



Gray areas: only the Hygiene Passport Examiner fills!

The name and code number of the Hygiene Passport Examiner [Tero Testaaja X 12345]	Examination date [XX.XX.XXXX klo XX:XX]	The final score /40
The signature of the Hygiene Passport Examiner:		<input type="checkbox"/> Accepted <input type="checkbox"/> Failed, why?
While collecting the test form, The Hygiene Passport examiner did check the person's identity against his/h <input type="checkbox"/> identity card <input type="checkbox"/> passport <input type="checkbox"/> driver's license <input type="checkbox"/> other, which:		

Note: Enter your full name and Finnish personal identity code. If you do not have a Finnish personal identity code, please state your date of birth. Write the background and answer markings using a ballpoint pen (not black) or another similar pen ensuring permanency of test results and quality for archiving. To use a pencil is forbidden. Approval of the test is gained with the score of minimum 34/40 points. You may leave the test occasion not until 20 minutes after starting. If you disrupt the test session or otherwise break the order in the test session, and you do not stop the procedure despite the examiner's prompt, or you commit cheating or an attempt to do so, your test performance will not be evaluated, but it will be considered rejected. Your personal information will be recorded in the Food Authority's register of persons who participated in the Hygiene Passport test. We process your personal data in accordance with the data protection notice (www.ruokavirasto.fi).

PLEASE WRITE CLEARLY TEXTING OR IN CAPITAL LETTERS THE INFORMATION REQUIRED BELOW, THANK YOU.

All first names ELLI MARIA	The Finnish personal identity code or date of birth, if there is no Finnish personal identity code 110100-123A
Full last name ESIMERKKI	

Answer the statements below by choosing either O = TRUE or T = FALSE	T	F	Cont.
1. Some dairy products are made by using useful microbes. True. Beneficial microbes are used in the production of many foods. For example, lactic acid bacteria, yeasts and molds are used to make fermented milk products, bread and mold cheeses.	X		
2. The risk of food poisoning increases, if an employee handles raw meat and vegetables using the same utensils or work surfaces when preparing food. True. When handling ingredients, attention should be paid to hygienic working methods. When cutting ingredients and otherwise preparing, special attention should be paid to the cleanliness of equipment and utensils. Cross-contamination between ingredients and finished products should be avoided. Different ingredients, such as raw meat, fish, vegetables and cooked foods, should be handled with different utensils and cutting boards to avoid cross-contamination. Hands should be washed, tools changed and surfaces cleaned carefully between handling different ingredients. Unnecessary hand contact with food should be avoided. Easily perishable ingredients should be handled in areas as cool as possible.	X		
3. A refrigeration appliance is marked with a fill limit. The fill limit does not affect the shelf-life of foodstuffs in the appliance. False. It is important to keep your refrigerator within its maximum capacity for several reasons. Exceeding the maximum capacity can result in food not being kept safe, increasing the risk of food poisoning. If your refrigerator is overfilled, air cannot circulate properly, which can lead to uneven temperatures in different parts of the refrigerator. This can cause some foods to not stay cold enough and spoil more quickly. An overfilled refrigerator uses more energy to maintain the correct temperature.		X	
4. Warm portions of food may cool to room temperature during transport. False. It is important to ensure that food is transported at the correct temperature. Warm food should not be allowed to cool to room temperature during transport, as this can increase the risk of food poisoning. Food to be served warm should be at least +60 degrees Celsius or cooled to below +6 degrees Celsius within 4 hours before transport. Temperatures affect the safety and shelf life of food. Temperatures can be controlled both own action and with equipment. Good temperature management always includes monitoring temperatures. Food sold warm or served that has not been cooled must be stored so that its temperature is at least +60 degrees Celsius throughout. A rule of thumb is that the temperature range suitable for the growth of microbes harmful to humans, i.e. the danger zone of food, is +6 - +60 degrees Celsius. The safety and shelf life of food is ensured by avoiding this temperature range at every stage of food processing.		X	



