Note: Place one tick only for each statement. Approval of the test is gained with the score of minimum 34/40 points. Write your answers 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. The time allowed for a test is 45 minutes. You may leave the test occasion not until 20 minutes after starting. The test will be disqualified if one will cheat or try to cheat.

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

Name of participant	Date of birth (ddmmyyyy)	
Elli Esimerkki		
Name of The Hygiene Passport Examiner	**The Hygiene Passport Examiner's code**	**Examination date**
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Respond to the statements by ticking (X) the answer that you think is right: T = TRUE or F = FALSE

Statement	T	F
1. Vacuum packaged foodstuffs might contain microbes that cause food poisoning. True. The air has been exhausted from vacuum package. Some harmful microbes are able to reproduce without oxygen from the air. For example, the bacterium *Listeria monocytogenes* also thrives in anoxic conditions and therefore particularly in vacuum packaged food. Some harmful microbes such as *Clostridium botulinum*, which excretes a dangerous toxin, specifically require anoxic conditions. Food may also have been contaminated before being packaged in vacuum. Microbes do not necessarily immediately die when the oxygen is depleted. If the original contamination is sufficient to cause food poisoning the microbes need not even reproduce in vacuum packaged food. It suffices that they stay alive until the food is being used. When using vacuum packages one must remember that vacuuming is no true process that kills microbes. Vacuuming particularly is intended to dampen the reproduction of microbes thriving during oxic conditions.	X	
2. Temperature does not affect the reproduction of microbes. False. Temperature is one of the factors affecting the reproduction of microbes. The reproduction of microbes becomes more effective when the temperature is favourable for them.		X
3. Microbes grow well in cooked rice in room temperature. True. Moisture is one factor affecting the growth of microbes. The higher the moisture, the better the microbes reproduce. Water activity, i.e., the volume of free water available to microbes is high in cooked rice. Thus, rice is a good growth substrate for microbes if the rice is not stored sufficiently hot or cold.	X	
4. Berries may collect viruses if the irrigation water is contaminated by, e.g., faeces. True. One cause of berries becoming contaminated is using virus-contaminated water for irrigation. The usual cause of water being contaminated is contamination by faeces. Contaminated water also may reach the berries, for example, when using pesticides. Even the berry picker themself may be the source of the berries being contaminated, if the berry picker's hand hygiene is insufficient. Norovirus and hepatitis A virus are the most important viruses infecting via food and water.	X	
5. When food is heated in a microwave oven, all microbes in the food are destroyed. False. When heating food in a microwave oven the food is heated unevenly if it repeatedly is not stirred during heating. The microwaves only heat the food and besides heating have no other effect killing microbes. If you wish to kill microbes in food by using a microwave oven the food must throughout and sufficiently long be heated in the oven to a sufficiently hot temperature. If the temperature in some part of the food remains low and heating sufficiently is not prolonged harmful microbes in that part may remain alive.		X
6. A preservative destroy all microbes in a foodstuff. False. Preservatives reduce the microbes' growth prospects but do not kill them. Preservatives are, for example, sodium nitrite and substances that lower the pH value, for example citric acid. For example, sugar and salt improve the shelf life and they also have an effect that prohibits microbe growth. Sugar and salt can affect the		X

