

Question 87. When should waste containers be emptied?

A. Only once every calendar month.
B. Before they overflow and often enough to prevent accumulation, odours, and pest attraction.
C. Only when they appear to be completely full.
D. Only after the weekly safety inspection.

The right answer: B. Before they overflow and often enough to prevent accumulation, odours, and pest attraction.

Empty waste containers regularly to prevent overflow, odours, and pest attraction.

CPTKEE KHAN

88 · Why pest control matters

Question 88. Why is pest control important in food establishments?

A. To keep the kitchen looking neat.
B. It helps prevent food contamination, disease transmission, and damage to buildings or packaging.
C. To reduce unwanted noise in service areas.
D. To save money on cleaning chemicals.

The right answer: B. It helps prevent food contamination, disease transmission, and damage to buildings or packaging.

Pest control helps prevent contamination, disease transmission, and damage to buildings or packaging.

89 · Common pests

Question 89. Name three common pests found in food establishments.

A. Domestic cats, dogs, and pet birds.
B. Cockroaches, flies, and rodents.
C. Spiders, ants, and honey bees.
D. Butterflies, moths, and garden wasps.

The right answer: B. Cockroaches, flies, and rodents.

Cockroaches, flies, and rodents are common pests in food establishments.

90 · Signs of pest infestation

Question 90. What are common signs of pest infestation?

A. Shiny, freshly cleaned floors.
B. Live or dead pests, droppings, gnaw marks, damaged packaging, nests or larvae, unusual odours, and scratching sounds.
C. A completely silent kitchen at night.
D. Smooth, unmarked walls and floors.

The right answer: B. Live or dead pests, droppings, gnaw marks, damaged packaging, nests or larvae, unusual odours, and scratching sounds.

Signs include live or dead pests, droppings, gnaw marks, damaged packaging, nests, odours, and sounds.

CHEEKEE KHAN

91 · What is a food-safety management system

Question 91. What is a food-safety management system?

A. A recipe book used by the head chef.
B. A planned system for identifying, assessing, controlling, monitoring, and reviewing food-safety hazards throughout the food operation.
C. A cleaning schedule for the floor staff.
D. A staff rota for the production line.

The right answer: B. A planned system for identifying, assessing, controlling, monitoring, and reviewing food-safety hazards throughout the food operation.

It is a planned system for identifying, assessing, controlling, monitoring, and reviewing food-safety hazards.

92 · HACCP definition

Question 92. What does HACCP stand for?

A. High Alert Cooking Control Plan.
B. Hazard Analysis and Critical Control Points.
C. Hygiene and Cleanliness Control Procedure.
D. Health and Cleanliness Control Points.

The right answer: B. Hazard Analysis and Critical Control Points.

HACCP stands for Hazard Analysis and Critical Control Points.

93 · Purpose of HACCP

Question 93. What is the main purpose of HACCP?

A. To make the food taste better.
B. To identify, evaluate, and control significant food-safety hazards, with an emphasis on prevention.
C. To track inventory in the storeroom.
D. To hire qualified kitchen staff.

The right answer: B. To identify, evaluate, and control significant food-safety hazards, with an emphasis on prevention.

HACCP identifies, evaluates, and controls significant food-safety hazards preventively.

94 · Number of HACCP principles

Question 94. How many principles does HACCP have?

A. Three principles.
B. Seven principles.
C. Five principles.
D. Twelve principles.

The right answer: B. Seven principles.

HACCP is built on seven accepted principles.

CREEKEE KHAN

95 · HACCP application steps

Question 95. How many application steps are commonly used to introduce HACCP?

A. Five steps in total.
B. Twelve application steps are commonly used to introduce and apply the seven HACCP principles.
C. Three steps in total.
D. Twenty steps in total.

The right answer: B. Twelve application steps are commonly used to introduce and apply the seven HACCP principles.

Twelve application steps are commonly used to apply the seven HACCP principles.

96 · First HACCP implementation step

Question 96. What is the first step in the HACCP implementation sequence?

A. Identify all critical control points.
B. Assemble the HACCP team.
C. Set the critical limits.
D. Monitor the process regularly.

The right answer: B. Assemble the HACCP team.

The first step in implementing HACCP is to assemble the HACCP team.

97 · Critical Control Point

Question 97. What is a Critical Control Point (CCP)?

A. Any step in preparing food.
B. A step where control is essential to prevent, eliminate, or reduce a significant food-safety hazard to an acceptable level.
C. The very last step before service.
D. Any cleaning station in the kitchen.

The right answer: B. A step where control is essential to prevent, eliminate, or reduce a significant food-safety hazard to an acceptable level.

A CCP is a step where control prevents, eliminates, or reduces a significant hazard to acceptable levels.

CHEFKEE KHAN

98 · HACCP monitoring purpose

Question 98. What is the purpose of HACCP monitoring procedures?

A. To watch workers for mistakes.
B. To check that each critical control point remains within its critical limits and that the process is under control.
C. To count food portions at every service.
D. To time the breaks of the team members.

The right answer: B. To check that each critical control point remains within its critical limits and that the process is under control.

Monitoring checks that each CCP stays within its critical limits and the process stays under control.

99 · Records and documentation in HACCP

Question 99. Why are records and documentation important in HACCP?

A. To fill office shelves with paper.
B. They provide evidence that monitoring, corrective actions, verification, and the food-safety system have been carried out.
C. To track each worker's starting time.
D. To order replacement supplies on time.

The right answer: B. They provide evidence that monitoring, corrective actions, verification, and the food-safety system have been carried out.

Records provide evidence that monitoring, corrective actions, verification, and the FS system were done.

100 · Stages of safe food handling

Question 100. What are the main stages of safe food handling?

A. Purchasing and transport, receiving, storage, preparation and cooking, cooling or hot/cold holding, and serving or display.
B. Receiving only.
C. Cooking only.
D. Serving only.

The right answer: A. Purchasing and transport, receiving, storage, preparation and cooking, cooling or hot/cold holding, and serving or display.

Safe food handling covers purchasing, receiving, storage, prep/cook, cooling or holding, and serving.

CPTEKE KHAN

101 · Occupational health and safety

Question 101. What is occupational health and safety?

A. The decoration and lighting of the workplace.
B. The protection of workers' health and safety by identifying and controlling hazards in the workplace.
C. Staff training on computer systems only.
D. A programme of customer service improvements.

The right answer: B. The protection of workers' health and safety by identifying and controlling hazards in the workplace.

Occupational health and safety protects workers by identifying and controlling workplace hazards.

102 · Why occupational health and safety matters

Question 102. Why is occupational health and safety important?

A. To save money on annual insurance.
B. It helps prevent injuries and illness, protects workers, and supports a safe working environment.
C. To recruit better staff more easily.
D. To comply with only the most basic rules.

The right answer: B. It helps prevent injuries and illness, protects workers, and supports a safe working environment.

