

Food Safety Quiz

Tick the correct answer

1. What should you always do before handling food?

- Check the time.
- Wash your hands with soap and warm water.
- Put an apron on.

2. Which of these describes cross-contamination?

- Food packages that are in contact with each other.
- People who get angry when they don't like the food.
- Harmful bacteria passing from one food or surface to another.

3. Who is at risk from food contamination?

- adults
- children
- everyone

4. What does a use-by date tell you?

- The date after which the food should not be used.
- The date that the food was prepared.
- The date that the food was sold.

5. Why should small round foods like grapes or cherry tomatoes be cut into smaller pieces for children?

- To improve the taste.
- To reduce the risk of choking.
- To make them easier for children to pick up.

6. Which of the following should not be given to children under five years old?

- whole nuts or seeds
- ice-cream
- fish

7. What should you remember to do before removing hot food and dishes from an oven or stove?

- Put some oven gloves on.
- Do the washing up.
- Get your cutlery ready.

8. What should you do with hot food before transferring it to the fridge?

- Let it cool down.
- Give it a stir.
- Nothing, you can put it straight in.