Statement	T	F
foods' water activity, i.e., the volume of free water available to microbes. Sugar and salt in the food binds water molecules. The microbes' growth prospects deteriorate when water activity decreases.		
7. Food poisoning always requires a large number of harmful bacteria. False. Some food poisonings can be caused by very tiny amounts of bacteria in the food.		**X**
8. Deep-frozen berries might contain microbes that cause food poisoning. True. Deep freezing only kills a few of the microbes in food. Deep freezing keeps viruses alive and retains their ability to cause infections. If berries are being used as such after unfreezing or minor heating, the viruses are not killed. For example, norovirus and hepatitis A virus have been found to cause food poisonings in Finland via such foreign frozen berries that have not been heated prior to using. The consumers are recommended throughout to heat frozen berries of foreign origin for at least 5 minutes in +90 degrees centigrade or to cook the berries for 2 minutes to ensure that norovirus and hepatitis A virus are killed. In the industry, where processes are standardised and normally under more meticulous control, it suffices with 2 minutes of heating throughout in +90 degrees centigrade. In Finland, they normally use clean water for irrigation and in other plant production, which reduces the risk of food poisoning.	**X**	
9. Food prepared by heating, but refrigerated too slowly, can cause food poisoning. True. *B. cereus* bacteria reproduce under oxic as well as anoxic conditions and produce bacterium spores. As spores, they resist high temperature, draught and lacking nutrients. Spores having entered food resist heating and are able to reproduce in the food when it cools. Food poisoning epidemics most usually are related to situations where the food is prepared beforehand, commonly the previous day, and cooling has been too slow. After preparation the food must be cooled within four hours to +6 degrees centigrade or lower.	**X**	
10. Steak tartare, i.e. a raw meat patty can give you food poisoning. True. A person can become infected by EHEC bacteria through eating food prepared from contaminated raw materials, for example, meat, as raw or insufficiently heated. Most microbes in meat reside on the surface of meat pieces, for example, steaks. Grinding mixes microbes into the meat. Microbes reproduce very fast in minced meat, which is a favourable growth substrate. For a tartar steak, the raw material preferable should be minced from the inner sections of whole meat immediately prior to serving and eating the steak.	**X**	
11. Salmonella can spread for example from utensils used for processing raw poultry meat. True. Raw or insufficiently cooked poultry meat is one of the most common spreaders of salmonella. Such contamination where the microbes via direct contact or working tools or surfaces, or because of poor hand hygiene are transported from one food to another is called cross-contamination. A common cause of food poisonings is cross-contamination in kitchens. To avoid cross-contamination, particularly food of animal origin (raw meat, raw poultry meat, raw fish etc.) must be kept apart from food that is intended to be eaten as such without heating or other preparations that kills microbes (salads, cold cuts, smoked fish etc.). It should also be observed that raw food and food eaten as such must not be handled with the same working tools, and that one observes proper hand hygiene.	**X**	
12. Norovirus is destroyed when food is heated at least two minutes in over +90 degrees Celcius. True. Norovirus, which causes food poisonings, is killed by heat processing but resists extremely high temperatures. Two minutes in over +90 degrees centigrade is enough to kill norovirus in food. After proper heating of food, storing it in at least +60 degrees centigrade during serving prohibits the reproduction of microbes.	**X**	

Statement	T	F
13. The most dangerous temperature range for food poisoning is +6 - +60 degrees Celcius, since bacteria multiply quickly in that range. True. The temperature range +6 – +60 degrees centigrade is a danger zone where many microbes thrive and fast reproduce. One risk by food preparation is insufficient heat processing, i.e., the combination of temperature and time. For the heating temperatures of food, there are no regulations in the legislation. For food containing meat, particularly poultry meat, a reasonably safe limit is considered to be that the food throughout is heated to at least +75 degrees centigrade during preparation. For example, the bacterium *Yersinia enterocolitica* is spread via insufficiently heated or raw pork meat, and salmonella via poorly heated or raw poultry meat. Sufficient heating kills both bacteria. It is regulated that the temperature for the transporting, storing and selling or serving of food sold or served hot must be at least +60 degrees centigrade, which does not kill microbes but prohibits their reproduction.	X	
14. A dirty ice cream scoop might introduce harmful microbes into ice cream. True. When portioning unpackaged ice cream you must take care that the ice-cream scoop for serving is not dirty. Microbes reproduce on dirty ice-cream scoop and contaminate the unpackaged ice cream via the scoop. The temperature of ice cream does not kill microbes entering the ice cream.	X	
15. When handling unpackaged perishable foodstuffs, disposable gloves reduce the risk of food poisoning, when used properly. True. Disposable gloves are being used to protect unpackaged food against microbes possibly still present on the hands despite having been washed. By nature and from contamination there are abundant microbes on the skin and particularly on the hands. Microbes thrive particularly well in wounds and rashes. Besides carefully washing the hands, one should always also use protective gloves if the skin of the hands is wounded. If using gloves, these should be used hygienically and exchanged sufficiently often and at least always if they have come into contact with dirty surfaces, working tools, money or other possible sources of contamination. Thus one avoids cross-contamination to food via the gloves. Despite using gloves, one shall regularly wash one's hands, for example, because of it being often warm and moist within the gloves, which increases the reproduction of microbes on the hands.	X	
16. Jam that is slightly mouldy on the surface can be eaten, if the mouldy surface layer is removed. False. Mould also grows well in sour food, for example, in fruit and berry juices as well as jams, because the most favourable pH value for the growth of mould is in the range from 3 to 5. Although visible mould is present only on the surface of jam, some of the mould flora, or mould poisons i.e., mould toxins, may have spread elsewhere in the jam, which necessarily cannot be seen with the naked eye.		X
17. Foodstuffs might become contaminated, if you sneeze and cough towards them. True. Though not necessarily visible to the naked eye, very small drops are spread in the surrounding air when coughing and sneezing. These drops always contain microbes. The drops may contaminate food but also devices, working tools and other employees, who further may transport harmful microbes to food.	X	
18. If a shipment contains dairy products, meat products or fish products, it can be safely stored for a few hours in room temperature before it is transferred to a cold storage. False. The cold chain for easily perishable food must not fail at any stage. The food must as soon as possible be transported to storing in temperatures as required by each food item. The safety and shelf life of food is secured at all stages by avoiding the temperature range +6 – +60 degrees centigrade of the danger zone. When the cold chain fails the product's shelf life deteriorates or at least significantly becomes shorter.		X
19. Ultra-pasteurization (UHT) and pasteurization of milk are the same thing. False. Pasteurization implies heating the food during 15 seconds to +72 degrees centigrade internal temperature, and then immediately cooling the food. Most		X

