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