

Food Hygiene Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Food Hygiene Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What temperature is the 'danger zone' for bacterial growth?

- A) 0°C to 5°C
- B) 5°C to 63°C
- C) 63°C to 100°C
- D) Below 0°C

Q2. What does HACCP stand for?

- A) Hazard Analysis and Critical Control Points
- B) Health and Cleanliness Control Procedures
- C) Hygiene Assessment and Critical Control Plan
- D) Hazard Assessment and Contamination Control Points

Q3. What is the minimum internal temperature for cooked poultry?

- A) 63°C
- B) 70°C
- C) 75°C
- D) 82°C

Q4. How long should you wash your hands?

- A) 10 seconds
- B) 20 seconds
- C) 30 seconds
- D) 60 seconds

Q5. What is cross-contamination?

- A) Cooking food at the wrong temperature
- B) Transfer of harmful bacteria from one food/surface to another
- C) Using the wrong cleaning chemical
- D) Leaving food uncovered

Q6. What colour chopping board should be used for raw meat?

- A) Green
- B) Blue
- C) Red
- D) Yellow

Q7. What is the maximum temperature for a refrigerator?

- A) 0°C
- B) 5°C
- C) 8°C

D) 10°C

Q8. How should raw meat be stored in a fridge?

- A) On the top shelf
- B) On the middle shelf
- C) On the bottom shelf
- D) In the door

Q9. What is the 2-hour rule?

- A) Food should not be left at room temperature for more than 2 hours
- B) Food should be cooked within 2 hours of purchase
- C) Hands should be washed every 2 hours
- D) Refrigerators should be checked every 2 hours

Q10. What does 'use by' date mean?

- A) Best quality before this date
- B) Safe to eat until this date — do not use after
- C) Sell by this date
- D) Freeze by this date

Q11. What is the main cause of food poisoning?

- A) Viruses only
- B) Bacteria, viruses, parasites and chemical contaminants
- C) Only undercooked meat
- D) Poor packaging

Q12. What should you do if you have a stomach illness?

- A) Continue working but wash hands more
- B) Report to supervisor and stay away from food handling
- C) Wear gloves and continue
- D) Take medication and continue

Q13. What is the Food Safety Act 1990?

- A) A guideline for restaurants
- B) Primary legislation making it an offence to sell unsafe food
- C) A voluntary code of practice
- D) An EU regulation

Q14. What does allergen management involve?

- A) Removing all allergens from the menu
- B) Identifying, controlling and communicating allergen information
- C) Only labelling packaged foods
- D) Training chefs only

Q15. How often should temperature records be taken?

- A) Once a day
- B) At least twice a day (opening and closing)
- C) Once a week
- D) Only when food is delivered

Answer Key

Q1: B Q2: A Q3: C Q4: B Q5: B Q6: C Q7: B Q8: C Q9: A Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B

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