Statement	T	F
microbes are killed during pasteurization, but, for example, possible spores stay alive. Ultra-high temperature (UHT) pasteurization is stronger heat processing where food is heated to at least +135 degrees centigrade internal temperature during a few seconds. This treatment kills all microorganisms.		
20. The raw materials for the pizzas can be kept at room temperature as the pizza is baked in the hot oven. False. Most raw materials being used in pizzas are unpackaged easily perishable food. For example, chopped vegetables, slivered ham, shrimps, fried minced meat and tuna fish are pizza raw materials, which must be cold-stored. You may not use putrefied raw materials for preparing pizza. If the raw materials are stored at room temperature the microbes may reproduce or excrete toxins in the raw materials before the pizza is being baked. Not all microbes or possible toxins excreted by microbes are destroyed when the pizza is being baked.		X
21. The slicing, cutting and mincing of the raw materials and food cause them easily perishable. True. Raw materials and food deteriorate faster if you slice, mince or chop them, for example, slice sausages, mince meat or chop vegetables. The handling surface of the food increases, improving the microbes' chances for reproduction. Microbes often reside on the surface sections of food. Chopping and grinding carries the microbes further into the food where they find new nutrients and space for reproduction. The probability of microbe contamination and the total amount microbes are reduced by handling the food with clean hands, using clean utensils and handling tools, avoiding unnecessary touching of the food, as well as by keeping the work environment cleaned and keeping the food protected at correct temperature.	X	
22. A catering service may use perishable foodstuffs as an ingredient for evening meal, even though the foodstuffs were offered in a buffet during the day. True. Food such as unpackaged easily perishable food that once has been offered at a buffet may only once be offered for serving. The food starts to perish immediately after cooking. You may slow contamination by obeying regulated serving temperatures and serving times, using hygienic working methods, and using clean serving tools, lines and utensils. For microbe reproduction, the conditions while the food is being offered for serving often are more favourable than storing condition. The prerequisites for food contamination particularly are most favourable on a buffet visited by many persons. Then, the hygiene of food handling is more difficult to control.	X	
23. Unpackaged smoked fish and fresh fish must not touch each other in the sales counter. True. Unpackaged prepared fish products such as smoked fish and unpackaged unprepared fish products such as fresh fish must be kept apart from each other to prohibit cross-contamination. Smoked fish often is consumed as such, when possible microbes in the fish or that have entered it via cross-contamination, no longer is killed, because prior to using there no longer are any processes (e.g., heating) that kills microbes.	X	
24. If raw milk is stored at refrigerator temperature, it cannot contain pathogenic bacteria. False. During, for example, milking contamination may cause microbes to enter the milk and generate food poisoning in the milk, and the microbes are not killed or they even may reproduce during cold storing. You ensure the safety of milk through heating, for example pasteurization or Ultra-pasteurization (UHT).		X
25. One may bring pets to the restaurant's customer premises or terrace if the operator has given their permission. True. You may bring pets such as, for example, dogs into customer premises such as, e.g., restaurant, cafeteria and pub provided the food business operator has given their approval. The customers must be informed on such approvals at the entrance	X	

