Date: _______________   Name: ____________________________   Position: ________________________

Please circle the most appropriate answer; there maybe more than one answer. **Read the questions carefully!**

1) What temperatures must chilled food products be received or stored at?
   a) 15°C  
   b) 5°C or below  
   c) -15°C  
   d) 65°C

2) What must be followed when storing food?
   a) Cover, label and date  
   b) Store off the floor  
   c) Store in a sealed container  
   d) Keep raw and cooked separate  
   e) All of the above

3) What are examples of high risk foods?
   a) Dried uncooked rice, dried fruit, salt  
   b) Prepacked ready to eat salads  
   c) Ready to eat meats such as small goods – deli ham, deli chicken, etc.  
   d) Biscuits, UHT milk, UHT juice

4) Where would you defrost foods safely?
   a) On the bench  
   b) Within a chilled environment  
   c) In the oven  
   d) Within water

5) In the kitchen, what is the best way to dry your hands?
   a) Giving them a shake and then wiping them on your pants  
   b) Wiping them on a clean apron  
   c) Using a cotton towel  
   d) Using a disposable paper towel

6) Why are blue dressings or bandaids to be worn?
   a) So that they stand out in food items to prevent physical contamination  
   b) That is what we have  
   c) Blue bandaids are cheaper  
   d) Matches uniforms for Patient Food Services

7) What are examples of either cross contact or cross contamination?
   a) Not changing gloves or washing hands between touching raw and cooked food  
   b) Not changing gloves or washing hands between touching allergen and non allergen foods  
   c) Not changing gloves or washing hands after smoking, going to the toilet, or touching your face  
   d) Contacting clean surfaces or equipment with dirty surfaces or equipment
Competent or Not Yet Competent: | Retraining Required: | Any Comments – |
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Re read the Australian Food Safety Essentials and correct answers.

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