Occupational health and safety helps prevent injuries and illness and supports a safe workplace.

103 · Who is responsible for OHS

Question 103. Who is responsible for occupational health and safety?

A. Only the safety officer.
B. The employer or management has the duty to provide a safe system of work, and every worker must follow procedures and report hazards.
C. Only the workers on the floor.
D. Only the customers in the dining room.

The right answer: B. The employer or management has the duty to provide a safe system of work, and every worker must follow procedures and report hazards.

Management must provide a safe system and every worker must follow procedures and report hazards.

OREEKEE KHAN

104 · Sources of workplace hazards

Question 104. What are the main sources of workplace hazards?

A. Only equipment and machinery.
B. People and work practices, equipment, tools, chemicals and other materials, and the work environment.
C. Only weather and outdoor temperature.
D. Only the cleaning chemicals on site.

The right answer: B. People and work practices, equipment, tools, chemicals and other materials, and the work environment.

Hazards come from people, equipment, tools, chemicals, materials, and the work environment.

105 · Categories of workplace hazards

Question 105. What are common categories of workplace hazards?

A. Physical, chemical, biological, ergonomic or manual-handling, and other work-environment hazards.
B. Only physical hazards exist.
C. Only financial hazards matter.
D. Only social hazards are important.

The right answer: A. Physical, chemical, biological, ergonomic or manual-handling, and other work-environment hazards.

Categories include physical, chemical, biological, ergonomic/manual-handling, and work-environment.

106 · Identifying workplace hazards

Question 106. How can workers identify workplace hazards?

A. By ignoring them and hoping they go away.
B. By checking the work area and equipment, following risk assessments and safety instructions, and reporting unsafe conditions or near misses.
C. By waiting until an actual accident occurs.
D. Only by reading the wall posters.

The right answer: B. By checking the work area and equipment, following risk assessments and safety instructions, and reporting unsafe conditions or near misses.

Check the area and equipment, follow risk assessments, and report unsafe conditions or near misses.

CHEEKEE KHAN

107 · Action when an unsafe condition is noticed

Question 107. What should a worker do after noticing an unsafe condition?

A. Ignore it and keep working normally.
B. Avoid the hazard, stop the affected task if necessary, warn others, and report it promptly to the supervisor.
C. Continue working but move more carefully.
D. Tell only the closest coworkers about it.

The right answer: B. Avoid the hazard, stop the affected task if necessary, warn others, and report it promptly to the supervisor.

Avoid the hazard, stop the task if needed, warn others, and report it to the supervisor.

108 · What is a near miss

Question 108. What is a near miss?

A. A meal that was almost ready but forgotten.
B. An unplanned event that could have caused injury, illness, or damage but did not do so on that occasion.
C. A planned accident during training.
D. A correctly completed routine task.

The right answer: B. An unplanned event that could have caused injury, illness, or damage but did not do so on that occasion.

A near miss is an unplanned event that could have caused harm but did not, this time.

109 · Keeping walkways and exits clear

Question 109. Why should walkways and exits be kept clear?

A. To allow more decoration on the walls.
B. Clear routes reduce trips and falls and allow people to leave safely during an emergency.
C. To make the area look more spacious.
D. To make floor cleaning faster.

The right answer: B. Clear routes reduce trips and falls and allow people to leave safely during an emergency.

Clear walkways and exits reduce trips and falls and enable safe emergency evacuation.

CRICKEE KHAN

110 · Missing or damaged machine guards

Question 110. What should workers do if a machine guard is missing or damaged?

A. Keep working but be extra careful.
B. Do not operate the machine; isolate it if safe to do so and report it for repair.
C. Tape the guard back into place.
D. Try to fix the guard themselves without telling anyone.

The right answer: B. Do not operate the machine; isolate it if safe to do so and report it for repair.

Stop using the machine, isolate it if safe, and report it so the guard can be repaired.

111 · Why workplace safety training matters

Question 111. Why is workplace safety training important?

A. To fill empty time at the start of the shift.
B. It teaches workers to recognize hazards, use equipment and PPE correctly, and respond safely to incidents.
C. To collect attendance certificates only.
D. To satisfy the insurance company only.

The right answer: B. It teaches workers to recognize hazards, use equipment and PPE correctly, and respond safely to incidents.

Safety training helps recognise hazards, use equipment and PPE correctly, and respond to incidents.

112 · Action when an emergency alarm sounds

Question 112. What should workers do when an emergency alarm sounds?

A. Keep working until the shift ends.
B. Stop work safely, follow the site emergency plan, use the designated exit, and go to the assembly point.
C. Run in any direction that feels quickest.
D. Hide inside the kitchen storeroom.

The right answer: B. Stop work safely, follow the site emergency plan, use the designated exit, and go to the assembly point.

Stop work safely, follow the emergency plan, use the designated exit, and go to the assembly point.

CHEEKEE KHAN

113 · Effects of electrical shocks

Question 113. What can electrical shocks cause?

A. Only a mild tingling in the fingers.
B. Burns, muscle injury, abnormal heart rhythm, respiratory arrest, and in severe cases death.
C. Nothing serious in most cases.
D. Only mild headaches afterwards.

The right answer: B. Burns, muscle injury, abnormal heart rhythm, respiratory arrest, and in severe cases death.

Electrical shock can cause burns, muscle injury, arrhythmias, respiratory arrest, and death.

114 · Effects of chemical exposure

Question 114. What can chemical exposure cause to workers?

A. Only an unusual smell in the air.
B. Depending on the chemical and exposure route, skin or eye irritation, burns, breathing problems, poisoning, or longer-term health effects.
C. An improved appetite afterwards.
D. A better mood throughout the day.

The right answer: B. Depending on the chemical and exposure route, skin or eye irritation, burns, breathing problems, poisoning, or longer-term health effects.

Chemical exposure may cause irritation, burns, breathing problems, poisoning, or long-term health effects.

115 · Effects of fires

Question 115. What can fires cause to workers?

A. Only a faint smell of smoke.
B. Burns, smoke or toxic-gas inhalation, other injuries, and psychological trauma.
C. Only a feeling of mild warmth.
D. Mostly minor inconvenience only.

The right answer: B. Burns, smoke or toxic-gas inhalation, other injuries, and psychological trauma.

Fires cause burns, smoke or toxic-gas inhalation, other injuries, and psychological trauma.

CRICKEE KHAN

116 · Awareness of workplace hazards

Question 116. Why is awareness of workplace hazards important?

A. It gives workers something to talk about.
B. It helps workers protect themselves and others, take precautions, and respond appropriately to emergencies.
C. It provides material for complaints.
D. It helps avoid work tasks altogether.

The right answer: B. It helps workers protect themselves and others, take precautions, and respond appropriately to emergencies.

Awareness helps protect self and others, take precautions, and respond to emergencies correctly.

117 · Common causes of burns in food work

Question 117. What are common causes of burns in food establishments?