Statement	T	F
to the serving premises. However, you may not allow animals to enter food-handling premises. Also, you are not allowed to bring animals into food shops, but blind people's dogs, the assistant dogs of mobility-impaired persons and the hearing dogs of hearing-impaired people are allowed.		
26. When an employee handles unpackaged perishable foodstuffs, such as prepares minced meat or cooks steaks, he/she must wear suitable protective clothing which he/she may only wear within the food establishment. True. The food-hygienic risks are greater when handling unpackaged, easily perishable food. The purpose of protective clothing is to prevent unpackaged, easily perishable food from becoming contaminated. Recommended protective clothing usually includes work wear, headgear and shoes.	X	
27. A person should not handle unpackaged foodstuffs to be served without heating in a food premise if he or she has a salmonella infection. True. Salmonella-bearing person may contaminate the food with salmonella bacteria when handling food. Section 56 of the Act on Infectious Diseases (1227/2016) stipulates that the employer must require a reliable statement from the employee that he/she does not carry a salmonella infection if the worker is in a position with a higher risk of spreading salmonella infection. Health Survey at the beginning of an employment refers to an interview by a physician or a nurse of an occupational health service or health center. During the interview, the employee is underlined by the good hygiene practices of the food industry (If there are any symptoms, you should not work, the employer is informed of a possible disease communicable through food and emphasizes and trains the importance of good hand hygiene). If necessary, a laboratory examination is carried out. Before submitting an account of salmonella infection, he or she must not work in a task in which he deals with unpacked foodstuffs to be served without heating. The employer must request a worker's account before the beginning of the employment or when there are reasonable grounds to suspect that he/she has a salmonella bacterium during work. If a person carrying out the above-mentioned risk work is diagnosed with salmonella, he or she will be arrested for work. Priority is given to other duties in which the infection risk is avoided. The Health and Welfare Institute (THL) (21/2017) provides more detailed guidance on this issue.	X	
28. From a hygiene perspective, it does not matter whether you close a water tap with your bare hand or a disposable hand towel after washing your hands. False. Microbes may be present on the surface of water taps as the taps are touched with dirty hands. Clean hands immediately turn dirty if they make contact with the water tap after washing. The tap should be closed with, for example, a paper towel, if not such automatic or similar taps are being used that need not be touched by hands.		X
29. A food establishment must be cleaned regularly following a cleaning plan. Furthermore, cleanliness must be monitored continuously. True. Controlling and monitoring the purity of the food premises are included in daily activities. Beside the cleansing plan, cleansing shall be performed for all activities occurring in the food premises, if cleansing is needed to ensure that food safety does not decline or is put at risk.	X	
30. Worn areas, scratches and cracks in work surfaces and cutting boards accumulate dirt. That is why microbes can easily multiply in them. True. Scratches, fissures and cracks easily collect dirt, which is hard to wash away, and microbes also easily reproduce in these. In food premises, all spaces, devices, working tools and surfaces being in contact with food must be flawless and kept in order so that cleansing them is possible. Thus, one may prevent that the food becomes contaminated via them.	X	
31. One of the methods of keeping pests away is to keep the loading and storage areas of a food establishment clean. True. Food premises shall have a pest control programme included in the plan for	X	

