

# 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*