A. Hot liquids, steam, hot surfaces, hot oil, and hot utensils or trays.
B. Only sunlight through the windows.
C. Only cold draughts from open doors.
D. Only dust collecting on surfaces.

The right answer: A. Hot liquids, steam, hot surfaces, hot oil, and hot utensils or trays.

Hot liquids, steam, hot surfaces, hot oil, and hot utensils or trays cause most burns.

118 · Burn prevention during cooking

Question 118. How can burns be prevented during cooking?

A. Use dry oven mitts or suitable heat-resistant gloves, keep handles away from edges and flames, use equipment correctly, and switch off heat sources after use.
B. Hold hot pots with bare hands quickly.
C. Use wet gloves to feel temperature better.
D. Leave pan handles sticking out over flames.

The right answer: A. Use dry oven mitts or suitable heat-resistant gloves, keep handles away from edges and flames, use equipment correctly, and switch off heat sources after use.

Use dry heat-resistant gloves, keep handles in, use equipment correctly, and switch off heat after use.

CHEFKEE KHAN

119 · Moving heavy hot containers

Question 119. What should you do before moving a heavy hot container?

A. Drag it across the floor as quickly as possible.
B. Check the route and the container, use suitable handling equipment or ask for help, and do not move it if it is unsafe to do so.
C. Use only one hand to lift it.
D. Lift without planning the route first.

The right answer: B. Check the route and the container, use suitable handling equipment or ask for help, and do not move it if it is unsafe to do so.

Check route and container, use suitable equipment or help, and do not move it if unsafe.

120 · Opening hot lids

Question 120. Why should you be careful when opening hot lids?

A. The lids might break in your hand.
B. Hot steam can escape suddenly and cause serious scalds; open lids away from your face and body.
C. The lids always make a loud noise.
D. Hot lids look scary, that is why.

The right answer: B. Hot steam can escape suddenly and cause serious scalds; open lids away from your face and body.

Hot steam escapes suddenly when lids are opened and can cause scalds; open away from the body.

121 · Before cleaning hot equipment

Question 121. What should you do before cleaning hot equipment?

A. Clean it while still hot to save time.
B. Switch it off, isolate it where required, and allow it to cool to a safe temperature according to the manufacturer's instructions.
C. Pour cold water directly onto the hot surface.
D. Just wipe it with a dry cloth immediately.

The right answer: B. Switch it off, isolate it where required, and allow it to cool to a safe temperature according to the manufacturer's instructions.

Switch off, isolate if required, and allow equipment to cool safely before cleaning.

CHEKEE KHAN

122 · Cooling a minor thermal burn

Question 122. How should a minor thermal burn be cooled?

A. Apply ice directly to the burn.
B. Cool it under cool running water for 20 minutes as soon as possible. Do not use ice. Seek medical help for serious, large, deep, electrical, or chemical burns.
C. Spread butter over the affected area.
D. Cover it with a smear of toothpaste.

The right answer: B. Cool it under cool running water for 20 minutes as soon as possible. Do not use ice. Seek medical help for serious, large, deep, electrical, or chemical burns.

Cool a minor burn under cool running water for 20 minutes; do not use ice or household substances.

123 · What not to apply to a burn

Question 123. What should not be applied directly to a burn?

A. Cool, clean running water.
B. Ice, oils, butter, toothpaste, or other household substances.
C. A clean, non-stick medical dressing.
D. Prompt professional medical attention.

The right answer: B. Ice, oils, butter, toothpaste, or other household substances.

Never apply ice, oils, butter, toothpaste, or other household items directly to a burn.

124 · Action after a workplace burn

Question 124. What should you do after a workplace burn?

A. Cover it immediately with butter.
B. Stop the burning process, cool the burn, protect it with a clean non-stick covering, notify the supervisor, and seek medical help when needed.
C. Pop any blisters that have formed.
D. Apply ice directly to the burn area.

The right answer: B. Stop the burning process, cool the burn, protect it with a clean non-stick covering, notify the supervisor, and seek medical help when needed.

Stop the burning, cool, cover with a clean non-stick dressing, tell supervisor, seek medical help if needed.

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125 · Why burn prevention matters

Question 125. Why is preventing burns important in the workplace?

A. To save equipment replacement costs.
B. It protects workers from injury, reduces lost work time, and helps maintain safe operations.
C. To make the work pace faster overall.
D. To make workers look more professional.

The right answer: B. It protects workers from injury, reduces lost work time, and helps maintain safe operations.

Burn prevention protects workers, reduces lost time, and keeps operations safe.

126 · Common causes of cut accidents

Question 126. What are common causes of cut accidents in food establishments?

A. Incorrect use of knives or sharp tools, poor attention, unsafe handling, damaged tools, and missing guards.
B. Only paper cuts from the office.
C. Only broken glass in the dining area.
D. Only accidents with kitchen scissors.

The right answer: A. Incorrect use of knives or sharp tools, poor attention, unsafe handling, damaged tools, and missing guards.

Cut accidents come from incorrect knife or tool use, poor attention, unsafe handling, damaged tools, no guards.

127 · Safe knife cutting

Question 127. How should you cut food when using a knife?

A. Hold the food in your free hand.
B. Use a stable cutting board, keep fingers clear, and direct the cutting action away from your body.
C. Always cut towards yourself.
D. Use a dull knife for safer handling.

The right answer: B. Use a stable cutting board, keep fingers clear, and direct the cutting action away from your body.

Use a stable board, keep fingers clear, and direct the cut away from your body.

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128 · Sharper knives are safer

Question 128. Why should knives be kept sharp and in good condition?

A. To make the kitchen look professional.

B. A properly maintained sharp knife needs less force and is less likely to slip than a dull or damaged knife.

C. Sharper knives usually cost much more money.

D. It is currently a fashionable style choice.

The right answer: B. A properly maintained sharp knife needs less force and is less likely to slip than a dull or damaged knife.

A sharp knife needs less force and slips less than a dull or damaged knife, so it is safer.

129 · Cleaning and storing knives

Question 129. How should knives be cleaned and stored?

A. Leave them loose in the dishwashing sink.

B. Clean and dry them safely, then store them in a designated knife rack or protective holder; never leave loose knives in a sink or drawer.

C. Store them mixed in with other utensils.

D. Place them on the floor for easy access.

The right answer: B. Clean and dry them safely, then store them in a designated knife rack or protective holder; never leave loose knives in a sink or drawer.

Clean and dry safely, then store in a designated rack or holder; never loose in a sink or drawer.

130 · Choppers and grinders

Question 130. What should be used with choppers and grinders?

A. Bare fingers or hands.

B. Use the supplied pusher or food-handling tool; never push food with fingers or hands.

C. An ordinary kitchen spoon.

D. A piece of cleaning cloth.

The right answer: B. Use the supplied pusher or food-handling tool; never push food with fingers or hands.

Use the supplied pusher or handling tool with choppers and grinders; never fingers.

