# Chapter 1: Keeping Food Safe

# TEST BANK

1. To be considered an outbreak, a foodborne illness must

a. include at least six people.

b. involve more than one food.

c. be confirmed by laboratory analysis.

d. show different symptoms in different people.

**Answer:** c

**LO:** What a foodborne illness is and how to determine when one has occurred

2. Two guests became ill after eating at a restaurant. They each ate different food items and suffered different symptoms. Would the incident be considered a foodborne illness outbreak?

a. No, because they ate different foods.

b. No, because they ate different foods and had different symptoms.

c. Yes, because they ate different foods.

d. Yes, because they ate different foods and had different symptoms.

**Answer:** b

**LO:** What a foodborne illness is and how to determine when one has occurred

3. What is a foodborne-illness outbreak?

a. When two or more food handlers contaminate multiple food items.

b. When an operation serves contaminated food to two or more people.

c. When two or more people report the same illness from eating the same food.

d. When the CDC receives information on two or more people with the same illness.

**Answer:** c

**LO:** What a foodborne illness is and how to determine when one has occurred

4. In a situation that meets all other criteria, how many people must have the same symptoms for a foodborne illness to be considered an “outbreak”?

a. 1

b. 2

c. 3

d. 4

**Answer:** b

**LO:** What a foodborne illness is and how to determine when one has occurred

5. Why do pathogens pose an increasing challenge to food safety in an operation?

a. Strains of pathogens are stronger than ever before.

b. They can no longer be eliminated from food products.

c. They are being found on food items once considered safe.

d. It is now harder to prevent them from causing foodborne illness.

**Answer:** c

**LO:** Challenges to food safety

6. Why do high-risk customers pose an increasing challenge to food safety in an operation?

a. Their numbers are on the rise.

b. They require extra safeguards.

c. Their immune systems are stronger.

d. Their risk for foodborne illness is less understood.

**Answer:** a

**LO:** Challenges to food safety

7. Which is a challenge to food safety in an operation?

a. The growing elderly population in the U.S.

b. A lack of opportunity to receive food safety training

c. The infrequency of health inspections in an operation

d. Too much focus on personal hygiene in the operation

**Answer:** a

**LO:** Challenges to food safety

8. What is a human cost to victims of foodborne illness?

a. Negative publicity

b. Long-term disability

c. Changes to the immune system

d. Decreased resistance to pathogens

**Answer:** b

**LO:** Costs of a foodborne illness

9. Which are the greatest threat to food safety?

a. Toxins

b. Allergens

c. Pathogens

d. Chemicals

**Answer:** c

**LO:** Contaminants that can make food unsafe

10. Which of the following is a physical contaminant?

a. Bone in a filet

b. Virus on a salad

c. Spray bottle of cleaner

d. Toxin in seafood

**Answer:** a

**LO:** Contaminants that can make food unsafe

11. How are chemicals most likely to get into food?

a. When they are used incorrectly

b. When they are stored in original containers

c. When they are purchased from unsafe sources

d. When they are kept past their expiration date

**Answer:** a

**LO:** Contaminants that can make food unsafe

12. The three potential hazards to food are biological, physical, and

a. toxical.

b. chemical.

c. terminal.

d. procedural.

**Answer:** b

**LO:** Contaminants that can make food unsafe

13. Which is a biological contaminant?

a. Bones in a chicken filet

b. Seafood toxin in a red snapper

c. Metal shavings in a can of peaches

d. Tomato juice served in a pewter pitcher

**Answer:** b

**LO:** Contaminants that can make food unsafe

14. The most common mistakes that can cause foodborne illness include practicing poor personal hygiene, using contaminated equipment, failing to cook and hold food correctly, and

a. thawing food incorrectly.

b. storing food without labels.

c. receiving food in dented cans.

d. purchasing food from unsafe sources.

**Answer:** d

**LO:** How food becomes unsafe

15. Which is a common food-handling mistake that can cause foodborne illness?

a. Failing to supervise food deliveries

b. Failing to exclude food handlers who are ill

c. Failing to calibrate thermometers regularly

d. Failing to prevent cross-contact from allergens

**Answer:** b

**LO:** How food becomes unsafe

16. Food was left out on a prep table to cool for several hours. This is an example of

a. cross-contamination.

b. time-temperature abuse.

c. poor personal hygiene.

d. poor cleaning and sanitizing.

**Answer:** b

**LO:** How food becomes unsafe

17. The same cutting board is used to prep raw meat, then lettuce. This is an example of

a. cross-contamination.

b. time-temperature abuse.

c. poor personal hygiene.

d. poor cleaning and sanitizing.

