

REHIS FOOD HYGIENE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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!

Questions

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- 1. Which statement about waste in food rooms is correct?**
 - A. Should be stored in raw material storage only
 - B. Not be allowed to accumulate in food rooms
 - C. Can be stored near food if covered
 - D. Should be disposed after a week
- 2. What temperature is typically used for a freezer?**
 - A. -18°C
 - B. 0°C
 - C. -12°C
 - D. -9°C
- 3. Which temperature range is considered the danger zone?**
 - A. Between 0 and 5°C.
 - B. Between 5 and 63°C.
 - C. Between 63 and 100°C.
 - D. Between -10 and 0°C.
- 4. 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.
- 5. What measure helps prevent cross-contamination at all stages?**
 - A. Separation of raw and ready-to-eat food at all stages (delivery, storage, preparation, serving, distribution)
 - B. Storing raw foods above ready-to-eat foods
 - C. Using same cutting board for raw and cooked foods
 - D. Washing hands only after handling raw foods

- 6. What is the recommended action regarding unwell food handlers?**
- A. Continue to work until symptoms disappear
 - B. Return to work after one night of sleep
 - C. Exclude from food handling duties until fully recovered
 - D. Only handle non-food items while unwell
- 7. Fingernails may harbour bacteria and should be kept ___ and ___.**
- A. long and clean
 - B. short and clean
 - C. short and dirty
 - D. long and dirty
- 8. Which is a hazard?**
- A. A taste sensation
 - B. An irrelevant concept
 - C. A legal requirement
 - D. Something with the potential to cause harm to the consumer
- 9. What is the boiling water temperature?**
- A. 90°C
 - B. 110°C
 - C. 100°C
 - D. 80°C
- 10. What temperature does a dishwasher rinse cycle normally operate at?**
- A. between 60 and 70°C
 - B. between 70 and 80°C
 - C. between 78 and 82°C
 - D. between 82 and 88°C

Answers

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

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Explanations

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1. Which statement about waste in food rooms is correct?

- A. Should be stored in raw material storage only
- B. Not be allowed to accumulate in food rooms**
- C. Can be stored near food if covered
- D. Should be disposed after a week

Waste in food rooms must not accumulate. Keeping waste out of food areas reduces the risk of contaminating surfaces, utensils, and food, and helps prevent unpleasant odors and pest problems. The idea is to remove waste promptly and store it in appropriate containers away from any food handling or storage spaces, with regular disposal according to local guidelines. Storing waste in raw material storage is not appropriate because it places waste where foods and ingredients are kept, increasing the chance of cross-contamination. Storing waste near food even if it is covered still risks contamination from spills, condensation, or pests. Waiting a week to dispose of waste allows bacteria to multiply, produces stronger odors, and attracts pests, so disposal should be done promptly, with bins kept clean and lids closed.

2. What temperature is typically used for a freezer?

- A. -18°C**
- B. 0°C
- C. -12°C
- D. -9°C

Freezing foods to very cold temperatures slows or stops bacterial growth, helping preserve safety and quality during storage. A typical freezer is set to -18°C because this temperature keeps foods solid and extends shelf life reliably. Warmer temperatures, like 0°C, fall into the refrigerator range where microbes can still grow, while -12°C or -9°C aren't cold enough to freeze effectively for long-term storage. Remember, freezing inhibits growth but doesn't kill all microorganisms, so keeping foods consistently frozen is important.

3. Which temperature range is considered the danger zone?

- A. Between 0 and 5°C.
- B. Between 5 and 63°C.**
- C. Between 63 and 100°C.
- D. Between -10 and 0°C.

Bacteria grow most rapidly in the temperature range where food is not cold enough to slow them and not hot enough to kill them. This danger zone is between 5°C and 63°C. In this window, many pathogens can multiply quickly, increasing the risk of foodborne illness if food sits there too long. Keeping foods refrigerated at or below 5°C slows or stops growth, while heating or hot-holding foods above 63°C helps kill bacteria and prevent growth. The other ranges describe refrigeration (0–5°C), cooking/hot holding (63–100°C) where heat reduces or eliminates microbes, and freezing (-10 to 0°C) where growth is essentially paused.

4. 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.