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131 · Before cleaning or maintaining electrical equipment

Question 131. What should you do before cleaning or maintaining electrical equipment?

A. Clean it while it is still plugged in.
B. Switch off and disconnect the power, apply the site's isolation or lockout procedure where required; only authorised people should perform maintenance.
C. Just unplug it once and start cleaning.
D. Use plenty of water on the electrical parts.

The right answer: B. Switch off and disconnect the power, apply the site's isolation or lockout procedure where required; only authorised people should perform maintenance.

Switch off, disconnect, isolate/lockout where required; only authorised people should maintain it.

132 · Using electrical saws safely

Question 132. What should you do when using electrical saws?

A. Remove the guards for better visibility.
B. Use the machine only if trained, keep guards and safety devices in place, follow manufacturer instructions, and use PPE selected for the task. Do not wear gloves where they could be caught.
C. Wear loose, comfortable gloves all the time.
D. Skip the manufacturer's safety training.

The right answer: B. Use the machine only if trained, keep guards and safety devices in place, follow manufacturer instructions, and use PPE selected for the task. Do not wear gloves where they could be caught.

Use only if trained, keep guards in place, follow manufacturer instructions, and use task-specific PPE.

133 · Action after a cut occurs

Question 133. What should you do immediately after a cut occurs at work?

A. Continue working until the shift ends.
B. Stop work, protect the wound and obtain first aid, inform the supervisor, and do not return to food handling until the wound is safely covered and the procedure allows it.
C. Wash the wound quickly and continue.
D. Tie the wound with a piece of apron cloth.

The right answer: B. Stop work, protect the wound and obtain first aid, inform the supervisor, and do not return to food handling until the wound is safely covered and the procedure allows it.

Stop work, get first aid, tell the supervisor, and return only when the wound is safely covered.

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134 · Cleaning and protecting a minor wound

Question 134. How should a minor wound be cleaned and protected?

A. With dirty water from a used bucket.
B. If appropriate, clean it with clean running water, apply a suitable waterproof dressing, and report it; serious bleeding or deep wounds need prompt medical attention.
C. Apply kitchen oil on top of the wound.
D. Leave the wound uncovered to air-dry.

The right answer: B. If appropriate, clean it with clean running water, apply a suitable waterproof dressing, and report it; serious bleeding or deep wounds need prompt medical attention.

Clean with clean water, apply waterproof dressing, and report; deep wounds need medical help.

135 · Food exposed to blood

Question 135. What should happen to food that has been exposed to blood from a cut?

A. Reuse it after a quick rinse under the tap.
B. Discard the exposed food and clean and sanitize affected surfaces and equipment before work resumes.
C. Use it later for staff meals only.
D. Freeze it to make it safe again.

The right answer: B. Discard the exposed food and clean and sanitize affected surfaces and equipment before work resumes.

Discard exposed food and clean and sanitize affected surfaces and equipment before resuming work.

136 · Causes of slips and trips

Question 136. What are common causes of slips and trips at work?

A. Wet or greasy floors, food or liquid spills, obstacles in walkways, loose mats, and uneven flooring.
B. Only the building's staircase edges.
C. Only working in the dark without lights.
D. Only the rain outside the building.

The right answer: A. Wet or greasy floors, food or liquid spills, obstacles in walkways, loose mats, and uneven flooring.

Slips and trips are caused by wet or greasy floors, spills, obstacles, loose mats, uneven surfaces.

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137 · Action after a liquid spill

Question 137. What should you do if water or another liquid spills on the floor during work?

A. Leave it to dry by itself over many hours.
B. Guard or mark the area and clean and dry the spill promptly using the correct procedure.
C. Walk carefully around it for the rest of the day.
D. Mop the floor only at the very end of the shift.

The right answer: B. Guard or mark the area and clean and dry the spill promptly using the correct procedure.

Guard or mark the area and clean and dry the spill promptly using the correct procedure.

138 · Warning signs while cleaning floors

Question 138. Why should warning signs be used when cleaning floors?

A. To inform customers of new promotions.
B. They warn people that the floor may be wet or slippery and help prevent falls.
C. To decorate the cleaning area nicely.
D. To indicate which chemicals are in use.

The right answer: B. They warn people that the floor may be wet or slippery and help prevent falls.

Warning signs alert people to wet or slippery floors and help prevent slip-and-fall injuries.

139 · Footwear to prevent slips

Question 139. What type of shoes should workers wear to help prevent slips?

A. Open sandals with no straps.
B. Suitable closed footwear with slip-resistant soles.
C. High-heeled dress shoes or fashion boots.
D. Going barefoot in the kitchen areas.

The right answer: B. Suitable closed footwear with slip-resistant soles.

Wear suitable closed footwear with slip-resistant soles to prevent slips at work.

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140 · Preventing trips at work

Question 140. How can trips be prevented in the workplace?

A. By leaving tools and boxes in walkways.
B. Keep corridors and work areas free of obstacles, maintain good lighting, and secure mats, cables, and floor coverings.
C. By switching off all the lights when leaving rooms.
D. By spreading more loose mats across the floor.

The right answer: B. Keep corridors and work areas free of obstacles, maintain good lighting, and secure mats, cables, and floor coverings.

Keep corridors clear, maintain lighting, and secure mats, cables, and floor coverings to prevent trips.

141 · Action after a slip or trip

Question 141. What should you do after a slip or trip accident at work?

A. Try to hide the incident from everyone.
B. Check for injuries, provide or obtain assistance, notify the supervisor, secure the area, and correct the hazard when safe to do so.
C. Keep working as if nothing happened.
D. Blame a coworker for the accident.

The right answer: B. Check for injuries, provide or obtain assistance, notify the supervisor, secure the area, and correct the hazard when safe to do so.

Check for injuries, get help, notify the supervisor, secure the area, and correct the hazard when safe.

142 · How manual handling causes injuries

Question 142. How can manual handling cause injuries?

A. By avoiding work tasks altogether.
B. Unsafe lifting, carrying, pushing, or pulling can strain muscles and joints, especially the back, shoulders, and arms.
C. By sitting in one position for too long.
D. By using trolleys to move everything.

The right answer: B. Unsafe lifting, carrying, pushing, or pulling can strain muscles and joints, especially the back, shoulders, and arms.

Unsafe manual handling strains muscles and joints, especially the back, shoulders, and arms.

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143 · Before lifting a heavy object

Question 143. What should you do before lifting a heavy object?

A. Just lift it without any planning.
B. Assess the weight and shape, plan the route, and use a trolley, lifting aid, or team assistance if needed.
C. Ask a coworker to lift it for you automatically.
D. Drag the object across the floor.

The right answer: B. Assess the weight and shape, plan the route, and use a trolley, lifting aid, or team assistance if needed.

Assess weight and shape, plan the route, and use a trolley, lifting aid, or team assistance.

144 · Before carrying a load

Question 144. What should you check before carrying a load?

