REHIS Food Hygiene Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Sample study guide. For the full version with hundreds of questions, visit: https://rehisfoodhygiene.examzify.com

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- **Practice answering questions under realistic conditions,**
- **Improve accuracy and speed,**
- **Review explanations to strengthen weak areas, and**
- **Approach the exam with greater confidence.**

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here’s how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don’t just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There’s no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What is the safe refrigerator storage temperature range?

A. 0-2°C

B. 4-7°C

C. 1-4°C

D. 8-10°C

2. Which of the following is the last stage in the six basic stages of cleaning?

A. Rinse

B. Disinfection

C. Final rinse

D. Drying

3. Which of the following is the first stage in the six basic stages of cleaning?

A. Final rinse

B. Drying

C. Pre clean

D. Rinse

4. Which of the following best defines cross contamination?

A. The transfer of harmful bacteria from one food to another.

B. Bacteria growing due to overheating.

C. Bacteria killed by cleaning.

D. Food contamination due to packaging.

5. Perishable foods are defined as foods that can become unsafe or spoil quickly if not refrigerated or frozen.

A. Foods that can become unsafe or spoil quickly if not refrigerated or frozen.

B. Foods that have long shelf life at room temperature.

C. Foods that do not require refrigeration.

D. Foods that can never spoil.

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6. Where should a cream cake be stored in the fridge to prevent cross contamination?

A. Bottom shelf

B. Top shelf

C. Middle shelf

D. Door

7. Which practice should not be used for washing food or equipment?

A. Washing food in washbasins

B. Cleaning with detergent

C. Rinsing with clean water

D. Air-drying after cleaning

8. What should be done with food handlers who are unwell?

A. Exclude from food handling duties until fully recovered

B. Allow to work only on cold foods

C. Wear gloves only

D. Require longer shifts

9. Which range defines the rapid growth zone?

A. 5 - 63°C

B. 20 - 50°C

C. 0 - 10°C

D. 60 - 100°C

10. Which color should waterproof dressings be, and why?

A. Red, to indicate injury

B. Blue, to aid detection if they fall off

C. Green, to signal safety

D. Clear, to be discreet

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Answers

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1. C
2. D
3. C
4. A
5. A
6. B
7. A
8. A
9. B
10. B

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Explanations

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1. What is the safe refrigerator storage temperature range?

A. 0-2°C

B. 4-7°C

C. 1-4°C

D. 8-10°C

Keeping refrigerated foods at a cold, steady temperature slows the growth of harmful bacteria and helps preserve quality. The safe range to aim for is about 1–4°C. This is low enough to keep bacterial growth in check (well below the 5°C threshold where the danger zone begins to enable faster growth) but above freezing, so most foods don't suffer texture or quality issues from ice formation. A higher range, like 4–7°C or 8–10°C, is too warm and allows bacteria to multiply more quickly, increasing the risk of spoilage and foodborne illness. A range that reaches 0°C can cause some foods to freeze and may not provide consistent protection, so 1–4°C is the best balance.

2. Which of the following is the last stage in the six basic stages of cleaning?

A. Rinse

B. Disinfection

C. Final rinse

D. Drying

Drying is the last stage because removing moisture finishes the cleaning process and helps prevent microbial growth and recontamination, leaving surfaces safe and ready for use. Earlier steps work to remove soil, wash with detergent, rinse away loosened dirt, disinfect to kill microbes, and perform a final rinse to remove any remaining disinfectant residues. Only after those steps is thorough drying performed, ensuring surfaces stay dry and reduce the chance of contaminants taking hold.

3. Which of the following is the first stage in the six basic stages of cleaning?

A. Final rinse

B. Drying

C. Pre clean

D. Rinse

Starting with a pre-clean is essential because it prepares the surface by removing loose soil, food scraps, and packaging before any washing. This initial step reduces the soil load so detergents can work more effectively and prevents dirt from being smeared or spread during later stages. If you skip this step, soil can hinder cleaning, cling to surfaces, and clog equipment, making the rest of the cleaning less efficient. The other stages—rinsing, any final rinse, and drying—come after this preparation, so pre-clean is the first activity in the cleaning sequence.

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4. Which of the following best defines cross contamination?

