

Name:

Date:

## Food poisoning

1. True or false? All bacteria are dangerous and cause illness.

True

False

2. Which of the following is likely to cause food spoilage?

Micro-organism growth

Overcooking food

Freezing food

Increasing the acidity of a food

3. Which of the following is not an example of a 'high risk food'?

Meat and meat products

Bread

Milk and dairy products

Uncooked eggs

4. True or false? Lion mark hen eggs can now be eaten raw or lightly cooked by the general population.

True

False

5. Which of the following groups do not have to worry as much about avoiding high risk foods?

Babies

Teenagers

Pregnant women

Anyone with low resistance to infection

6. Which of the following is a common factor leading to food poisoning?

Storage of food at ambient temperature

Inadequate cooling of food

Under cooking food

All of the above

7. Which of the following is not a common symptom of food poisoning?

Diarrhoea

Weight gain

Exhaustion

Severe vomiting

8. True or false? It is illegal to sell food that has passed its 'use by' date.

True

False

9. Which of the following is a common source of Clostridium botulinum?

Fish

Unpasteurized milk

Contaminated water

Animal and human waste

10. Which of the following bacteria form spores?

Clostridium botulinum

Clostridium perfringens

Campylobacter

E Coli 0157

11. Which of the following is a common source of Campylobacter?

Fish

Raw and undercooked poultry

Dust or soil

Animal and human waste

12. Which of the following are symptoms of food poisoning with Clostridium botulinum?

Diarrhoea

Severe constipation

Fever

Headache

13. Which of the following are symptoms of food poisoning with Campylobacter?

Diarrhoea

Severe constipation

Abdominal pain

Kidney failure

14. Which of the following can occur as a result of food poisoning with E Coli 0157?

Kidney failure

Double vision

Drooping eyelids

Severe constipation

15. Which of the following is a common source of Salmonella?

Fish

Raw and undercooked poultry

Dust or soil

Animal and human waste

16. Which of the following, during pregnancy, may lead to miscarriage or birth of an infected baby?

Clostridium perfringens  
Campylobacter  
Listeria  
Staphylococcus aureus

17. Which of the following is a common source of Bacillus cereus?

Fish  
Rice  
Raw and undercooked poultry  
Animal and human waste

18. How long does food poisoning with Staphylococcus aureus usually last?

1 – 7 hours  
6 – 24 hours  
1 – 7 days  
6 – 24 days

19. Usually, how long is the onset of symptoms with E Coli 0157?

1 – 2 hours  
12 – 24 hours  
3 - 4 days  
10 - 12 days

20. Which of the following reduces the risk of food poisoning?

Never follow 'use by' dates  
Store food at warm temperatures  
Separate raw and cooked food  
Use unwashed fruits and vegetables