A. Only the colour of the load itself.
B. Make sure the route is clear, the load is stable, and you can see where you are going.
C. Only the current weather outside.
D. Only the exact time of the shift.

The right answer: B. Make sure the route is clear, the load is stable, and you can see where you are going.

Check that the route is clear, the load is stable, and you can see where you are going.

145 · Lifting a heavy object safely

Question 145. How should you lift a heavy object safely?

A. With your back straight and legs locked.
B. Get close to the load, place your feet securely, bend your knees, keep your back in a comfortable neutral position, grip firmly, lift smoothly with your legs, and keep the load close. Do not twist while lifting.
C. By using only your arms and shoulders.
D. By twisting your body while lifting up.

The right answer: B. Get close to the load, place your feet securely, bend your knees, keep your back in a comfortable neutral position, grip firmly, lift smoothly with your legs, and keep the load close. Do not twist while lifting.

Get close, plant feet, bend knees, neutral back, firm grip, lift with legs, keep load close, no twisting.

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146 · Action if lifting causes pain

Question 146. What should you do if you feel pain while lifting an object?

A. Push through the pain to finish.
B. Stop, place the load down safely, report the pain or injury, and seek medical advice if needed.
C. Take a quick pain pill and continue.
D. Try a different lifting style that hurts less.

The right answer: B. Stop, place the load down safely, report the pain or injury, and seek medical advice if needed.

Stop, place the load down safely, report the pain, and seek medical advice if needed.

147 · Storing hazardous chemicals

Question 147. Where should hazardous chemicals be stored?

A. Together with food in the dry store.
B. In a designated, secure, labelled area away from food, food-contact equipment, and packaging.
C. Inside the open kitchen work area.
D. On the floor of the staff break room.

The right answer: B. In a designated, secure, labelled area away from food, food-contact equipment, and packaging.

Store hazardous chemicals in a designated, secure, labelled area away from food and equipment.

148 · Mixing chemicals

Question 148. Should different chemical materials be mixed together?

A. Always mix chemicals to save space.
B. Never mix chemicals unless the product label and an approved procedure specifically permit it.
C. Only mix liquids together and never powders.
D. Only mix cleaning products on a regular basis.

The right answer: B. Never mix chemicals unless the product label and an approved procedure specifically permit it.

Never mix chemicals unless the label and approved procedure specifically permit it.

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149 · Action after chemical exposure

Question 149. What should you do if you are exposed to a hazardous chemical?

A. Keep working through the exposure.

B. Move away from the source without exposing yourself further, follow the product safety instructions, use an emergency shower or eyewash if indicated, notify the supervisor, and obtain medical help when needed.

C. Wash off using the food-prep soap only.

D. Continue handling the chemical carefully.

The right answer: B. Move away from the source without exposing yourself further, follow the product safety instructions, use an emergency shower or eyewash if indicated, notify the supervisor, and obtain medical help when needed.

Move away, follow safety instructions, use shower or eyewash, notify supervisor, obtain medical help.

150 · Main types of PPE

Question 150. What are the main types of personal protective equipment (PPE) mentioned in food work?

A. Only disposable gloves are needed.

B. Protective coats, safety footwear, suitable gloves, cut-resistant metal-mesh aprons, masks or respirators, and heat-resistant gloves.

C. Only hard hats are required at all times.

D. Only face masks are required for all tasks.

The right answer: B. Protective coats, safety footwear, suitable gloves, cut-resistant metal-mesh aprons, masks or respirators, and heat-resistant gloves.

PPE includes coats, safety footwear, gloves, mesh aprons, masks/respirators, and heat-resistant gloves.

151 · Purpose of general requirements

Question 151. What is the main purpose of general requirements in food establishments?

A. To make the kitchen look tidy.

B. To support safe operation, good hygiene, and prevention of contamination.

C. To save money on the monthly bills.

D. To help hire more staff members.

The right answer: B. To support safe operation, good hygiene, and prevention of contamination.

General requirements support safe operation, good hygiene, and prevention of contamination.

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152 · Types of contamination to control

Question 152. What types of contamination should food-establishment controls help prevent?

A. Microbial, physical, and chemical contamination; allergen cross-contact must also be controlled.
B. Only microbial contamination matters.
C. Only physical contamination is relevant.
D. Only chemical contamination is checked.

The right answer: A. Microbial, physical, and chemical contamination; allergen cross-contact must also be controlled.

Controls must address microbial, physical, chemical contamination and allergen cross-contact.

153 · Easy-to-clean surfaces

Question 153. Why should floors, walls, and ceilings be easy to clean?

A. To make the building look nicer.
B. So dirt and residues can be removed and contamination, condensation, and mould growth can be controlled.
C. To reduce the amount of paint needed.
D. To save electricity used for lighting.

The right answer: B. So dirt and residues can be removed and contamination, condensation, and mould growth can be controlled.

Easy-to-clean surfaces allow removal of dirt and control of contamination, condensation, and mould.

154 · Separating clean and unclean areas

Question 154. Why should clean and unclean areas be separated?

A. To improve the aesthetic look of the building.
B. To prevent cross-contamination between raw, dirty, or waste-handling areas and clean food areas.
C. To save time moving between areas.
D. To reduce the total floor space needed.

The right answer: B. To prevent cross-contamination between raw, dirty, or waste-handling areas and clean food areas.

Separating clean and unclean areas prevents cross-contamination between raw/dirty and clean zones.

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155 · Raw meat and salad preparation areas

Question 155. Can raw meat be prepared in an area used for salads?

A. Yes, at the same time as salads.
B. No. Raw meat and ready-to-eat salad preparation must be separated by designated areas or an approved time-separated process with thorough cleaning and sanitizing between tasks.
C. Yes, if the area is wiped quickly afterwards.
D. Yes, as long as the salads are washed again.

The right answer: B. No. Raw meat and ready-to-eat salad preparation must be separated by designated areas or an approved time-separated process with thorough cleaning and sanitizing between tasks.

Separate raw meat and salad prep by area or time, with thorough cleaning and sanitizing between tasks.

156 · Suitable tools and equipment

Question 156. Why should food establishments use suitable tools and equipment?

A. To look modern and stylish.
B. They should be fit for the task, safe, durable, and easy to clean and sanitize.
C. To reduce the cost of buying cheap equipment.
D. To follow current interior design trends.

The right answer: B. They should be fit for the task, safe, durable, and easy to clean and sanitize.

Tools and equipment must be task-fit, safe, durable, and easy to clean and sanitize.

157 · Maintaining equipment

Question 157. How should equipment be maintained in a food establishment?

A. Leave it untouched until it breaks.
B. Use it correctly, clean and sanitize it as required, inspect it, and keep it in good repair.
C. Replace every piece of equipment every month.
D. Keep using it until it completely fails.

The right answer: B. Use it correctly, clean and sanitize it as required, inspect it, and keep it in good repair.

