

# Food Hygiene Worksheet: KS3

Name .....
Date .....
Teacher .....

## Quiz:

*Tick the correct answer(s)*

### 1. What does food with a use-by date on it mean?

- After this date food is not safe to eat
- You are only allowed to eat the food on this date
- After this date the food will be safe to eat but probably not as good
- Stores cannot sell food after this date

### 2. What temperature should a freezer be kept at?

- At 0°C
- Below -18°C
- Between -5°C and 0°C
- Around -50°C

### 3. Which TWO of these meats should be cooked all the way through to be safe to eat?

- Lamb                       Beef                       Turkey                       Chicken

### 4. Why should you store meat on the bottom shelf of refrigerators?

- Because that is the coldest part of the fridge
- Because it won't drip onto other food
- Because it should be easy to take in and out of the fridge regularly
- So you can store plenty of ready-to-eat foods next to it

### 5. Why shouldn't you wash chicken?

- Because it affects how well it cooks in the oven
- Because it makes it taste bad
- Because it causes it to spoil quicker
- Because it may cause campylobacter bacteria to spread around the sink

6. **What is the best way to dry your hands after washing them?**

- Wiping them on your clothes
- Using a hand towel that other people have used
- Using a disposable paper towel
- Blowing on them

7. **Why should raw and cooked foods always be separated?**

- Because they won't taste nice together
- Because they make each other go bad quicker
- Because raw food makes cooked food cold
- Because bacteria from the raw food might get on the cooked food

8. **What temperature should the fridge be at?**

- Between 2-4°C
- Below 0°C
- At 10°C
- Above 6°C

9. **When is it most important to wash your hands? (Choose two answers)**

- After touching raw meat
- After using the toilet
- After you've finished eating
- After touching cooked food

10. **Which of these foods are NOT high-risk?**

- Crisps
- Jam Sandwich
- Meats
- Cooked rice

11. **Which two of these foods must be kept in the fridge?**

- Bananas
- Uncooked rice
- Mayonnaise
- Raw bacon

12. **Why is it important to be extra careful to not touch other food without washing your hands when handling peanuts?**

- Because some people think peanuts are too salty
- Because some people are allergic to peanuts
- Because bacteria grows rapidly in peanuts
- Because peanuts make food go bad quickly

13. **What temperature must food be cooked at in order to kill food-poisoning bacteria?**

- At 30°C
- Between 50-55°C
- Above 63°C
- At 49°C

14. Explain why using two separate chopping boards for meat and vegetables is important.

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## Answers

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2. What temperature should a freezer be kept at?

- At 0°C
- Below -18°C**
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- Around -50°C

3. Which **TWO** of these meats should be cooked all the way through to be safe to eat?

- Lamb
- Beef
- Turkey**
- Chicken**

4. Why should you store meat on the bottom shelf of refrigerators?

- Because that is the coldest part of the fridge
- Because it won't drip onto other food**
- Because it should be easy to take in and out of the fridge regularly
- So you can store plenty of ready-to-eat foods next to it

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8. What temperature should the fridge be at?

- Between 2-4°C**       Below 0°C       At 10°C       Above 6°C

9. When is it most important to wash your hands? (Choose two answers)

- After touching raw meat**  
 **After using the toilet**  
 After you've finished eating  
 After touching cooked food

10. Which of these foods are NOT high-risk?

- Crisps**       **Jam Sandwich**       Meats       Cooked rice

11. Which TWO of these foods must be kept in the fridge?

- Bananas       Uncooked rice       **Mayonnaise**       **Raw bacon**

12. Why is it important to be extra careful to not touch other food without washing your hands when handling peanuts?

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 **Because some people are allergic to peanuts**  
 Because bacteria grows rapidly in peanuts  
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13. What temperature must food be cooked at in order to kill food-poisoning bacteria?

- At 30°C       Between 50-55°C       **Above 63°C**       At 49°C

14. Explain why using two separate chopping boards for meat and vegetables is important.

***Something along the lines of:*** meat could be contaminated with food-poisoning bacteria.  
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Bacteria will spread onto surfaces the meat touches, including vegetables if they're cut on  
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the same board. The meat will be cooked, which will kill the bacteria and make the meat safe  
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to eat. But because raw vegetables may not be cooked before being eaten, any food-poison-  
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ing bacteria that gets onto vegetables will make the person that eats them ill. So having 2  
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separate boards ensures that bacteria do not touch vegetables during food preparation.  
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