



National Day Nurseries Association

**★Brighter thinking
for early years**

Quiz



Food Hygiene in Early Years



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NDNA Quiz: Food hygiene

1. Which of the following facilities is it NOT a legal requirement to have in a kitchen?

- a. Hot and cold running water
- b. Adequate space to store foods
- c. Separate sinks for handwashing, food washing and equipment washing
- d. A blast chiller.

2. Anyone is at risk of getting food poisoning, but there are some who will suffer more serious symptoms and it could even be fatal. Which age group is that likely to be?

- a. Young children and babies
- b. Teenagers
- c. School-aged children.

3. Which staff members are required to have food safety training?

- a. Only those that prepare high risk food
- b. Everyone who works in the setting
- c. Everyone who is responsible for preparing and handling food
- d. Only those that handle open food.

4. Which of the below is a cause of food poisoning?

- a. Not reheating food to a high enough temperature
- b. Not thawing frozen food properly before it is cooked
- c. Contamination of food by food handlers
- d. All of the above.

5. Is ignorance of the law (The Food Safety Act 1990) a defence in the event of a prosecution?

- a. No
- b. Yes.

6. What is an EHO?

- a. Environment Hygiene Official
- b. Environmental Health Officer.

7. True or false? Since 2014 all food businesses, including early years settings, have been required by law to give details about the allergens in the food they provide.

- a. False
- b. True.

8. Which of the foods below can cause allergies? Select all that apply.

- a. Nuts
- b. Apples
- c. Potatoes
- d. Sesame seeds.

9. Can you re-freeze foods that have previously been frozen?

- a. No
- b. Yes.

10. True or false? Pests present a significant risk to food safety.

- a. False
- b. True.

Answers – yellow marks the correct answer (s)

1. Which of the following facilities is it NOT a legal requirement to have in a kitchen

- a. Hot and cold running water
- b. Adequate space to store foods
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2. Anyone is at risk of getting food poisoning, but there are some who will suffer more serious symptoms and it could even be fatal. Which age group is that likely to be?

- a. Young children and babies
- b. Teenagers
- c. School-aged children.

Note: Those most at risk include the very young, as their immune systems have not yet fully developed. This makes young children vulnerable to infections, including food poisoning.

3. Which staff members are required to have food safety training?

- a. Only those that prepare high risk food
- b. Everyone who works in the setting
- c. Everyone who is responsible for preparing and handling food
- d. Only those that handle open food.

Note: For England, the EYFS states that: 'In group provision, all staff involved in preparing and handling food must receive training in food hygiene.'

In Scotland, the Setting the Table guidance, states in section 4.6 that 'All those handling food, or preparing and storing infant milk (breast milk or formula) will need training in food safety and hygiene.'

In Wales, the National Minimum Standards states in section 10.11, 'those responsible for the preparation and handling of food are fully aware of and comply with regulations relating to food safety and hygiene'

4. Which of the below is a cause of food poisoning?

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- d. All of the above.

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6. What is an EHO?

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- b. Environmental Health Officer.

Note: Food safety standards are enforced by Environmental Health Officers (EHOs) and Trading Standards Officers (TSOs) and both are employed by the Local Authority. They have a duty to protect the public from harm that may arise from unsafe food and premises.

7. True or false: Since 2014 all food businesses, including early years settings, have been required by law to give details about the allergens in the food they provide.

- a. False
- b. True.

8. Which of the foods below can cause allergies? Tick all that apply.

- a. Nuts
- b. Apples
- c. Potatoes
- d. Sesame seeds.

9. Can you re-freeze foods that have previously been frozen?

- a. No
- b. Yes.

10. True or false: Pests present a significant risk to food safety.

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To learn more, try our online Food safety and Hygiene Level 2 course via <https://ndna.org.uk/product/food-safety-and-hygiene-level-2/>

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