

FIRST CHOICE EMPLOYMENT / TORONTO +
GTA

Food-production GMP knowledge check.

Review hygiene, contamination prevention, sanitation, allergen controls, and production records.

Name _____ Date _____ Score _____ / 10

Instructions

Select one answer for each question. A score of 75% is used for this self-check. Review any incorrect answer with a supervisor or trainer.
This general knowledge check does not replace the food business's preventive-control plan, site procedures, or task-specific training.

01 What is a central purpose of good manufacturing and hygienic practices in food production?

(A) Increase packaging speed at any cost

(B) Prevent or control hazards that could contaminate food

(C) Replace all workplace supervision

02 What should a worker do before entering a food-production area?

(A) Follow the site's handwashing, clothing, and entry procedures

(B) Bring personal food onto the line

(C) Skip entry controls when production is busy

03 What should a worker do when illness symptoms could affect food safety?

(A) Hide the symptoms to keep the line moving

(B) Change workstations without telling anyone

(C) Report them and follow the site's health procedure

04 How should jewellery and personal items be handled in a controlled production area?

(A) Store them directly above exposed product

(B) Follow the site's restrictions and keep them from becoming contamination hazards

(C) Wear extra items so they are easy to find

05 What should happen when a food-contact utensil falls on the floor?

(A) Remove it from use and follow the site's cleaning and sanitizing procedure

(B) Wipe it on clothing and continue

(C) Return it to the line if it looks clean

06 What is a good control for preventing allergen cross-contact?

(A) Rely on smell to identify allergens

(B) Use the same uncleaned tools for every product

(C) Follow designated material, equipment, cleaning, and changeover procedures

07 How should required production and safety records be completed?

(A) From memory at the end of the month

(B) Accurately and at the time required by the procedure

(C) Only when an inspector is present

08 What should a worker do after noticing signs of pests?

(A) Protect the product and report the signs through the site's procedure

(B) Apply any available chemical without authorization

(C) Ignore the signs until the next shift

09 What should happen when packaging is damaged or foreign material may have entered a product?

(A) Ship it if the damage is small

(B) Mix it with unaffected product

(C) Stop, identify or isolate the affected material, and report it

10 What is the usual relationship between cleaning and sanitizing?

(A) Sanitizing always makes cleaning unnecessary

(B) Cleaning removes soil first, then sanitizing reduces microorganisms where required

(C) They are unrelated and can be done in any order

Questions or workplace concerns should be raised before unfamiliar work begins.

Worker signature _____

Reviewer _____

FACILITATOR AND SELF-CHECK COPY

Answer key and review notes.

01 B Preventive controls are used to prevent, eliminate, or reduce biological, chemical, and physical hazards.	02 A Food handlers must follow site hygiene and protective-clothing procedures before handling food or entering controlled areas.
03 C Employee health controls depend on prompt reporting and the food business's procedure for protecting food.	04 B Personal items must be controlled so they do not introduce physical or biological contamination.
05 A Food-contact equipment must be kept clean and sanitary according to the site's procedure.	06 C Allergen controls may include separation, scheduling, dedicated tools, validated cleaning, and accurate labels.
07 B Accurate records demonstrate that controls were followed and help identify and correct problems.	08 A Pest activity can contaminate food and should be reported so authorized controls can be applied.
09 C Potentially affected food should be controlled while the issue is assessed and corrective action is taken.	10 B Sanitizing is most effective after dirt and debris have been removed by cleaning.

Source guidance

[CFIA: Preventive control checklist](#)

[CFIA: Cleaning and sanitation program](#)

[CFIA: Regulatory requirements for preventive controls](#)

Prepared August 2026. Confirm current requirements and site procedures before use.