A. The transfer of harmful bacteria from one food to another.

B. Bacteria growing due to overheating.

C. Bacteria killed by cleaning.

D. Food contamination due to packaging.

Cross contamination is about the transfer of harmful bacteria from one item to another. It happens when bacteria move from raw foods, dirty surfaces, or contaminated hands and utensils to ready-to-eat foods, often through shared cutting boards, knives, or storage containers. This definition fits best because it focuses on the movement of microbes between foods rather than growth or killing of bacteria. The other scenarios describe different issues: overheating can cause bacteria to grow if foods are kept at unsafe temperatures, but it's not about transferring bacteria between foods. Cleaning or sanitizing can remove or kill bacteria, so that's the opposite of cross contamination. Packaging-related contamination is about contamination entering food from packaging itself, not the transfer that occurs during handling and contact between foods.

5. Perishable foods are defined as foods that can become unsafe or spoil quickly if not refrigerated or frozen.

A. Foods that can become unsafe or spoil quickly if not refrigerated or frozen.

B. Foods that have long shelf life at room temperature.

C. Foods that do not require refrigeration.

D. Foods that can never spoil.

Perishable foods are those that can become unsafe or spoil quickly if not kept cold. The key idea is that these foods support rapid bacterial growth and spoilage when left at room temperature, so refrigeration or freezing is needed to slow or stop that process. This includes items like dairy, raw or cooked meats and fish, eggs, and prepared foods—anything that deteriorates quickly without chilling. Refrigeration lowers the temperature to slow microbial growth and enzyme activity, helping prevent foodborne illness and preserve quality. The other statements describe foods that are stable at room temperature, or claim something that isn't true about spoilage, which is why they don't define perishable foods.

6. Where should a cream cake be stored in the fridge to prevent cross contamination?

A. Bottom shelf

B. Top shelf

C. Middle shelf

D. Door

Cross contamination happens when ready-to-eat foods come into contact with raw foods or their juices. A cream cake is ready-to-eat and contains dairy, so it should be kept away from potential drips. Placing it on the top shelf minimizes exposure to any juices or leaks from foods stored below and avoids the warmer, more variable conditions of the door. Keeping it on the top shelf and properly wrapped helps maintain safety and quality.

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7. Which practice should not be used for washing food or equipment?

A. Washing food in washbasins

B. Cleaning with detergent

C. Rinsing with clean water

D. Air-drying after cleaning

Washing food or equipment should minimize the chance of transferring contaminants, so using washbasins to clean food is not appropriate. Basins and sinks can harbor dirty water, drain residues, and germs from other tasks, and water can splash back onto food or transfer to equipment. The safer approach is to clean with detergent to remove soils, rinse with clean water to wash away soap and loosened dirt, and then air-dry after cleaning. Detergent cleaning, rinsing with clean water, and air-drying are proper practices, while washing food in washbasins is the one to avoid.

8. What should be done with food handlers who are unwell?

A. Exclude from food handling duties until fully recovered

B. Allow to work only on cold foods

C. Wear gloves only

D. Require longer shifts

If a food handler is unwell, they can contaminate food and food contact surfaces through germs carried on hands, droplets, or during illness symptoms. The safest approach is to exclude them from food handling duties until they are fully recovered. This prevents the spread of illness to customers and other staff and protects overall food safety. Allowing someone to work only on cold foods doesn't remove the risk, because illness can be transmitted regardless of the type of food being handled. Wearing gloves alone isn't enough either, since gloves can tear or become contaminated and don't replace good hand hygiene. Extending shifts would only increase exposure and risk of spread, not reduce it.

9. Which range defines the rapid growth zone?

A. 5 - 63°C

B. 20 - 50°C

C. 0 - 10°C

D. 60 - 100°C

In food safety, how fast microbes multiply depends on temperature. There's a window where growth happens very quickly, because cellular processes and enzymes work best there. For many common bacteria, that rapid growth occurs roughly between 20°C and 50°C. Within this range, the cells can reproduce quickly, leading to fast increases in numbers. Outside this range, growth slows or stops: at cold temperatures (0–10°C) metabolic activity is slow, so replication is sluggish; at hot temperatures (roughly above 50°C) proteins can denature and many bacteria can no longer grow effectively, and heat can kill them. The broader 5–63°C range is often called the danger zone where growth can occur, but rapid multiplication is best defined by the 20–50°C window.

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10. Which color should waterproof dressings be, and why?

A. Red, to indicate injury

B. Blue, to aid detection if they fall off

C. Green, to signal safety

D. Clear, to be discreet

Blue is best because visibility matters for food safety. A blue waterproof dressing stands out against most foods and surfaces, so if it starts to come off, it's easy to spot and replace, helping prevent contamination. Other colors are less reliable: red can be confused with blood or sauces, green with mold or spoilage, and clear is often hard to notice on food, increasing the risk of leaving fragments in products.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://rehisfoodhygiene.examzify.com

We wish you the very best on your exam journey. You've got this!

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