Baladiya test



Free PDF: Baladiya test questions in English

30 practice questions with the right answers and simple explanations. Download it, keep it on your phone, read it on your break.

1 · Personal hygiene

Which of these is good personal hygiene for a food worker?

A. Wearing yesterday's dirty apron again
B. Wiping sweat from your face with your hand
C. Coming to work clean, in clean clothes
D. Using perfume instead of a shower

The right answer: C. Coming to work clean, in clean clothes

Saudi rules say workers must keep themselves clean and wear clean clothes. Dirty clothes and hands carry germs to food.

2 · Handwashing and gloves

You used the toilet. What must you do before you touch food again?

A. Put on new gloves and go back to work
B. Wash your hands with soap and water
C. Rinse your hands with cold water only
D. Wipe your hands with a paper towel only

The right answer: B. Wash your hands with soap and water

Saudi rules say to wash your hands after using the toilet. Gloves or water alone do not remove the germs.

3 · Illness and wounds

You wake up with a high fever on a work day. What should you do?

A. Take a pill for the fever and go to work as usual
B. Go to work and wear a mask for the whole shift
C. Tell your supervisor and do not work with food
D. Go to work, but only wash the pots and the dishes

The right answer: C. Tell your supervisor and do not work with food

Fever can be a sign of an illness that spreads through food. Saudi rules say a worker with fever must be stopped from food work.

4 · Germs and food poisoning

Can you see bacteria on food with your eyes?

A. Yes, they look like small black spots
B. Yes, but only on old or dirty food
C. No, you need a microscope to see them
D. No, they only live inside people

> **The right answer:** C. No, you need a microscope to see them
> Bacteria are too small to see without a microscope. Food can look clean and still carry them.

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5 · Cross-contamination

Which of these is an example of cross-contamination?

A. Keeping cut salad in a covered box in the fridge
B. Cooking chicken until the centre reaches 75 °C
C. Washing your hands before you start work
D. Cutting cooked meat with the raw-meat knife

> **The right answer:** D. Cutting cooked meat with the raw-meat knife
> A knife used for raw meat carries germs. If it then cuts cooked meat, the germs move to food that will not be cooked again.

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6 · Temperature control

You keep cooked food hot in a hot cabinet. What is the lowest safe temperature?

A. 40 °C
B. 50 °C
C. 55 °C
D. 60 °C

> **The right answer:** D. 60 °C
> Hot food must stay at 60 °C or more. Below 60 °C it is in the danger zone, where bacteria grow fast.

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7 · Food storage

Food kept in the fridge should be covered.

> **The right answer:** True
> True. Saudi rules say all stored food must be covered or kept in closed food containers. This keeps out dirt, drips and pests.

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8 · Receiving deliveries

The delivery driver says the chilled food is cold. You can accept it without measuring it.

> **The right answer:** False
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> False. Saudi rules say check the temperature of high-risk food when it arrives, with a clean probe thermometer. Accept chilled food only at 4 °C or colder.

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9 · Cleaning and disinfecting

You may use the same cloth to clean the floor and the work table.

> **The right answer:** False
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> False. Saudi rules say cloths used for floors must not be used on other surfaces. Floors carry dirt and germs that can reach food.

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10 · Pest control

Why are flies dangerous in a kitchen?

A. They make noise and annoy customers
B. They carry germs from waste onto food
C. They eat sugar and other sweet food
D. They make the kitchen air too warm

> **The right answer:** B. They carry germs from waste onto food
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> Flies, cockroaches and mice often carry germs. They land on waste and dirt, then on food. WHO says protect food and kitchen areas from insects and other pests.

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11 · Waste

The lid of the big waste container outside is broken. It stays open all day. Why is this a problem?

A. It is only a problem in winter
B. There is no problem if the container is outside
C. Flies, cats and rats can get into the waste
D. The waste will cool down too fast

> **The right answer:** C. Flies, cats and rats can get into the waste
>
> Open waste attracts pests, and pests carry germs into the kitchen. Report the broken lid so it can be fixed.

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12 · Allergens

A customer says she is allergic to sesame. Which dish most likely contains sesame?

A. Plain boiled rice
B. Hummus made with tahini
C. Fresh orange juice
D. Grilled chicken with salt

> **The right answer:** B. Hummus made with tahini
> Tahini is made from sesame seeds. Sesame is on the Saudi list of 14 allergens.

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13 · Health certificate rules

How many questions does the health education test have, and how much time do you get?

A. 20 questions in 30 minutes
B. 100 questions in 60 minutes
C. 50 questions in 90 minutes
D. 50 questions in 30 minutes

> **The right answer:** C. 50 questions in 90 minutes
> The candidate guide says the test has 50 multiple-choice questions. You have 90 minutes, on a computer at a test centre.

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14 · Personal hygiene

You wear a mask in the food preparation area. What must the mask cover?

A. Only your mouth, not your nose
B. Only your chin and your neck
C. Only your nose, not your mouth
D. Your nose and your mouth

> **The right answer:** D. Your nose and your mouth
> Saudi rules say the mask must cover the nose and the mouth in food areas. This stops drops from your breath falling on food.

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15 · Handwashing and gloves

How should you dry your hands after you wash them at work?

A. On the front of your work apron
B. With the cloth used for dishes
C. On your trousers or your shirt
D. With a single-use paper towel

> **The right answer:** D. With a single-use paper towel
> Saudi rules ask for single-use paper towels or a hand dryer at the hand sink. Aprons and cloths put germs back on clean hands.

