

Assessment Event 4 of 4 – Written Questions and Results Sheet (Self-paced)

Date: / /	Student Name:
Location and date of practical training and/or student ID	I declare that all of the attached documentation has been produced by myself. Student Signature:

You must write your answers in PEN to complete this assessment. Pencil is not allowed.

Competence: Competence in this unit and issuance of the statement of attainment requires you to successfully demonstrate 'competence' (100%) on all questions and activities. None of the questions are to be left unanswered. You may re-sit i.e. make a second attempt at any of the tasks. If you are unable to complete a task satisfactorily after the second attempt you will be offered to opportunity to come to the next scheduled course and complete the assessment task at that time (this is dependent on course numbers). If you cannot complete the tasks satisfactorily at this time you will be required to reenrol and attend a new course.

Assessment Tasks	Written Questions – Assessment event 4	Satisfactory <input type="checkbox"/>	Not Satisfactory <input type="checkbox"/>
Assessor to complete - Comments (feedback, assessment attempts, supporting evidence requested, etc.): <input type="checkbox"/> The student's performances are excellent and meet all assessment requirements. <input type="checkbox"/> The student's performances are poor and fail to meet assessment requirements. If so, please specify areas for improvement –			
Assessor's name:	Assessor's signature:	Date	

Assessment Instructions

This assessment is MANDATORY and can be completed either BEFORE or AFTER the practical assessments. When you have completed this assessment it must be submitted for marking

Questions: Please ask the assessor for assistance if you have difficulty writing the answers to the questions. You can use the handout to answer questions but you may not talk to other students. You can answer the questions orally. If you answer orally the assessor will write the answers and you will both be required to initial each page to verify that you have answered the questions. **You must get 100% of the answers correct to gain competence in these units.**

Write each of your answers in the space provided.

1	Why do we use the following four examples of protective clothing in the food handling industry? Give reasons for using each in the right hand column.	Yes	No
	Protective Uniform	Reason for use	
	Chef hat, Cap, Hair net		
	Chef Jacket	<input type="checkbox"/>	<input type="checkbox"/>
	Apron		
	Shoes		
2	How can you prevent food contamination from clothing and other items worn? Circle the correct answer	Yes	No
	A) Don't wear jewellery while working in the kitchen B) Always wear a clean uniform C) Always wear a hat when preparing food D) Use a clean apron when preparing food E) All of the above	<input type="checkbox"/>	<input type="checkbox"/>

3 Complete the answers to each of the questions below choosing Yes or No

		Yes	No
A Chef can wear a wedding ring while working in the kitchen.	Y / N	<input type="checkbox"/>	<input type="checkbox"/>
After washing my hands I use my apron to dry them.	Y / N		
Always wear my clean uniform on my way to work.	Y / N		
Always wear a hat when preparing food.	Y / N		
When washing a uniform above 60C it will kill germs.	Y / N		
Smoking in the dry store is allowed.	Y / N		
Moisture droplets from sneezing or coughing are loaded with germs.	Y / N		
Long Hair should be tied back.	Y / N		
A broken or torn uniform is unsafe.	Y / N		
Always blow into gloves for a better fit.	Y / N		
A bottle of milk has split in the fridge all over the raw chicken. You clean up the milk, throw away the chicken & report the incident to the supervisor	Y / N		
Food can carry germs that one cannot see or smell	Y / N		
If you accidentally bleed on food you are required to tell a supervisor, so the food can be thrown out	Y / N		
After accidentally dropping your hat in the soup, there is a risk of contamination	Y / N		
In the deli bar, a food handler should always wear gloves & tongs when preparing food	Y / N		
Cardboard boxes do not carry germs onto work surfaces	Y / N		
Keep hot food above 60 C and cold food below 5 C	Y / N		

4 Put the 8 steps of **handwashing** in order.

STEP	ORDER	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Brush under nails			
Clean hands for 20 seconds			
Rinse with warm water			
Use liquid soap			
Dry hands with paper towel or dryer			
Warm rinse under running water			
Wash between fingers and around thumbs			
Wash back of wrist and lower arm			

5 **Food contamination and cross contamination**

Spreading germs to other staff members or food can be prevented. Give four examples of how and what I can do to prevent spreading germs.