Use correctly, clean and sanitize as required, inspect, and keep in good repair.

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158 · Damaged equipment

Question 158. What should workers do when they notice damaged equipment?

A. Keep using it carefully until the inspection.
B. Stop using it if it could be unsafe or contaminate food, and report it to the supervisor immediately.
C. Try to repair it themselves with tape.
D. Hide it from the next supervisor.

The right answer: B. Stop using it if it could be unsafe or contaminate food, and report it to the supervisor immediately.

Stop using damaged equipment if it could be unsafe or contaminate food and report immediately.

159 · Proper ventilation importance

Question 159. Why is proper ventilation important in a food establishment?

A. To save energy on the electricity bill.
B. It helps control heat, steam, smoke, odours, and condensation, and supports a suitable working environment.
C. To make the kitchen feel quite noisy.
D. To hide unpleasant cooking smells permanently.

The right answer: B. It helps control heat, steam, smoke, odours, and condensation, and supports a suitable working environment.

Proper ventilation controls heat, steam, smoke, odours, and condensation and supports a safe environment.

160 · Action when ventilation is not working

Question 160. What should workers do if a ventilation system is not working properly?

A. Ignore the problem and continue working.
B. Report the fault promptly and follow the supervisor's instructions; do not ignore conditions that could make work unsafe or contaminate food.
C. Open all windows and continue as normal.
D. Switch the system off for the rest of the shift.

The right answer: B. Report the fault promptly and follow the supervisor's instructions; do not ignore conditions that could make work unsafe or contaminate food.

Report ventilation faults promptly and follow the supervisor's instructions immediately.

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161 · Adequate lighting importance

Question 161. Why is adequate lighting important in food-preparation areas?

A. To save electricity in the building.
B. It helps workers see clearly, inspect food, clean effectively, and use tools safely.
C. To decorate the workspace attractively.
D. To reduce the number of light bulbs used.

The right answer: B. It helps workers see clearly, inspect food, clean effectively, and use tools safely.

Good lighting helps workers see, inspect food, clean properly, and use tools safely.

162 · Broken light fixtures

Question 162. What should you do if a light fixture is broken in a food area?

A. Touch it gently with bare hands.
B. Report it immediately and protect food and workers from broken glass or other debris.
C. Clean it with bare hands quickly.
D. Replace the bulb without telling anyone.

The right answer: B. Report it immediately and protect food and workers from broken glass or other debris.

Report a broken light fixture immediately and protect food and workers from broken debris.

163 · Separating food and equipment sinks

Question 163. Why should food-washing sinks and equipment-washing facilities be separate where required?

A. To reduce the total water consumption.
B. To prevent dirty utensils or equipment from contaminating food being washed, and to keep each facility fit for its designated purpose.
C. To keep the kitchen looking more organised.
D. To avoid unnecessary traffic between areas.

The right answer: B. To prevent dirty utensils or equipment from contaminating food being washed, and to keep each facility fit for its designated purpose.

Keeping sinks separate prevents equipment dirt from contaminating food and protects each purpose.

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164 · Where vegetables are washed

Question 164. Where should vegetables be washed?

A. In any sink that is available at the moment.
B. In a clean, designated food-washing sink using potable water and the approved produce-washing procedure.
C. In the same sink used for dishes.
D. Outside the kitchen in a garden hose.

The right answer: B. In a clean, designated food-washing sink using potable water and the approved produce-washing procedure.

Wash vegetables in a designated food-washing sink with potable water per the approved procedure.

165 · Using the same sink for vegetables and utensils

Question 165. Is it acceptable to use the same sink for vegetables and utensils?

A. Yes, it is always acceptable.
B. Use the designated sinks provided; do not use a handwashing sink for food or utensils; any permitted multi-use sink must be cleaned and sanitized between uses.
C. No, it is never acceptable in any case.
D. Only during very slow service periods.

The right answer: B. Use the designated sinks provided; do not use a handwashing sink for food or utensils; any permitted multi-use sink must be cleaned and sanitized between uses.

Use designated sinks; any multi-use sink must be cleaned and sanitized between uses per procedure.

166 · What is food-safety management

Question 166. What is food-safety management?

A. A recipe book used by the head chef.
B. A system for ensuring food safety at all stages of production, processing, storage, transport, and handling.
C. A cleaning schedule for the floor staff.
D. A staff rota for the production line.

The right answer: B. A system for ensuring food safety at all stages of production, processing, storage, transport, and handling.

Food-safety management ensures safety across production, processing, storage, transport, and handling.

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167 · What does food-safety management involve

Question 167. What does food-safety management involve?

A. Inventory counts only.
B. Identifying and assessing hazards, applying controls, monitoring results, taking corrective action, and reviewing the system.
C. Selling ready-to-eat food.
D. Buying the cheapest equipment available.

The right answer: B. Identifying and assessing hazards, applying controls, monitoring results, taking corrective action, and reviewing the system.

FSM involves hazard identification, controls, monitoring, corrective action, and review.

168 · Stages where food safety applies

Question 168. At what stages should food safety be maintained?

A. Only during the cooking stage.
B. At every stage, from receiving ingredients through storage, preparation, cooking, transport, display, and serving.
C. Only when serving the final dish.
D. Only at the receiving dock.

The right answer: B. At every stage, from receiving ingredients through storage, preparation, cooking, transport, display, and serving.

Food safety applies at every stage: receiving, storage, prep, cooking, transport, display, and serving.

169 · HACCP definition

Question 169. What does HACCP stand for?

A. High Alert Cooking Control Plan.
B. Hazard Analysis and Critical Control Points.
C. Hygiene And Cleanliness Control Procedure.
D. Health And Cleanliness Control Points.

The right answer: B. Hazard Analysis and Critical Control Points.

HACCP stands for Hazard Analysis and Critical Control Points.

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170 · What is HACCP

Question 170. What is HACCP?

A. A cleaning programme for the kitchen.
B. A preventive, systematic food-safety approach used to identify, evaluate, and control significant hazards.
C. A method for storing dry goods only.
D. An inspection step applied on delivery only.

The right answer: B. A preventive, systematic food-safety approach used to identify, evaluate, and control significant hazards.

HACCP is a preventive, systematic approach to identify, evaluate, and control significant hazards.

171 · How HACCP helps establishments

Question 171. What does HACCP help food establishments do?

A. Buy cheaper kitchen equipment.
B. Identify, evaluate, and control hazards that could affect food safety.
C. Train staff only once at hiring.
D. Track inventory counts more easily.

The right answer: B. Identify, evaluate, and control hazards that could affect food safety.

HACCP helps establishments identify, evaluate, and control food-safety hazards throughout operations.

172 · Number of HACCP principles

Question 172. How many principles does HACCP have?

A. Three principles in total.
B. Seven principles in total.
C. Five principles in total.
D. Twelve principles in total.

The right answer: B. Seven principles in total.

HACCP is built on seven accepted principles.

