



Food Safety Team Quiz Pack

15 questions with answers · printable · free from Food Safety Legends

How to run it

1. Print the question sheet, or read it from a screen. It works at a team huddle, in induction, or before an audit.
2. Read each question aloud and let teams vote or write down their answer.
3. Reveal the answer key (last pages) and read the reason behind each answer, because that is where the learning happens.
4. Score it as a team.

Scoring: 13–15: Food Safety Legend! · 9–12: Solid, with a few gaps to close. · Under 9: time for a team refresher.

Team / name: _____ Date: _____ Score: _____

Question sheet

1 When must a food handler wash their hands?

- ☐ A Only at the start of a shift
- ☐ B Before handling food, after the toilet, after touching raw food, bins or their face
- ☐ C Only when hands look dirty
- ☐ D Once every hour

2 Roughly how long should you scrub your hands with soap?

- ☐ A 3 seconds
- ☐ B At least 20 seconds
- ☐ C 2 minutes
- ☐ D Soap is optional if you use hot water

3 Where should raw meat be stored in a fridge?

- ☐ A On the top shelf
- ☐ B Below ready-to-eat food, covered
- ☐ C Next to salads
- ☐ D It does not matter if it is wrapped

4 What is the "temperature danger zone" where bacteria grow fastest?

- ☐ A Below 0°C
- ☐ B Roughly 5°C to 60°C
- ☐ C Above 75°C
- ☐ D Only above 37°C

- 5 What is the safest way to thaw frozen chicken?**
- ☐ A On the counter overnight
 - ☐ B In the fridge
 - ☐ C In a sink of warm water
 - ☐ D In direct sunlight
- 6 A colleague has diarrhoea and vomiting. What should happen?**
- ☐ A They work but wear gloves
 - ☐ B They report it to the supervisor and stay away from food handling
 - ☐ C They only handle packaged food
 - ☐ D Nothing if they feel fine by lunch
- 7 Which is an example of cross-contamination?**
- ☐ A Cooking chicken thoroughly
 - ☐ B Cutting salad on a board just used for raw meat
 - ☐ C Storing food in sealed containers
 - ☐ D Washing hands after the toilet
- 8 What does FIFO mean in food storage?**
- ☐ A Fast In, Fast Out
 - ☐ B First In, First Out
 - ☐ C Freeze In, Freeze Out
 - ☐ D Food In, Food Out
- 9 You spot a mouse dropping in the dry store. What do you do?**
- ☐ A Sweep it up and carry on
 - ☐ B Report it immediately so pest control and checks can be done
 - ☐ C Ignore it if it is old
 - ☐ D Spray air freshener
- 10 Which of these is a common food allergen?**
- ☐ A Peanuts
 - ☐ B Salt
 - ☐ C Sugar
 - ☐ D Water
- 11 A customer says they have a nut allergy. What is the right response?**
- ☐ A Pick the nuts off the dish
 - ☐ B Check ingredients and preparation with the person in charge before serving
 - ☐ C Say everything is probably fine
 - ☐ D Serve a smaller portion
- 12 What is the difference between cleaning and sanitising?**
- ☐ A There is no difference
 - ☐ B Cleaning removes dirt; sanitising reduces bacteria to safe levels
 - ☐ C Sanitising removes dirt; cleaning kills bacteria
 - ☐ D Cleaning is only for floors

13 What should you do with a cut on your hand before handling food?

- ☐ **A** Leave it uncovered so it heals
- ☐ **B** Cover it with a waterproof (ideally blue) plaster and wear a glove
- ☐ **C** Wrap it in a paper towel
- ☐ **D** Nothing if it is small

14 Hot food is being cooled for storage. What is best?

- ☐ **A** Leave it on the counter overnight
- ☐ **B** Cool it quickly, e.g. in shallow containers, then refrigerate
- ☐ **C** Put the whole hot pot straight in the freezer
- ☐ **D** Keep it warm until tomorrow

15 Who is responsible for food safety in a food business?

- ☐ **A** Only the food safety manager
- ☐ **B** Only the inspector
- ☐ **C** Everyone who handles food, led by the person in charge
- ☐ **D** Only the owner

Answer key

#	Correct answer	Why
1	B Before handling food, after the toilet, after touching raw food, bins or their face	Hands carry bacteria you cannot see. Wash before handling food and after anything that could contaminate them.
2	B At least 20 seconds	Scrub all surfaces of the hands with soap for at least 20 seconds, then rinse and dry with a clean towel.
3	B Below ready-to-eat food, covered	Store raw meat covered and below ready-to-eat food so juices cannot drip onto food that will not be cooked again.
4	B Roughly 5°C to 60°C	The WHO Five Keys advise keeping cold food below 5°C and hot food above 60°C to limit bacterial growth.
5	B In the fridge	Thaw in the fridge so the outside of the food never sits in the danger zone while the inside thaws.
6	B They report it to the supervisor and stay away from food handling	Ill food handlers can spread illness through food. They must report symptoms and be excluded from food handling as your policy requires.
7	B Cutting salad on a board just used for raw meat	Bacteria move from raw food to ready-to-eat food via boards, knives, hands and surfaces. Use separate or properly cleaned equipment.
8	B First In, First Out	First In, First Out: use older stock first so food is used within its shelf life.
9	B Report it immediately so pest control and checks can be done	Pest signs must be reported straight away. Food may be contaminated and the source must be found.
10	A Peanuts	Peanuts are one of the most common causes of severe allergic reactions. Always know which allergens are in what you serve.
11	B Check ingredients and preparation with the person in charge before serving	Allergens can be hidden in ingredients or transferred in preparation. Check properly and never guess.
12	B Cleaning removes dirt; sanitising reduces bacteria to safe levels	Clean first to remove dirt and grease, then sanitise so the sanitiser can work on a clean surface.
13	B Cover it with a waterproof (ideally blue) plaster and wear a glove	Cover wounds with a waterproof, highly visible plaster (blue is standard in many kitchens) and a glove.
14	B Cool it quickly, e.g. in shallow containers, then refrigerate	Cool food quickly through the danger zone. Shallow containers or dividing large batches helps.
15	C Everyone who handles food, led by the person in charge	Food safety is everyone's job. In South Africa, R638 makes the person in charge responsible for making sure food handlers are trained.

Turn the quiz into a team game

These questions are a taste of the quiz rounds in **Food Safety Legends**, a board game where teams race around a food production facility answering quiz cards, dodging Pitfalls and playing Power-Ups. It turns a quiz like this into a 30–60 minute team session.

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These questions cover general food safety principles in line with the WHO Five Keys to Safer Food. They do not replace accredited food handler training, your own procedures or the requirements of Regulation R638. Food Safety Legends is not accredited training and does not issue certificates.