



Name: _____ Date: _____ Score: _____ / 8

CIRCLE THE CORRECT ANSWER FOR EACH QUESTION

Q1. What are the 4 Cs of food safety?
 A. Cleaning, Cooking, Chilling, Cross-contamination
 B. Checking, Cooling, Covering, Cleaning
 C. Cooking, Cooling, Covering, Contamination
 D. Cleaning, Cooling, Checking, Cross-contamination

Q2. What is the minimum core temperature for cooking poultry?
 A. 63°C
 B. 70°C
 C. 75°C
 D. 82°C

Q3. What temperature should a refrigerator be kept at?
 A. 0-2°C
 B. 1-4°C
 C. 5-8°C
 D. 8-10°C

Q4. What is the 'danger zone' for bacterial growth?
 A. 0-5°C
 B. 5-63°C
 C. 20-40°C
 D. 63-75°C

Q5. Which bacteria is most commonly associated with undercooked chicken?
 A. E. coli
 B. Listeria
 C. Campylobacter
 D. Salmonella

Q6. What colour chopping board should be used for raw meat?
 A. Green
 B. Blue
 C. Red
 D. Yellow

Q7. How long can food safely be kept in the 'danger zone'?
 A. 30 minutes
 B. 1 hour
 C. 2 hours
 D. 4 hours

Q8. What is HACCP?
 A. Hazard Analysis and Critical Control Points
 B. Health and Catering Control Procedures
 C. Hygiene Assessment and Contamination Control Plan
 D. Hazard Assessment and Contamination Control Points

Answer Key (Trainer Use Only): Q1:A Q2:C Q3:B Q4:B
 Q5:C Q6:C Q7:C Q8:A