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173 · HACCP application steps

Question 173. How many application steps are commonly used to implement HACCP?

A. About five steps in total.
B. Twelve steps are commonly used to apply the seven HACCP principles.
C. About three steps in total.
D. Around twenty separate steps in total.

The right answer: B. Twelve steps are commonly used to apply the seven HACCP principles.

Twelve application steps are commonly used to apply the seven HACCP principles.

174 · What HACCP focuses on

Question 174. What does HACCP focus on?

A. Cleaning tasks only.
B. Identifying significant hazards and controlling them at critical points in the food process.
C. Storage checks only.
D. Front-of-house service only.

The right answer: B. Identifying significant hazards and controlling them at critical points in the food process.

HACCP focuses on identifying significant hazards and controlling them at critical process points.

175 · Critical Control Point definition

Question 175. What is a Critical Control Point (CCP)?

A. Any cooking step in the kitchen.
B. A step at which control is essential to prevent, eliminate, or reduce a significant hazard to an acceptable level.
C. The very last step before service.
D. Any cleaning station in the building.

The right answer: B. A step at which control is essential to prevent, eliminate, or reduce a significant hazard to an acceptable level.

A CCP is a step where control prevents, eliminates, or reduces a significant hazard acceptably.

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176 · Who develops the food-safety system

Question 176. Who is responsible for developing the food-safety system?

A. Only the workers on the line.
B. The food-business operator and management are responsible for establishing and resourcing the system, with competent food-safety staff involved.
C. Only the customers in the dining room.
D. Only the supplier companies that deliver food.

The right answer: B. The food-business operator and management are responsible for establishing and resourcing the system, with competent food-safety staff involved.

The food-business operator and management develop and resource the system with competent staff.

177 · Who implements and maintains the food-safety system

Question 177. Who is responsible for implementing and maintaining the food-safety system?

A. Only shift supervisors in the kitchen.
B. Management and all staff have roles: management provides the system and supervision; workers follow procedures and report problems.
C. Only the senior management team.
D. Only the external food-safety inspector.

The right answer: B. Management and all staff have roles: management provides the system and supervision; workers follow procedures and report problems.

Management and all staff share responsibility; management provides the system, workers follow it.

178 · Prerequisite requirements for HACCP

Question 178. What are prerequisite requirements for HACCP?

A. Advanced laboratory equipment only.
B. Basic hygiene programmes such as suitable premises and equipment, cleaning and sanitizing, pest control, safe water, waste management, maintenance, supplier controls, and staff training.
C. Expensive computer software only.
D. Special designer uniforms for managers.

The right answer: B. Basic hygiene programmes such as suitable premises and equipment, cleaning and sanitizing, pest control, safe water, waste management, maintenance, supplier controls, and staff training.

Prerequisites include premises, cleaning, pest control, water, waste, maintenance, suppliers, training.

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179 · Why product standards matter for HACCP

Question 179. Why are product standards important before implementing HACCP?

A. For marketing and advertising purposes.
B. They define the product, ingredients, handling conditions, intended use, and quality or safety specifications needed for hazard analysis.
C. For pricing the menu items only.
D. For decorating the packaging boxes.

The right answer: B. They define the product, ingredients, handling conditions, intended use, and quality or safety specifications needed for hazard analysis.

Product standards define product, ingredients, handling, intended use, and specs for hazard analysis.

180 · Why cleaning and sanitizing programmes matter for HACCP

Question 180. Why are proper cleaning and sanitizing programmes important for HACCP?

A. To save detergent costs.
B. They control contamination risks and help keep premises, equipment, and food-contact surfaces hygienic.
C. To speed up the work pace.
D. To reduce total water consumption.

The right answer: B. They control contamination risks and help keep premises, equipment, and food-contact surfaces hygienic.

Cleaning and sanitizing control contamination and keep premises, equipment, and surfaces hygienic.

181 · Main stages of safe food handling

Question 181. What are the main stages of safe food handling?

A. Purchasing and transport, receiving and storage, preparation and cooking, cooling or preservation, and serving or display.
B. Receiving only.
C. Cooking only.
D. Serving only.

The right answer: A. Purchasing and transport, receiving and storage, preparation and cooking, cooling or preservation, and serving or display.

Safe food handling covers purchasing, transport, receiving, storage, prep, cooking, cooling, and serving.

CRETKE KHAN

182 · Why safe food handling matters

Question 182. Why is safe food handling important?

A. To increase total sales revenue.
B. It prevents foodborne illness, protects consumers, and reduces contamination and operational risks.
C. To help workers earn a higher wage.
D. To attract new business investors.

The right answer: B. It prevents foodborne illness, protects consumers, and reduces contamination and operational risks.

Safe food handling prevents illness, protects consumers, and reduces contamination and risks.

183 · Does safe food handling apply to all workers

Question 183. Does safe food handling apply to all workers?

A. Only senior managers must follow it.
B. Yes. Everyone whose work can affect food safety must understand and follow the relevant safe practices.
C. Only qualified chefs must follow it.
D. Only front-of-house serving staff must follow it.

The right answer: B. Yes. Everyone whose work can affect food safety must understand and follow the relevant safe practices.

Everyone whose work can affect food safety must understand and follow safe practices.

184 · Time and temperature control importance

Question 184. Why is time and temperature control important for food safety?

A. It improves the final taste of food.
B. It limits the growth of harmful microorganisms and helps keep food safe during storage, preparation, and service.
C. It brightens the colour of cooked dishes.
D. It enhances the aroma during service.

The right answer: B. It limits the growth of harmful microorganisms and helps keep food safe during storage, preparation, and service.

Time and temperature control limits microbial growth and keeps food safe across stages.

CHEF KEE KHAN

185 · What workers should know about food temperatures

Question 185. What should workers know about food temperatures?

A. Only freezing temperatures are relevant.
B. They should know the required limits for each food and process, how to use a calibrated thermometer, when to record temperatures, and what corrective action to take.
C. Only cooking temperatures matter.
D. No specific knowledge is required at all.

The right answer: B. They should know the required limits for each food and process, how to use a calibrated thermometer, when to record temperatures, and what corrective action to take.

Know required limits, calibrated thermometer use, when to record, and what corrective action to take.

186 · Why internal food temperature is important

Question 186. Why is internal food temperature important?

A. It makes serving easier at the line.
B. The centre of a food may heat or cool more slowly than its surface, so checking internal temperature helps verify that the required process has been reached.
C. It improves the colour on the plate.
D. It enhances aroma at the table.

The right answer: B. The centre of a food may heat or cool more slowly than its surface, so checking internal temperature helps verify that the required process has been reached.

Internal temperature confirms the core has reached the required process because centres heat or cool slower.

187 · Action when a food temperature is unsafe

Question 187. What should be done if a food temperature is found to be unsafe?