Statement	T	F
own-check. Controlling pest includes keeping the food premises' loading and storing areas cleansed so that pests are not provided with food and shelter. Also, well-maintained waste handling is an important part of controlling pests.		
32. Packaging labels must correspond to the composition of the raw materials in the food. True. The ingredient declaration of food is a mandatory packaging label as is also the amount of certain ingredients, when necessary. The labels are intended to provide consumers with sufficient information on the products so that they can make educated choices in purchase situations and choose products that are suitable for them.	X	
33. Gravading of fish does not prevent listeria from multiplying. True. Listeria is common environmental bacterium appearing in soil, water, and plants, and in animal feed and the intestines of people and animals. Listeria is able to reproduce in salt concentrations up to 20 %. The salt concentrations of food consumed as such generally do not prohibit the microbes from reproducing. Sufficient heating kills listeria but the process of preparing cold-smoked or pickled salted fish does not include methods that would kill listeria. Listeria reproduces under oxic as well as anoxic conditions and at normal refrigerator temperatures. The source of infection by listeria bacteria, i.e., listerosis, often has been vacuum-packaged cold-smoked or pickled salted fish. The risk of listerosis increases if these risk products continuously are not stored sufficiently cold throughout the chain of production and selling. Particularly, risk groups such as elderly people, persons with reduced resistance (e.g., transplantation patients, diabetics, patients under cortisone regimen, or with cancer, AIDS, liver or kidney disease), and pregnant women rather should avoid using products with risk of listeria, or otherwise prior to using carefully heat the products so that they throughout become sufficiently hot (over +72 degrees centigrade).	X	
34. A food industry operator does not have to create an own-check plan, but it is recommended nevertheless. False. It is a statutory obligation of all approved and registered food premises to set up a plan for own-check. Simplified, an own-check plan implies a description of operations, possible risk moments of the operations and how they are controlled, and correcting measures if something fails. The scope and precision of the own-check plan depend on the nature and scope of the operations.		X
35. A food control authority is an organisation that carries out own-check activities in food industry companies. False. Food business operators shall execute and maintain own-check in their companies. The health inspectors monitor that the food business operators comply with legislation in their operations. Included in this, the health inspectors evaluate the sufficiency of own-check with respect to operations so that relevant and sufficient methods of controlling risks. The health inspectors neither prepare nor correct plans for own-check and are not responsible for the safety of operations in food premises. The food business operator themselves are responsible for that the food they handle is safe for the consumers.		X
36. Anybody can establish a food premises, such as a café or a manufacturing plant without having food industry education (such as a restaurant chef qualification). True. Operating in the food sector requires no particular education or examination. However, education in the sector is, of course, an advantage already at the establishing stage. While operating in the food sector requires no education, it does not mean that the operator would not be responsible for the safety of the food they produce. By the food legislation the food business operator always is responsible for the legality of their operations and that the food is safe. When prospecting to establish food premises one must search the provisions involving the operations. Safe operations demand much competence of the operator and knowledge of food safety. During establishing, worthwhile is to contact the supervisory food authority in one's municipality. They give advice and guidance with respect to the prerequisites	X	

Statement	T	F
of operations.		
37. The owner of a restaurant must notify the local food control authority about the opening of the restaurant after the restaurant has been opened to customers. False. If the matter concerns approved food premises, i.e., a plant (such as a plant manufacturing meat or fish products, a dairy processor), one must apply for a written approval by the supervisory food authority before starting operations. The operator of the food premises (for example, cafeteria, restaurant, food shop) to be registered shall notify the supervisory food authority about the operations at least 4 weeks before starting operations. The supervisory food authority supplies the operator with a certificate that the notification is being processed. Some low-risk operations actually not associated with business activities need not necessarily even be registered. Safest is to contact the supervisory food authority in one's own municipality. They provide advice and guidance on the prerequisites for operations.		X
38. A food industry operator must ensure that all employees who are required by the Food Act to have a hygiene passport actually have it. True. The Act on food requires that a person working in food premises who in their work handles unpackaged easily perishable food shall possess a hygiene passport. Food business operators have the obligation to give guidance and to ensure that each person working in food premises is able to work hygienically with their respective work tasks. Operators/employers must at own expense ensure that each person handling unpackaged easily perishable food have a hygiene passport. Thus, it is not required through legislation that all employees in the food sector have hygiene passports. By legislation, such need not be available before three months having passed after commencing work. However, no requirements are stated in the legislation on the requirements an employer shall demand for people applying for work. Some employers may demand that persons applying for work already possess a hygiene passport although that is not required by legislation.	X	
39. A foodstuff may not be sold after its 'use by' date. True. "Use-by date" implies the date before which the manufacturer has intended that the product is being used and by which it is safe to use. "Use-by date" must be provided on easily perishable products, which already after short storing may cause health risks. Food that has passed the "Use-by date" may neither be sold, not used in private households. The label "Best before" is more associated with food quality than safety and many products labelled with "Best before" also may be sold and used after that date has passed.	X	
40. It is not possible to get food poisoning from ice cubes. False. Deep freezing or freezing does not even nearly kill all harmful microbes in food or water even though some microbes may die. If there are harmful microbes in an ice machine or in water being used in ice cubes, they may also appear in the ice cubes and possibly cause food poisoning.		X