

DEPARTMENT OF NUTRITION
PAPER-IV FOOD HYGIENE AND SANITATION
INTERNAL-I QUESTION BANK

I. Multiple Choice Questions

10 X ½ = 5 M

1. Which of the following best defines food hygiene? ()

- a) Cleaning utensils only
- b) Maintaining cleanliness in food preparation and handling
- c) Cooking food properly
- d) Washing hands only

Answer: **b) Maintaining cleanliness in food preparation and handling**

2. Which one is NOT a basic aspect of personal hygiene? ()

- a) Washing hands
- b) Wearing clean clothes
- c) Sleeping late at night
- d) Trimming nails

Answer: **c) Sleeping late at night**

3. The main purpose of sanitation training is: ()

- a) To increase food sales
- b) To reduce microbial contamination
- c) To improve taste of food
- d) To reduce cooking time

Answer: **b) To reduce microbial contamination**

4. Which of the following is a common fault in food preparation? ()

- a) Cooking at right temperature
- b) Storing raw meat with cooked food
- c) Washing vegetables before cooking
- d) Using clean utensils

Answer: **b) Storing raw meat with cooked food**

5. Which pest is known to spread malaria? ()

- a) Housefly
- b) Rat

c) Mosquito

d) Cockroach

Answer: c) Mosquito

6. Which insect spreads typhoid and diarrhea? ()

a) Mosquito

b) Housefly

c) Rat

d) Cockroach

Answer: b) Housefly

7. Rodents mainly spread diseases like: ()

a) Cholera

b) Plague

c) Malaria

d) Hepatitis

Answer: b) Plague

8. Which of the following is the best method to minimize microbial load? ()

a) Washing hands and utensils properly

b) Adding more spices

c) Cooking faster

d) Using plastic containers

Answer: a) Washing hands and utensils properly

9. Which of these pests is most commonly found in kitchens? ()

a) Termites

b) Cockroaches

c) Ants

d) Bedbugs

Answer: b) Cockroaches

10. Personal hygiene of a food handler is important because: ()

a) It reduces cooking time

b) It prevents contamination of food

- c) It makes food tastier
- d) It increases food quantity

Answer: **b) It prevents contamination of food**

II. Fill in the Blanks

10 X 1/2 = 5 M

1. Hygiene refers to practices that help in maintaining ____.

Answer: **health and cleanliness**

2. Procedures to minimize microbial load include proper ____ and ____.

Answer: **cleaning, cooking**

3. Mixing raw and cooked food together is a ____ in food preparation.

Answer: **common fault**

4. Sanitation training provides ____ about safe food handling.

Answer: **education**

5. The insect responsible for spreading malaria is ____.

Answer: **mosquito**

6. ____ are the main carriers of plague.

Answer: **Rats and rodents**

7. Cockroaches usually hide in ____ and ____ areas.

Answer: **dark, damp**

8. The use of ____ and ____ helps control pests effectively.

Answer: **pesticides, insecticides**

9. ____ hygiene is essential for those who prepare and serve food.

Answer: **Personal**

10. Proper ____ and ____ of premises helps in maintaining sanitation.

Answer: **ventilation, lighting**

III. One Word

5 X 1 = 5 M

1. Definition of practices to maintain health and cleanliness

2. Insect that spreads malaria

3. Rodents spread this disease

4. Unclean food handling results in this

5. Training given for safe and clean food practices

IV. Assignment

1 x 5 =5 M