A. Serve the food immediately anyway.
B. Take the corrective action in the approved food-safety procedure: isolate the food, recheck with a suitable thermometer, and reheat, rapidly chill, reject, or discard it as the procedure requires.
C. Wait and check the temperature again later.
D. Add ice to cool it further on the line.

The right answer: B. Take the corrective action in the approved food-safety procedure: isolate the food, recheck with a suitable thermometer, and reheat, rapidly chill, reject, or discard it as the procedure requires.

Isolate, recheck with a suitable thermometer, and reheat, rapidly chill, reject, or discard per procedure.

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188 · Why understand all stages of food handling

Question 188. Why should workers understand all stages of food handling?

A. To pass written examinations only.
B. So they understand how their work affects the whole food process and where contamination or temperature risks can arise.
C. To get promoted more quickly.
D. To earn a higher hourly wage.

The right answer: B. So they understand how their work affects the whole food process and where contamination or temperature risks can arise.

Understanding each stage helps workers see how their work affects safety across the process.

189 · Coordination between departments helps food safety

Question 189. How does good coordination between departments help food safety?

A. It reduces the total number of meetings.
B. It ensures information, controls, and corrective actions are shared so that hazards are managed consistently.
C. It saves time in the daily schedule.
D. It keeps senior managers very happy.

The right answer: B. It ensures information, controls, and corrective actions are shared so that hazards are managed consistently.

Good coordination ensures information and corrective actions are shared to manage hazards consistently.

190 · How safe handling improves performance

Question 190. How can safe food-handling practices improve overall performance?

A. By ignoring formal procedures altogether.
B. They reduce errors, contamination, waste, and illness, and help work run safely and consistently.
C. By skipping steps to save effort.
D. By rushing through every food task.

The right answer: B. They reduce errors, contamination, waste, and illness, and help work run safely and consistently.

Safe practices reduce errors, contamination, waste, and illness and support consistent, safe work.

CPRETKEE KHAN

191 · Purpose of PPE

Question 191. What is the purpose of personal protective equipment (PPE)?

A. To decorate the worker in the kitchen.
B. PPE reduces workers' exposure to workplace hazards and helps prevent injuries and illness when used correctly.
C. To keep the worker warm at all times.
D. To make the team look fashionable on shift.

The right answer: B. PPE reduces workers' exposure to workplace hazards and helps prevent injuries and illness when used correctly.

PPE reduces exposure to workplace hazards and helps prevent injuries and illness when used correctly.

192 · Before using PPE

Question 192. What should workers do before using PPE?

A. Put it on without any inspection.
B. Inspect it, check that it is suitable for the task and fits correctly, and make sure it is clean and in good condition.
C. Use any PPE that happens to be available.
D. Borrow a coworker's PPE without asking.

The right answer: B. Inspect it, check that it is suitable for the task and fits correctly, and make sure it is clean and in good condition.

Inspect PPE, confirm it is task-suitable, fits correctly, and is clean and in good condition.

193 · When PPE is defective

Question 193. What should workers do if PPE is found to be defective?

A. Continue using it carefully.
B. Stop using it and report the defect immediately so it can be replaced or repaired.
C. Try to repair it themselves in the kitchen.
D. Hide the defect from the supervisor.

The right answer: B. Stop using it and report the defect immediately so it can be replaced or repaired.

Stop using defective PPE and report the defect immediately for replacement or repair.

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194 · Action when appropriate PPE is not available

Question 194. What should a worker do if appropriate PPE is not available for a task?

A. Do the task anyway without PPE.
B. Notify the supervisor and do not start or continue the hazardous task until suitable protection is provided.
C. Use any PPE that is available even if wrong.
D. Make their own PPE from scrap materials.

The right answer: B. Notify the supervisor and do not start or continue the hazardous task until suitable protection is provided.

Notify supervisor and stop the hazardous task until suitable PPE is provided.

195 · Protective coats in cold rooms

Question 195. What are protective coats used for in cold rooms?

A. To follow current fashion trends.
B. Insulated coats help protect workers from low temperatures in refrigeration and freezer areas.
C. To carry small hand tools around.
D. As a backup when regular coats are lost.

The right answer: B. Insulated coats help protect workers from low temperatures in refrigeration and freezer areas.

Insulated coats help protect workers from low temperatures in refrigeration and freezer areas.

196 · What are safety shoes used for

Question 196. What are safety shoes used for in food work?

A. To improve the worker's appearance only.
B. They help protect feet from hazards such as falling objects, punctures, spills, and slips, depending on the shoe's rating and design.
C. To provide extra comfort during long shifts.
D. To keep the worker's feet warm.

The right answer: B. They help protect feet from hazards such as falling objects, punctures, spills, and slips, depending on the shoe's rating and design.

Safety shoes protect feet from falling objects, punctures, spills, and slips by design and rating.

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197 · Protective gloves for chemicals

Question 197. What are protective gloves used for when handling chemicals?

A. Any random gloves from the storeroom.
B. Chemical-resistant gloves selected for the specific chemical help protect the hands; check product safety information because not all gloves protect against every chemical.
C. Only ordinary cotton gloves from the laundry.
D. Only latex gloves from the office.

The right answer: B. Chemical-resistant gloves selected for the specific chemical help protect the hands; check product safety information because not all gloves protect against every chemical.

Use chemical-resistant gloves selected for the chemical and check the product safety information.

198 · Metal-mesh aprons

Question 198. What are metal-mesh aprons used for in food work?

A. To give the kitchen a fashionable look.
B. They help protect the torso or body from cuts when working with sharp blades or equipment such as meat saws, when the task risk assessment requires them.
C. To keep workers warm in cold areas.
D. To carry small tools around the kitchen.

The right answer: B. They help protect the torso or body from cuts when working with sharp blades or equipment such as meat saws, when the task risk assessment requires them.

Metal-mesh aprons protect the torso from cuts with sharp blades or saws when risk assessment requires.

199 · Masks or respirators

Question 199. What are masks or respirators used for in food work?

A. To hide the worker's face from view.
B. Correctly fitted respiratory protective equipment can protect against specified airborne particles or vapours; a simple face mask does not automatically protect against chemical vapours, so use the type specified by the risk assessment.
C. To make breathing easier during heavy lifting.
D. To decorate the safety uniform.

The right answer: B. Correctly fitted respiratory protective equipment can protect against specified airborne particles or vapours; a simple face mask does not automatically protect against chemical vapours, so use the type specified by the risk assessment.

Properly fitted respirators protect against specified particles or vapours; simple masks do not auto-protect.

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Question 200. What are heat-resistant gloves used for in food work?

A. To keep hands warm in winter weather.
B. They help protect hands from burns when handling hot utensils, trays, containers, or equipment.
C. To wash dishes more effectively.
D. To lift heavier weights more easily.

The right answer: B. They help protect hands from burns when handling hot utensils, trays, containers, or equipment.

Heat-resistant gloves protect hands from burns when handling hot utensils, trays, containers, or equipment.

CREEKEE KHAN