

Name and Surname: _____

Date: _____

Complete all the multiple-choice questions by circling the correct answer.

1. Which picture best describes “personal hygiene”?

a.



b.



c.



2. Micro-organisms are everywhere.

a. True

b. False

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3. What can happen if bad micro-organisms get into the food?

- a. Nothing
- b. They will spoil the food
- c. The food will get a better quality.

4. Why is personal hygiene so important?

- a. It prevents you from contaminating the food product.
- b. It is not important
- c. It is a waste of time.

5. Everyone working in a food environment must wear... what?

- a. Watches
 - b. Cell phones
 - c. PPE (Personal Protective Equipment)
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6. Which is the right way to wear a hair net?

a.



b.



c.



7. Overalls and coats must be... what?

a. Big

b. Clean

c. Orange

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8. Where must you clean your boots?

- a. The boot wash station or foot bath
- b. Toilet
- c. Hand wash basin

9. You must still wash your hands even if you are wearing a glove.

- a. True
- b. False

10. You can re-use a disposable glove until it breaks.

- a. True
- b. False

11. Why do you need to wash your hands?

- a. Because everyone does it.
- b. Because your hands get dirty and can contaminate the food product.
- c. You do not need to wash your hands.

12. When must you wash your hands?

- a. Only once a day
 - b. When you have the time
 - c. When you enter the food production area
-

13. Why is it important to be healthy when working with food?

- a. To prevent contamination of the food product.
- b. So that you do not use up all your sick leave days.
- c. So that you can work faster.

14. What must you do after sneezing or coughing?

a.



b.



c.



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15. What must you do when you feel sick in the workplace?

- a. Go home
- b. Inform your manager
- c. Take a longer lunch break.

16. What must you do when you cut yourself?

- a. Use paper towel to cover the wound and continue with your work.
- b. Do not let anyone know you have cut yourself.
- c. Stop what you are doing and treat the wound by going to the first aider.

17. When someone slips and falls, what must you do?

- a. Call the first aider
- b. Call the hospital
- c. Ignore it and go on with your work.

18. You may wear a watch in the food production area.

- a. True
- b. False

19. You may not eat or drink in the food production area.

- a. True
 - b. False
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20. You may only wear nail polish in the food production area on a Friday.

- a. True
- b. False

Total: 20