

# TEST YOUR FOOD HYGIENE KNOWLEDGE.

TAKE OUR QUIZ TO SEE HOW YOU DO.



Interested in a career within catering and hospitality? Food hygiene knowledge is the base of a lot of roles. Why not take our quick quiz to see how your knowledge scores.

**1. The temperature inside your fridge should be:**

- a) 10°C
- b) 4°C
- c) 0°C
- d) -2°C

**2. What are the 4 C's of food hygiene?**

- a) cooking, chilling, cleaning, cross-contamination
- b) cooking, chilling, cleaning, catering
- c) cooking, catering, cleaning, cross contamination

**3. The temperature in your freezer should be:**

- a) -2°C
- b) -9°C
- c) -12°C
- d) -18°C

**4. Food poisoning bacteria will multiply readily between:**

- a) -18°C - 0°C
- b) 0°C - 5°C
- c) 5°C - 63°C
- d) 63°C - 90°C

**5. Food poisoning only occurs because of bad practice in:**

- a) restaurants
- b) retail shops
- c) home or domestic kitchens
- d) any of the above

- 6. The description of food hygiene is:**
- a) cooking food thoroughly
  - b) keeping food safe at all times
  - c) cleaning down surfaces
  - d) keeping the area pest free
- 7. Bacteria grows fastest when they're warm.**
- a) true
  - b) false
- 8. Which of the following is likely to contain the most bacteria?**
- a) cooked chicken
  - b) tinned cream
  - c) frozen raw chicken
  - d) bottled mayonnaise
- 9. Food contaminated with food poisoning bacteria would...**
- a) smell
  - b) change colour
  - c) look and taste normal
  - d) be slimy and bitter
- 10. Chicken should be stored on the highest shelf in the fridge.**
- a) true
  - b) false

answers: 1b, 2a, 3d, 4c, 5d, 6b, 7a, 8c, 9c, 10b

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