Answer the statements below by choosing either O = TRUE or T = FALSE		T	F	Cont.
5.	<p>Food covered with plastic wrap remains safe in room temperature, since the wrap protects the food from the microbes in the surroundings.</p> <p>False. Warm food will not remain at room temperature. Perishable food prepared by heating must be stored after preparation either at a minimum of +60 degrees Celsius or cooled to +6 degrees Celsius or below within four hours of preparation. Plastic wrap is not sufficient to protect warm food at room temperature. Although plastic wrap can prevent some microbes from the environment from entering the food, it does not prevent the growth of bacteria that occurs when the food cools to room temperature. Plastic wrap may slow down the cooling of the food. Cooling is faster if the portion to be cooled is small and cooling is done without a lid/plastic wrap, for example. There must be dedicated equipment and appliance for the regular cooling of foodstuff and the storage of cooled foodstuff. Cold storage device for foodstuff is not intended for the cooling of foodstuff, as its cooling capacity is generally not sufficient to achieve the required cooling rate. Food must be cooled to its storage temperature within a maximum of four hours. Only small quantities of foodstuff can be cooled in a cold storage device, provided that the capacity of the device is sufficient and that the temperature of other foodstuff stored in the device does not rise at the same time. The success of the cooling and the temperature of the foodstuff stored must be monitored by self-monitoring. When using plastic wrap, it must also be taken into account that it is suitable for the intended purpose.</p>		X	
6.	<p>The legislation on the sales and storage of foodstuffs does not have to be followed in fairs.</p> <p>False. All operators engaged in food business must comply with food legislation in their operations.</p>		X	
7.	<p>Washing and mechanical cleaning of the work surfaces can be replaced by using only a disinfectant.</p> <p>False. Washing and mechanical cleaning of work surfaces cannot be replaced by the use of disinfectant alone. Washing and mechanical cleaning are important steps because they remove visible dirt and organic matter that can protect microbes from the disinfectant. Removing visible dirt is a prerequisite for successful washing and disinfection. Disinfectants are only effective on clean surfaces, so washing and mechanical cleaning are essential before disinfection.</p>		X	
8.	<p>The use by day marking on food packaging means the date after which the foodstuff may still be sold, if its quality is good.</p> <p>False. "The use by day" or "use by date" means the date after which a foodstuff may no longer be sold or used. The label is used for microbiologically perishable foods that are likely to pose an immediate risk to human health in a short period of time. These products include, for example, packaged minced meat or fresh fish.</p>		X	
9.	<p>The dosing of detergent is critically important for the result of the cleaning.</p> <p>True. If you use too little detergent, the cleaning effect will not be sufficient and the surfaces may remain dirty. On the other hand, if you use too much detergent, it may leave residues on the surfaces, which is undesirable. The correct dosage ensures that the detergent works effectively and that the surfaces are cleaned properly without excess residue. It is important to follow the dosage instructions given by the detergent manufacturer to achieve the best results.</p>	X		
10.	<p>If an employee uses disposable gloves, the gloves must always be replaced after touching dirty surfaces or handling money.</p> <p>True. When handling foodstuff, the primary purpose of disposable protective gloves is to protect foodstuff from dirt and microbes spread through hands. Disposable gloves should only be put on clean and washed hands. Disposable gloves should be changed every time they have touched dirty surfaces, dirty tools, money or other potential sources of contamination. This is important to prevent cross-contamination and ensure food safety. The use of protective gloves is not required in principle in food work. However, in some individual work stages and situations, the use of protective gloves is necessary, for example, when handling meat with cut-resistant gloves or when a person has a wound covered with a plaster on their hand. In addition to the above, food business operators can themselves define other situations and work stages in which protective gloves are used. For example, an</p>	X		