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16 · Illness and wounds

If you start vomiting at work, you can finish your shift first and then tell your supervisor.

The right answer: False

False. Vomiting can spread germs to food. Tell your supervisor at once and stop food work.

17 · Germs and food poisoning

Where can dangerous germs be found?

A. Only in food that smells or looks bad
B. Only in drains, bins and toilets
C. Only in raw meat and raw fish
D. In soil, water, animals and people

The right answer: D. In soil, water, animals and people

Dangerous germs are found in many places: soil, water, animals and people. They can reach food from hands, cloths and tools.

18 · Cross-contamination

At the buffet, a customer picks up a bread roll with his bare hand and puts it back. What should the staff member at the buffet do?

A. Leave it, because it looks clean
B. Remove that bread roll at once
C. Turn it over and leave it there
D. Move it to the back of the tray

The right answer: B. Remove that bread roll at once

The customer's hand can leave germs on the bread. Saudi rules say a staff member must watch the buffet and remove at once any food that a customer may have made dirty.

19 · Temperature control

You check a roast chicken with a probe thermometer. Where do you put the tip of the probe?

A. On the skin, on top of the chicken
B. Into the thickest part of the meat
C. Into the juice at the bottom of the tray
D. Into the thin end of a wing

The right answer: B. Into the thickest part of the meat

The thickest part of the food heats up last. Saudi rules say the core temperature is measured in the centre, which is the thickest part. There it must reach 75 °C.

20 · Food storage

The dry store is full. Which places are banned for storing extra food boxes? Choose 3.

A. A clean shelf in another food store
B. The staff changing room
C. The cleaning chemical store
D. A clean, empty food rack in the kitchen
E. A room where dirty equipment is kept

The right answer: B. The staff changing room; C. The cleaning chemical store; E. A room where dirty equipment is kept

Saudi rules ban storing food in changing rooms, staff lockers, toilets, machine rooms, chemical or pesticide stores, and places with dirty equipment. Use only clean food storage areas.

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21 · Receiving deliveries

A delivery of chilled raw chicken arrives. Your thermometer shows 7 °C in the chicken. What should you do?

A. Accept it and put it in the freezer
B. Accept it and cook it today
C. Reject the delivery
D. Accept it if it smells fresh

The right answer: C. Reject the delivery

Saudi rules say chilled food must arrive at 4 °C or colder. If it is warmer, reject it. Freezing or cooking it later does not make it safe.

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22 · Cleaning and disinfecting

Raw meat juice spills on a work table during service. When should you clean it?

A. At once: clean and disinfect it
B. At the end of the shift
C. When the table is used again
D. Only if a customer can see it

The right answer: A. At once: clean and disinfect it

Saudi rules say food contact surfaces must be cleaned and disinfected as soon as something spills on them. Germs from raw meat juice spread fast to other food.

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23 · Pest control

A mouse has chewed a bag of bread rolls. What should you do with the bread?

A. Throw it all away
B. Cut off the chewed part
C. Use it for staff meals
D. Toast it to kill germs

> **The right answer:** A. Throw it all away
> Saudi rules say any food contaminated by pests must be thrown away. Mice leave germs, urine and droppings that you cannot see. Tell your supervisor too.

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24 · Waste

You empty a kitchen bin. It is dirty and smells bad inside. What should you do?

A. Wash and disinfect it, then add a new bag
B. Spray air freshener inside and keep using it
C. Put in a new bag and keep using it
D. Leave it until the weekly deep clean

> **The right answer:** A. Wash and disinfect it, then add a new bag
> Saudi rules say bins must be easy to clean and must be cleaned and disinfected regularly. A dirty bin attracts flies and spreads germs.

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25 · Allergens

A customer is allergic to milk. Which of these foods contains milk?

A. Olive oil
B. Dates
C. Plain black tea
D. Labneh

> **The right answer:** D. Labneh
> Labneh is made from milk. Milk and foods made from it, like cheese, butter and ghee, are allergens.

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26 · Health certificate rules

The test has 50 questions. You need 80% to pass. What is the smallest number of correct answers you need?

A. 30
B. 40
C. 45
D. 50

> **The right answer:** B. 40
> 80% of 50 is 40. With 39 correct answers or fewer, you do not pass.

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27 · Personal hygiene

When there is no food on it, you may eat your lunch at the food preparation table.

The right answer: False

False. Saudi rules ban eating over surfaces that touch food. Crumbs and germs from your mouth and hands can stay on the table. Eat in the staff break area, then wash your hands.

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28 · Handwashing and gloves

You must wash your hands before you start to make a salad.

The right answer: True

True. Salad is ready-to-eat food and will not be cooked. Saudi rules say to wash hands before handling ready-to-eat food.

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29 · Illness and wounds

Why must a sick food worker stay away from food?

A. Germs from his body can get into the food
B. Customers do not like to see sick people working
C. Sick workers work too slowly
D. Medicine can make food taste bad

The right answer: A. Germs from his body can get into the food

A sick worker can pass germs to food with his hands, breath or body liquids. People who eat the food can then get sick.

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30 · Germs and food poisoning

Food can look, smell and taste normal, but still have germs that make people sick.

The right answer: True

True. Germs that cause illness usually do not change how food looks, smells or tastes. You cannot judge safety by looking.



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