5. What measure helps prevent cross-contamination at all stages?

A. Separation of raw and ready-to-eat food at all stages (delivery, storage, preparation, serving, distribution)

B. Storing raw foods above ready-to-eat foods

C. Using same cutting board for raw and cooked foods

D. Washing hands only after handling raw foods

Keeping raw and ready-to-eat foods separate at every stage is the best way to prevent cross-contamination. By maintaining separation during delivery, storage, preparation, serving, and distribution, any bacteria from raw items are kept away from foods that won't be cooked or are eaten raw, so potential pathogens can't transfer from one item to another through surfaces, utensils, or hands. Think about it across the whole flow: delivery should bring raw and ready-to-eat items into distinct areas or with barriers; storage should keep raw foods in a protected, lower position to prevent drips onto ready-to-eat items; preparation needs separate cutting boards, knives, and surfaces that are cleaned and sanitized between uses; serving should shield ready-to-eat foods and prevent cross-contact; distribution should maintain separation so that handling and transport don't mix the two types. The other ideas introduce or rely on contact between raw and ready-to-eat foods at some point—storing raw above ready-to-eat, using the same cutting board for both, or limiting handwashing to after handling raw foods—that all increase the chance of contaminants moving onto foods that aren't cooked, which defeats the aim of preventing cross-contamination.

6. What is the recommended action regarding unwell food handlers?

- A. Continue to work until symptoms disappear
- B. Return to work after one night of sleep
- C. Exclude from food handling duties until fully recovered**
- D. Only handle non-food items while unwell

Keeping unwell food handlers away from food handling is essential because illness can spread pathogens to foods, surfaces, and equipment as soon as someone is working with them. Even if symptoms seem mild, hands, clothing, and utensils can become contaminated and then transfer bacteria or viruses to meals or to others who touch those items. The safest approach is to exclude the person from food handling duties until they are fully recovered and can return to work without risking transmission. This means not handling food while they have symptoms like vomiting, diarrhea, fever, or other signs of illness, and only returning to duties when they are completely well. Returning after a short rest or continuing to work on non-food tasks still leaves a risk of cross-contamination, since contaminated surfaces and utensils can be touched by others or used to prepare food later. Prioritizing exclusion protects customers and colleagues and supports safe food handling practices.

7. Fingernails may harbour bacteria and should be kept ___ and ___.

- A. long and clean
- B. short and clean**
- C. short and dirty
- D. long and dirty

Keeping fingernails short and clean is essential because bacteria can live under nails and in any dirt or debris under the nails. Short nails have fewer places for grime to collect, making it easier to clean thoroughly during hand hygiene. Clean nails ensure you're removing microbes during washing rather than pushing them around. Long nails or nails that are dirty harbor more bacteria and debris, increasing the risk of contaminating food or surfaces and potentially damaging gloves. So, fingernails should be kept short and clean to minimise contamination.

8. Which is a hazard?

- A. A taste sensation
- B. An irrelevant concept
- C. A legal requirement
- D. Something with the potential to cause harm to the consumer**

In food safety, a hazard is anything that could cause harm to someone who consumes the product. This includes biological risks like harmful bacteria, chemical risks such as cleaners or toxins that reach food, and physical risks like glass or metal fragments. A taste sensation is simply how something tastes and doesn't inherently threaten safety. An irrelevant concept isn't related to safety, and a legal requirement is a rule about compliance, not a risk to health. So the correct choice is the statement describing something with the potential to cause harm to the consumer.

9. What is the boiling water temperature?

- A. 90°C
- B. 110°C
- C. 100°C**
- D. 80°C

Boiling occurs when the liquid's vapor pressure equals the surrounding air pressure. At standard atmospheric pressure (sea level), that moment is 100°C, so water starts to boil there. The other temperatures describe hot water that is not boiling yet. A higher temperature like 110°C isn't the boiling point for water at normal pressure (water would already be steam at 100°C); only under higher pressure could water boil at temperatures above 100°C. In typical kitchen conditions, the boiling water temperature is 100°C.

10. What temperature does a dishwasher rinse cycle normally operate at?

- A. between 60 and 70°C
- B. between 70 and 80°C
- C. between 78 and 82°C
- D. between 82 and 88°C**

High-temperature sanitising rinse is what this tests. The rinse cycle in a dishwasher is designed to reach a temperature high enough to kill remaining bacteria on dishes and utensils, ensuring they're safe to use again. To achieve effective sanitisation, the water needs to be around 82°C or higher, with many machines operating in the low to mid-80s or even higher. That's why the range starting at 82°C up to the upper end of the scale fits best: it reflects the hot temperature necessary for sanitising. Lower ranges don't reliably achieve the level of heat required to sanitise, and a range near 78°C can be insufficient on some machines.

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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