

# INSTRUCTIONS AND ANSWERS: FOOD SAFETY WORKSHEET 1

## Module 2: Topic 2

**Duration** 20 minutes

**Required** Give each person a printout of the worksheet and a pen or pencil.

**Learning outcomes** Understand basic food hygiene facts.

**Preparation** Talk to the group about the importance of good food hygiene practice and why it is important.

- Importance of cleaning hands, kitchen surfaces and chopping boards/utensils.
- Handling and storage of raw foods.
- Cooking and reheating food.

**Instructions** They are given a multi-choice worksheet. They select their answers by ticking a box.

### WORKSHEET 1 FOOD SAFETY Module 2: Topic 2

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**1. When you put food away in the fridge, which items should be placed on the bottom shelf?**

- salad vegetables
- raw meat, poultry and fish
- foods which are easily squashed

**2. Why do you need to keep raw and cooked foods apart?**

- the flavour may be affected
- the food will go off more quickly
- to stop bacteria which may be on the raw food getting onto the cooked food

**3. When is it most important to wash your hands?**

- after handling cooked foods
- after handling raw meat
- before going to the toilet

**4. How can you tell when food is contaminated with food poisoning bacteria?**

- It smells bad and/or taste sour
- It has mould growing on it
- you can't

**5. What is the best way to dry your hands?**

- with a disposable paper towel
- with a dirty hand towel
- on your clothes

**6. Why do you need to thaw a frozen chicken thoroughly before cooking it?**

- it will be too brown on the outside
- it will be overcooked
- bacteria can survive the cooking process

**7. What does 'best before' mean on a food label?**

- the food will be off after this date
- the food should only be eaten after this date
- the food will not be at its best after this date

**8. What does 'use by' mean on a food label?**

- the food can only be eaten on this day
- the food is only safe to eat until this date
- the food will not be at its best after this date

**9. When shopping, why should you buy frozen foods last?**

- They are nearest to the checkout
- Because they are heavier than other foods and will squash them
- So they do not thaw before you get them home

**10. Which is the safest way to ensure that your chicken is thoroughly cooked?**

- it will look golden brown on the outside
- the juices are clear and there are no pink bits
- it has been cooked for the time recommended

Adapted from Foodlink's resource materials

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