Answer the statements below by choosing either O = TRUE or T = FALSE	T	F	Cont.
<i>employee may not first handle money and then use the same protective gloves to pack bread, berries or other foodstuff. In this case, using gloves does not protect the foodstuff, but the microbes on the money are transferred to the foodstuff through the gloves.</i>			
11. Food may be safely refrigerated on a work desk, if the temperature outdoor is cold enough and a window next to the food container is open. False. The above cooling method is not sufficiently controlled and can expose food to contamination. An open window can let in dust, insects and other contaminants that can contaminate the food. In addition, at room temperature it is difficult to ensure that food cools sufficiently quickly and evenly, which is important to prevent microbial growth. There must be dedicated equipment and appliance for the regular cooling of foodstuff and the storage of refrigerated food. Cold storage appliance for foodstuff are not intended for cooling foodstuff, as their cooling capacity is usually not sufficient to achieve the required cooling rate. Foodstuff must be cooled to their storage temperature within a maximum of four hours. Only small quantities of foodstuff can be cooled in a cold storage appliance, provided that the capacity of the appliance is sufficient and that the temperature of other foodstuff stored in the appliance does not rise at the same time. The success of cooling and the temperature of the foodstuff stored must be monitored by self-monitoring.		X	
12. Packaging materials of foodstuffs may not be stored directly on the floor, instead, they must be stored on clean platforms, for example. True. Food packaging materials must not be placed directly on the floor but must be stored on clean surfaces. Storing on clean surfaces helps prevent contamination of packaging materials. Dirty packaging materials can adversely affect the food hygiene quality of foodstuffs.	X		
13. Pets are allowed in the kitchen of a food premises. False. Pets are not allowed in the kitchen areas of a food premises. Bringing a pet into the customer areas of a registered food premises is permitted with the consent of the operator. However, the operator may limit the type of pets allowed, for example, to certain species or animals of a certain size. The possibility of bringing a pet into the food premises and the related restrictions must be announced at the entrance of the premises.		X	
14. If a foodstuff (such as liver casserole) has been taken out of a freezer to thaw, its shelf-life is longer than that of a similar foodstuff that has not been deep frozen. False. Thawed foodstuff can spoil faster than unfrozen foodstuff. Freezing foodstuff creates ice crystals that break the structure of the foodstuff. When thawed, the broken structure provides a good environment for microbes to grow rapidly. Frozen foodstuff that has been thawed should be used as soon as possible because its shelf life is shorter than that of fresh/freshly prepared foodstuff.		X	
15. Pasteurised milk is an easily perishable foodstuff. True. Although pasteurization destroys the majority of pathogens in milk and extends its shelf life, milk is still susceptible to spoilage if it is not stored properly at the correct storage temperature (maximum +6 degrees Celsius). Pasteurized milk is therefore a perishable food.	X		
16. A worker might spread noroviruses to a foodstuff even if he/she has no symptoms. True. Norovirus is highly contagious and can be spread by asymptomatic carriers. This means that a person can spread the virus for long periods after symptoms have stopped or without symptoms at all. The virus is most commonly spread from person to person through contact or droplet infection, but it can also be spread through contaminated foodstuff or water. The virus can end up on berries, fruits and vegetables if they are watered with water contaminated with human feces. The virus can also be transferred from person to foodstuff through hands. It is very important to follow good hand hygiene. After an infectious disease, the period of contagiousness should be assessed by a healthcare professional if necessary. For example, after an illness caused by norovirus, you should refrain from work for at least two days after the symptoms have stopped. A person who has a disease that may be transmitted through foodstuff or who is a carrier of such a disease or who	X		