		Yes	No
1		<input type="checkbox"/>	<input type="checkbox"/>
2			
3			
4			

6 There are **three** ways food can be contaminated. Name the three types of contamination.

		Yes	No
1		<input type="checkbox"/>	<input type="checkbox"/>
2			
3			

7 Personal hygiene food safety program

Read the article and write your answers to the questions in the space provided

		Yes	No
If you cut yourself whilst handling food, name three actions you should take:			
If you are too sick to work, what two actions should you take?		<input type="checkbox"/>	<input type="checkbox"/>
What does HACCP stand for?			
Give 4 reasons why are you required to follow a food safety program			

8 The Code

		Yes	No
In the list below – CIRCLE why we are to follow a food safety program (Can be multiple answers) :			
<ul style="list-style-type: none"> A. Keep food safe B. Prevent cross contamination C. Reporting procedures D. Identify food hazards E. To keep the boss happy 		<input type="checkbox"/>	<input type="checkbox"/>
What is the food standards code you need to follow when working in Australia?			
<ul style="list-style-type: none"> A. The liquor Act 2007 B. The FSANZ Code C. WHS Act 2011 D. All of the above 		<input type="checkbox"/>	<input type="checkbox"/>
What is a requirement for food handlers, in the code of practice?			
<ul style="list-style-type: none"> A. A food handler must notify their supervisor if they suspect they have contaminated food B. Take all practical measures to ensure anything they are wearing does not contaminate food or surfaces likely to come into contact with food C. All of the above 		<input type="checkbox"/>	<input type="checkbox"/>

9 What is Cross Contamination? (explain in less than 30 words)

		Yes	No
		<input type="checkbox"/>	<input type="checkbox"/>

10 Read the case study below and identify a minimum of 6 examples of cross contamination faults.

Yes	No
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The chef arrives at 9 am in the kitchen with his coffee. He reads his preparation list and starts getting his ingredients from the fridge. He comes back with a carton of chicken, balancing 10 eggs on top. He boils the eggs in a pot and starts cutting the chicken in to small pieces on a brown chopping board. He places the cut chicken into a bowl and wipes the board with his tea towel, then turns the board over. The chef gets a phone call on his mobile. After that the eggs have finished cooking. He refreshes them in ice water and cuts them on his brown chopping board for the daily salad. The chef wipes down the board with his tea towel and takes the preparation into the cool room. Meanwhile the apprentice comes by with the cooked roast beef. She sees the brown chopping board set up. She thinks I better turn the board over in case someone else had used it, then starts cutting the beef.

1			
2			
3		<input type="checkbox"/>	<input type="checkbox"/>
4			
5			
6			
What basics aspects of food safety standards could be implemented to prevent food hazards in the future?		<input type="checkbox"/>	<input type="checkbox"/>
What are the ramifications of disregarding the basic food safety standards?		<input type="checkbox"/>	<input type="checkbox"/>
If you are working with the above chef, who would you report the above unsafe work practices that breach hygiene procedures ?		<input type="checkbox"/>	<input type="checkbox"/>

11 Food Poisoning Bacteria - What are these microbes?

It is estimated that every year more than five million Australians are affected by foodborne illness. Illnesses such as food poisoning are becoming more common as our lifestyles change – for one thing, we eat out more and more food is being prepared in advance. We have no accurate figures on how much food poisoning is the result of mishandling by the consumer, but it is thought to be between 12 to 20%.

Source check www.foodsafety.asn.au/.../Food%20Poisoning%20Bacteria_2.pdf

Bacteria	Type of illness	Food source	Yes	No
Salmonella	Gastro flu		<input type="checkbox"/>	<input type="checkbox"/>
Campylobacter	Gastro intestine		<input type="checkbox"/>	<input type="checkbox"/>
Escherichia coli	Bladder		<input type="checkbox"/>	<input type="checkbox"/>
Clostridium botulinum	Gut		<input type="checkbox"/>	<input type="checkbox"/>
Staphylococcus Aureus	nausea, vomiting		<input type="checkbox"/>	<input type="checkbox"/>
Clostridium botulinum	diarrhoea vomiting		<input type="checkbox"/>	<input type="checkbox"/>

12 Spoilage

Keeping food safe from spoilage takes care and proper organisation. Sometimes food spoilage can't be avoided and you can tell straight away if food is unsafe to eat. It may look, smell or taste bad.

Yes	No
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Protein food Eg. Fish, Milk, Meat		<input type="checkbox"/>	<input type="checkbox"/>
Sugar/Acid foods Eg. Fruit juice		<input type="checkbox"/>	<input type="checkbox"/>
Chemically complicated food Eg. Cheese, fruit, vegetables		<input type="checkbox"/>	<input type="checkbox"/>

13 Stock rotation and know your temperature

Answer the following short answer questions

		Yes	No
What does FIFO stand for?		<input type="checkbox"/>	<input type="checkbox"/>
What does a Use By date stand for on a food product?		<input type="checkbox"/>	<input type="checkbox"/>
At what temperature should cold food be stored below?		<input type="checkbox"/>	<input type="checkbox"/>
At what temperature should Hot Food be held above?		<input type="checkbox"/>	<input type="checkbox"/>
What temperature should frozen food be kept at?		<input type="checkbox"/>	<input type="checkbox"/>
Why do you calibrate a thermometer?		<input type="checkbox"/>	<input type="checkbox"/>
What are the reasons for closing milk bottles or wrapping foods?		<input type="checkbox"/>	<input type="checkbox"/>
What temperature should a commercial fridge be set at?		<input type="checkbox"/>	<input type="checkbox"/>
How many times can one reheat food products?		<input type="checkbox"/>	<input type="checkbox"/>
Circle which of the following defrosting methods are safe?	Fridge Sink Cool room Microwave Bench Oven	<input type="checkbox"/>	<input type="checkbox"/>

14 Cleaning


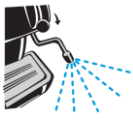




Answer the following short answer questions

		Yes	No
Discuss the reasons why you clean the workplace and list three examples	1 2 3	<input type="checkbox"/>	<input type="checkbox"/>
Name three steps you should take to clean the workplace:	1 2 3	<input type="checkbox"/>	<input type="checkbox"/>
Where should cleaning products be kept at your work place?			

