
RSPH Level 2 Award In Identifying and Controlling Food Allergy Risks

INSTRUCTIONS TO CANDIDATES

- 1 Attempt to answer every question.
- 2 Enter your answers on the accompanying answer sheet. Each question has only **ONE** correct answer.
- 3 You have **30 MINUTES** to complete the examination. When you have finished give your question paper and answer sheet to the person in charge.
- 4 The Pass mark for this examination is 14/20.

Specimen Paper

1. Which of the following is a common symptom of a severe allergic reaction?
- A Headache
 - B Breathing difficulty
 - C Fever
 - D Loss of memory
2. What is the most important reason for food business operators to control food allergens?
- A To reduce costs
 - B To avoid prosecution
 - C To reduce the risk of a customer having an adverse reaction
 - D To reduce the amount of food waste produced by customers
3. A customer says they have coeliac disease. If they ate food containing gluten what symptoms might they have?
- A Diarrhoea and twitching
 - B Itchy tongue and loss of weight
 - C Twitching and fainting
 - D Stomach pain and diarrhoea
4. Who is responsible for enforcing food allergen legislation?
- A The customer
 - B The police
 - C Environmental Health Officers
 - D Citizens' Advice Bureau
5. A possible effect on a restaurant of a customer having an allergic reaction after eating food at the restaurant is:
- A An increase in sales
 - B Positive publicity
 - C An on the spot fine
 - D Closure of the restaurant
6. For customers who have an allergy, catering staff should:
- A Make 'on the spot' adjustments to dishes
 - B Tell them to come back later
 - C Provide an alternative 'allergy free' dish
 - D See if the customer reacts to the dishes
7. Which of the following foods would typically contain the allergen sulphur dioxide?
- A Milk
 - B Dried fruit
 - C Pasta
 - D Cheese

8. Which of the following are listed on Annex II of Regulation 1169/2011 (list of food allergens for labelling)?
- A Peas and lentils
 - B Kiwi and banana
 - C Tomato and buckwheat
 - D Cow's milk and celery
9. Which of the following is the least common food allergy in the UK?
- A Egg
 - B Milk
 - C Peanut
 - D Mustard
10. You are serving a cake which is nut-free apart from the walnuts on the top. For a customer with a nut allergy, you should:
- A Advise them not to eat the cake
 - B Scrape the nuts off the top of the cake
 - C Tell the customer to leave the top
 - D Say that most people with a nut allergy can eat walnuts
11. Sesame seeds are likely to be found in which of the following foods?
- A Chicken satay
 - B Coronation chicken
 - C Humous
 - D Bakewell tart
12. Which allergen is present in Royal Icing?
- A Almond
 - B Egg
 - C Lupin
 - D Soya
13. The allergen that is likely to be present in pesto is:
- A Milk
 - B Celery
 - C Mustard
 - D Fish oil
14. Which of the following would be recommended to check a pre-prepared food for the presence of allergens?
- A Look at the ingredients list
 - B Try a small sample
 - C Look at the nutrition information panel
 - D Ask a manager

15. Which of the following activities could cause cross contamination of allergens?
- A Opening a bag of peanuts and then handling food
 - B Using hot soapy water to clean tables
 - C Making sure staff do not wear nail varnish
 - D Making sure goods are stored correctly after delivery
16. The main cause of cross-contamination of allergens in the kitchen is:
- A Not washing hands between handling different dishes
 - B Using the same pots after cleaning to cook different dishes
 - C Mixing up customer orders
 - D Using separate utensils for serving different foods
17. Which of the following would be best to remove traces of allergens from food contact surfaces as part of a food safe cleaning procedure?
- A Hot soapy water and disinfection
 - B Wet cloth and sanitiser
 - C Dry cloth and sanitiser
 - D Hot soapy water
18. Allergy information must be:
- A Printed on the menu
 - B On display
 - C Given verbally
 - D Made available
19. People who are at risk of a severe allergic reaction normally carry:
- A An adrenalin injector
 - B An insulin injector
 - C Morphine tablets
 - D Antibiotic tablets
20. Which of the following people should be trained in allergy awareness?
- A Just the cleaners
 - B Only food service staff and chefs
 - C Anyone involved in the food operation
 - D The catering manager

END OF PAPER