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has, for example, diarrhea, must not handle foodstuff or be in a food handling area for any reason if there is a risk of direct or indirect contamination.			
17. An employee must wash his/her hands if he/she has first handled raw foodstuffs such as raw fish, and then starts to handle cooked foodstuffs such as cooked broiler. True. Workers must wash their hands after handling raw foodstuffs before handling cooked foodstuffs. This is important to prevent cross-contamination, which can lead to food poisoning. Raw foodstuffs such as fish or meat can contain harmful bacteria that can be transferred to cooked foodstuffs if hand hygiene is not followed. Hand washing is one of the most effective ways to reduce this risk and ensure food safety. Cross-contamination is the transfer of harmful microbes or non-food ingredients from one food item to another, either directly or indirectly, for example, through hands or equipment. Cross-contamination or other microbiological or chemical contamination of food cannot be seen with the naked eye, which is why contaminated food cannot be identified and removed from safe food. It is therefore of paramount importance to work hygienically in food premises to prevent cross-contamination.	X		
18. All food business operators must carry out own-check. True. All food business operators must carry out own-check. Own-check is a key part of ensuring food safety, and it is used to manage risks and hazards related to operations. The plan for own-check includes, among other things, cleanliness, temperature control, ensuring staff hygiene skills and many other food safety-related issues. A food business company's own-check consists of a support system and, if necessary, other means of managing hazards. The description of own-check can be written, electronic or even partly verbal. The operator must comply with the own-check and keep it up to date. When drawing up the own-check, the size of the company and the nature of the operation are taken into account. Own-check is subject to certain accounting requirements. With the help of own-check records, the operator can demonstrate to the supervisor that own-check is being carried out. Own-check records can include, for example, records related to temperature monitoring. The own-check records must be kept.	X		
19. Raw materials and products that commonly cause allergies and contain gluten must be stored in storage, well-labeled and protected, e.g. in sealed packaging. True. Yes, raw materials and products that generally cause allergies and contain gluten should be stored in the storage, well-labeled and protected, e.g. in sealed packages. If, for example, gluten-free flour is stored in the same storage unprotected as other flours, there is a high risk of contamination. Contamination can also occur if gluten-free and conventional products, such as bread, are stored in close proximity to each other in the storage. Proper handling and storage of foodstuff is also important in the storage, which is part of food safety management.	X		
20. Microbes are always present on human skin. True. Human skin is always home to microbes. The skin microbiota consists of various bacteria, fungi and viruses. These microbes are generally beneficial and help maintain skin health by preventing the growth of harmful pathogens. Careful and regular hand washing is the most important prerequisite for hygienic food handling, in addition to clean and adequate protective clothing.	X		
21. If salad or macaroni casserole is offered in a buffet, and some of them are left over, the leftovers may be sold to customers on the next day. False. Perishable food may only be served once. Food that has been served once may not be sold to a customer the following day. If the serving time has ended and the cold food has been kept at a maximum of +6 degrees Celsius and the hot food at a minimum of +60 degrees Celsius, the food may be sold or given away from the line, e.g. to staff or external parties (e.g. to a food aid operator). If the cold foodstuff is at a maximum temperature of +6 - +12 degrees Celsius during service, it may be sold or given away for a maximum of 4 hours from the start of service.		X	
22. An employee might spread a contagious disease to other people via foodstuffs even if he/she has no symptoms of the disease. True. A worker can spread a contagious disease (e.g. norovirus) through foodstuff to other people, even if they do not have symptoms of the disease. This is because some pathogens can be transmitted and spread by asymptomatic carriers. Good	X		