15 Put these cleaning activities in order

STEP	EXPLANATION	ORDER	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Sanitise	use a sanitiser to kill any remaining germs.			
Rinse	rinse off any loose dirt or detergent foam.			
Pre-clean	scrape, wipe or sweep away food scraps and rinse with water.			
Dry	allow to drip-dry.			
Final Rinse	wash off sanitiser (read the sanitiser's instructions to see if you need to do this).			
Wash	use hot water and detergent to take off any grease and dirt. Soak if needed.			

16 Number the correct order sequence for steaming/foaming milk

- A  Pour milk straight away _____
- B  Purge and wipe steam wand _____
- C  Place tip of steam wand under surface of milk _____
- D  Foam milk and apply hand to side of pot until too hot to touch (65°C) _____
- E  Pour fresh cold milk into jug _____
- F  Expel water from steam wand _____

17 Label each of the coffees in the space provided.



18 List "mise en place" required prior to service (equipment, ingredients etc)

	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

19 What precautions must you take when using a coffee machine to reduce risk of injury?	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

20 What are the requirements for correct storage of each of the following?	Yes	No
Coffee Beans	<input type="checkbox"/>	<input type="checkbox"/>
Milk		

21 Explain the steps for cleaning a coffee machine.	Yes	No
a.	<input type="checkbox"/>	<input type="checkbox"/>
b.		
c.		
d.		
e.		
f.		

22 What action would you take for each of these faults?	Yes	No
Strange sounds coming from the grinder	<input type="checkbox"/>	<input type="checkbox"/>
Coffee machine is not working after being turned on		
Small flecks of coffee on crema		

23 What are the common types of coffee beans and the characteristics of these?	Yes	No
Arabica:	<input type="checkbox"/>	<input type="checkbox"/>
Robusta		

24 Why are Arabica beans used more predominantly in coffee shops than Robusta beans?	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

25 How would the factors below impact on the quality of the coffee? What precautions should you take to avoid this from happening?

Factor	Impact	Precautions	Yes	No
Cold espresso cup			<input type="checkbox"/>	<input type="checkbox"/>
Coffee beans not stored in airtight container				
Dirty group head on coffee machine				

26 Explain the differences between the types of milk listed below by describing their characteristics.

Milk	Characteristics	Yes	No
Regular Milk		<input type="checkbox"/>	<input type="checkbox"/>
Skim Milk			
Soy Milk			

27 Outline the different characteristics of the coffee machines listed below.

Machine	Characteristics	Yes	No
Manual Espresso Machine		<input type="checkbox"/>	<input type="checkbox"/>
Semi-Automatic Espresso Machine			

28 Circle what should the espresso shot look like when it comes out of the handle?

	Yes	No
A) Like honey dripping (pouring) off a spoon B) Gushing out quickly C) Drip by drip D) All of the above	<input type="checkbox"/>	<input type="checkbox"/>

29 Diagnose the following problems with respect to the coffee grind.

	Yes	No
The coffee is pouring out too fast. What is the problem with grind?	<input type="checkbox"/>	<input type="checkbox"/>
The coffee is coming out too slow. What is the problem with grind?		

30 What are the standard recipes for the following espresso coffees?

Type of Coffee	Standard recipe	Yes	No
Flat White		<input type="checkbox"/>	<input type="checkbox"/>
Espresso			
Short Macchiato			
Cappuccino			

31 What would you do if the grinder started to make a loud sound?

	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

32 Why is it important to clean the steam wand frequently?

	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>
How should you clean the steam wand?	<input type="checkbox"/>	<input type="checkbox"/>

33 Why is it important to get the speed of the espresso pour correct? Circle the correct answer

	Yes	No
A) Work efficiency B) Because the customer likes it fast C) Consistency of taste and strength	<input type="checkbox"/>	<input type="checkbox"/>

34 What is the correct pour rate for espresso?

Yes	No
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- A) 30ml in 40 sec B) 30ml in 20 sec C) 30ml in 30 sec

<input type="checkbox"/>	<input type="checkbox"/>
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35 Write down what each coffee grind is best used for.

Yes	No
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Grind	Use	Yes	No
Medium		<input type="checkbox"/>	<input type="checkbox"/>
Fine			
Super Fine			

36 Hazard identification

You are required to report hazards in the workplace. Please identify & circle the hazards in the below diagram.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