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hand hygiene and food hygiene are essential to prevent infections. A person who has a disease that is potentially transmitted through foodstuff or who is a carrier of such a disease must not handle foodstuff or be in a foodstuff handling area for any reason if there is a risk of direct or indirect contamination.			
23. Deep frozen fish must be thawed in a refrigerated area. True. Thawing frozen foods should be carefully avoided until they are thawed for final consumption or use in foodstuff preparation. Thawing foodstuffs should be done in a way that minimizes the risk of pathogens multiplying or forming in the foodstuff. Frozen foodstuffs should therefore generally be thawed in a refrigerator or other similarly refrigerated space so that the surface temperature of the foodstuff being thawed does not rise higher than the other parts of the foodstuff. Any drippings generated during thawing should be cleaned from surfaces or drained to the sewer as quickly as possible and must not pose a health risk. In certain cases, foodstuffs may be thawed as part of the preparation process.	X		
24. A food establishment must be cleaned regularly following a cleaning plan. Furthermore, cleanliness must be monitored continuously. True. Food premises must be kept clean and hygienic. This ensures that foodstuffs are handled and stored hygienically and that the foodstuffs is safe for consumers. A food premises' own-check includes a cleaning plan. This plan specifies how the premises, equipment and tools are kept clean, what cleaning equipment and substances are used, how often cleaning is carried out and who is responsible for cleaning. Cleanliness must also be monitored continuously to ensure that the hygiene level remains adequate and any problems are detected in time. This continuous monitoring helps to keep the food premises safe and hygienic.	X		
25. A local food control authority is responsible for the safety of the foodstuffs sold in a grocery store. False. The responsibility for food safety always lies with the food business operator themselves, who carry out own-check to ensure that their products meet the requirements of the legislation. The task of the local food control authority is to supervise that the food business operator ensures that the foodstuff sold in the grocery store is safe. This supervision covers all stages of foodstuff production, processing and distribution.		X	
26. Good hand hygiene prevents food poisonings. True. Good hand hygiene is a very important way to prevent food poisoning. Microbes that cause food poisoning can spread through the hands of the food preparer if hand hygiene is inadequate. Remove jewelry from hands. Wash with warm water and liquid soap and dry thoroughly. Hands should be washed thoroughly before starting work and, if necessary, during work and between work stages, for example after handling raw materials and soiled, dirty or spoiled foodstuffs. Hands should always be washed after using the toilet, after smoking or after coughing, sneezing or blowing your nose.	X		
27. All microbial toxins are destroyed when food is heated to over +60 degrees Celsius. False. Not all microbial toxins are destroyed when food is heated above +60 degrees Celsius. Although many microbes and the toxins they produce are destroyed by heating, some toxins produced by bacteria are resistant to high temperatures, such as the enterotoxin produced by <i>Staphylococcus aureus</i> . Cooling heated food too slowly can cause the toxins produced by microbes to increase.		X	
28. Wounds on human skin can be transferred food poisoning bacteria into foodstuffs. True. Bacteria that cause food poisoning can be transferred from wounds and broken skin to foodstuffs. For example, <i>Staphylococcus aureus</i> is a common bacterium found on the skin and in wounds. When it multiplies in food, it can produce enterotoxins in the food, which cause food poisoning. Wounds should be protected appropriately, for example with a plaster. If the wound is on the hand, protective gloves should also be worn. The use of protective gloves prevents the spread of bacteria from a wound on the hand to unpackaged foodstuff. In addition, careful and regular hand washing must be ensured. A person with, for example, infected wounds, skin infections or skin injuries must not handle foodstuff or be in the	X		



Answer the statements below by choosing either O = TRUE or T = FALSE	T	F	Cont.
foodstuff handling area for any reason if there is a risk of direct or indirect contamination.			
29. A rinse with water is sufficient for daily cleaning of a vegetable cutter. False. Simply rinsing with water is not enough to clean your vegetable cutter on a daily basis. Food residue and microbes can remain on the vegetable cutter and cannot be removed with just water. It is important to use detergent and a brush to effectively remove all dirt and microbes.		X	
30. If you are selling foodstuffs from a mobile kiosk or cart, you do not need to make own-check activities. False. A kiosk or food van selling foodstuffs is a food business operator. Own-check is an important part of ensuring food safety and is used to manage the risks and hazards associated with the operation of a food premises. The own-check obligation applies to all food business operators, including mobile food premises such as food vans and kiosks.		X	
31. It is possible to get food poisoning from a ground beef patty that is cooked medium. True. Raw meat can contain bacteria, such as EHEC (enterohemorrhagic E. coli). The bacteria can spread from the surface of the meat throughout the minced meat during grinding. If the minced meat patty is left half-cooked, the bacteria may not be destroyed and can cause food poisoning. The risk of EHEC can be controlled by cooking the minced meat patty completely. The Finnish Food Authority recommends that minced meat patties be served to all diners fully cooked, so that the internal temperature has either reached +75 degrees Celsius measured at the thickest point or has remained at +70 degrees Celsius for 2 minutes. Minced meat patties should always be served to children fully cooked.	X		
32. Microbes can end up in foodstuffs via dirt and dust. True. Microbes can enter foodstuffs in many different ways, including through hands, tools and air.	X		
33. Easily perishable foodstuffs can be allowed to freeze during transport. False. It is important to ensure that foodstuffs is transported at the correct temperatures. The structure of foodstuff changes, especially when it is frozen, as it is slower than deep-freezing. When frozen foodstuff thaws back to the correct temperature, the broken structure provides good conditions for microbes to grow rapidly.		X	
34. If food is prepared by heating today but served tomorrow, it must be refrigerated to +6 degrees Celsius or below for storage. The refrigeration must not last longer than four hours. True. Food stored hot in the preparation areas of a food premises may be cooled and sold the next day cooled or reheated if the temperature of the food has remained at least +60 degrees Celsius during storage after preparation. If the food is to be cooled, cooling must begin as soon as possible after preparation. The food must be cooled within a maximum of four hours to a storage temperature of no more than +6 degrees Celsius. Equipment and furniture must be provided for the regular cooling of foodstuff and the storage of cooled foodstuff. Foodstuff refrigeration appliances are not intended for the cooling of foodstuff, as their cooling capacity is generally not sufficient to achieve the required cooling rate. Foodstuff must be cooled to their storage temperature within a maximum of four hours. It is only possible to cool small quantities of foodstuff in a cold storage appliance, provided that the capacity of the appliance is sufficient and that the temperature of other foodstuff stored in the appliance does not rise at the same time. The success of cooling and the temperature of the stored foodstuff must be monitored through own-check.	X		
35. Cleaning and sanitation equipment may be stored unprotected in the toilet next to the toilet bowl. False. Cleaning and sanitation equipment should not be stored unprotected next to the toilet. The toilet is an area where bacteria and other microbes can easily spread, and unprotected equipment can become contaminated. Cleaning and sanitation equipment must be cleaned after use and maintained and stored hygienically. The		X	



Answer the statements below by choosing either O = TRUE or T = FALSE	T	F	Cont.
<i>activities must always be proportionate to the nature and extent of the food premises' operations. The cleaning, maintenance and storage of equipment may require a separate room. A cleaning cabinet or closet may be sufficient. In some cases, cleaning and sanitation equipment can be stored in a cabinet under the washstand, for example, or disposable cleaning equipment can be used in the food premises. The cleaning equipment room can also be located in a separate room or building from the food premises, if this is appropriate considering the nature and extent of the operations. However, it must be ensured that food safety is not compromised.</i>			
36. Familiarisation with own-check activities is a part of the familiarisation of a new employee. True. Familiarisation with own-check is an essential part of the induction of a new employee in the food industry. Own-check covers all the measures that ensure food safety and hygiene, so it is important that the new employee understands these practices and knows how to follow them. During induction, the employee is taught how to follow own-check in practice. This helps to ensure that all employees work in a consistent and safe manner.	X		
37. Microbes can multiply quickly in dirty tableware and cutlery. True. Dirty tableware and cutlery often contain food residue, which provides microbes with plenty of nutrients to grow. Microbes need water to grow. Dirty tableware and cutlery are often moist, which creates a favorable environment for microbial growth. Room temperature or slightly warmer environments are ideal for many microbes. Dirty dishes that are left unwashed can be at just that temperature. The longer tableware and cutlery are dirty, the more time microbes have to multiply. Microbes can divide rapidly, and under favorable conditions, their numbers can increase exponentially.	X		
38. Cleaning the working surfaces immediately after work reduces hygienic risks. True. Cleaning work surfaces immediately after work significantly reduces hygiene risks. This practice prevents the accumulation of bacteria and other pathogens on surfaces, which can lead to cross-contamination and possible food poisoning. Regular and immediate cleaning also helps to keep the work environment clean and safe.	X		
39. Bacteria that spoil foodstuffs can multiply rapidly if the temperature is between +6 and +60 degrees Celsius. True. Temperature affects the safety and shelf life of foodstuffs. Some bacteria, viruses and other microbes in food can cause food poisoning. Their number in foodstuffs can be controlled by processing and storage temperatures. Good temperature management always includes monitoring temperatures. The temperature range suitable for the growth of bacteria harmful to humans, i.e. the danger zone of food, is +6 - +60 degrees Celsius. Unnecessary storage or processing of foodstuffs in this temperature range is avoided.	X		
40. If a foodstuff contains preservatives, it cannot contain bacteria that cause food poisoning. False. Preservatives help prevent the growth of bacteria and other microorganisms in foodstuffs, but they do not guarantee complete protection against bacteria that cause food poisoning. They often slow or prevent the growth of bacteria, but do not kill them. The conditions under which foodstuff is stored also affect the growth of bacteria. If foodstuff is not stored properly, bacteria can grow despite the presence of preservatives.		X	