**Answer:** a

**LO:** How food becomes unsafe

18. Which is a common risk factor for foodborne illness?

a. Reheating leftover food

b. Serving ready-to-eat food

c. Using single-use, disposable gloves

d. Purchasing food from unsafe sources

**Answer:** d

**LO:** How food becomes unsafe

19. Raw chicken breasts are left out at room temperature on a prep table. What is the risk that could cause a foodborne illness?

a. Cross-contamination

b. Poor personal hygiene

c. Time-temperature abuse

d. Poor cleaning and sanitizing

**Answer:** c

**LO:** How food becomes unsafe

20. Which food requires time and temperature control to keep it safe?

a. Whole strawberries

b. Uncut melons

c. Washed carrots

d. Baked potatoes

**Answer:** d

**LO:** Food most likely to become unsafe

21. An example of TCS food is

a. dried parsley.

b. diced cranberries.

c. chopped celery.

d. sliced cantaloupe.

**Answer:** d

**LO:** Food most likely to become unsafe

22. Which is a TCS food?

a. Saltines

b. Bananas

c. Sprouts

d. Coffee

**Answer:** c

**LO:** Food most likely to become unsafe

23. Which is a TCS food?

a. Bread

b. Flour

c. Sprouts

d. Strawberries

**Answer:** c

**LO:** Food most likely to become unsafe

24. Which is considered a ready-to-eat food?

a. Uncut melon

b. Salt and pepper

c. Unpeeled banana

d. Uncooked apple pie

**Answer:** b

**LO:** Food most likely to become unsafe

25. What is TCS food?

a. Food requiring thermometer checks for security

b. Food requiring trustworthy conditions for service

c. Food requiring training commitments for standards

d. Food requiring time and temperature control for safety

**Answer:** d

**LO:** Food most likely to become unsafe

26. A cook preps a beef tenderloin on a cutting board and then immediately cuts pies for dessert on the same cutting board. This is an example of which risk factor?

a. Using contaminated equipment

b. Practicing poor personal hygiene

c. Purchasing food from unsafe sources

d. Holding food at incorrect temperatures

**Answer:** a

**LO:** Food most likely to become unsafe

27. Which of the following people are at high risk for getting a foodborne illness?

a. Preschool-age children

b. Women in their twenties and thirties

c. Middle-aged men and women

d. Teenagers who have reached puberty

**Answer:** a

**LO:** Populations at high risk for foodborne illness

28. A group is dining out and includes a couple in their forties, siblings in their mid-teens, and grandparents in their early seventies. Who is at high risk for foodborne illness?

a. The couple in their forties

b. The siblings in their teens

c. The grandparents in their seventies

d. No member of this group

**Answer:** c

**LO:** Populations at high risk for foodborne illness

29. Why are young children at a higher risk for foodborne illness?

a. They are more likely to spend time in a hospital.

b. Their immune systems are not yet fully developed.

c. They are more likely to suffer allergic reactions.

d. Their appetites are suppressed.

**Answer:** b

**LO:** Populations at high risk for foodborne illness

30. Which of the following is a food safety responsibility of a manager?

a. Ensuring that chemicals are stored in a way that meets OSHA requirements

b. Ensuring that food prepared in a private home for a restaurant is prepared safely

c. Ensuring that delivery drivers are following food safety practices while in the operation

d. Ensuring that separate fryers are available for preparing food for customers with allergies

**Answer:** c

**LO:** Food safety responsibilities of the person in charge of a foodservice operation

31. The regulatory authority will hold you responsible for ensuring that

a. guests use clean tableware when returning to self-service areas.

b. guests are escorted when touring kitchen facilities.

c. meat is checked for doneness by touch.

d. staff members are applying pesticides to eliminate pests.

**Answer:** a

**LO:** Food safety responsibilities of the person in charge of a foodservice operation

32. Which organization makes recommendations for food safety regulation of the foodservice industry?

a. State regulatory authority

b. Food and Drug Administration (FDA)

c. U.S. Department of Agriculture (USDA)

d. Centers for Disease Control and Prevention (CDC)

**Answer:** b

**LO:** Food safety responsibilities of the person in charge of a foodservice operation

33. Which government agency is responsible for regulating and inspecting meat, poultry, and eggs?

a. Food and Drug Administration (FDA)

b. U.S. Department of Agriculture (USDA)

c. The Centers for Disease Control and Prevention (CDC)

d. The Public Health Service (PHS)

**Answer:** b

**LO:** Food safety responsibilities of the person in charge of a foodservice operation

# Chapter 2: Understanding the Microworld

1. Which type of food best supports the growth of bacteria?

a. Fats

b. Sugars

c. Starches

d. Proteins

**Answer:** d

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

2. Which food best supports the growth of bacteria?

a. Butter

b. Cooked rice

c. Loaf of bread

d. Chocolate cake

**Answer:** b

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

3. Bacteria grows best at which pH level?

a. 0

b. 2

c. 7

d. 12

**Answer:** c

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

4. Which food has the most available moisture for bacteria to grow?

a. Food with an aw of 0.0

b. Food with an aw of 0.2

c. Food with an aw of 0.5

d. Food with an aw of 1.0

**Answer:** d

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

5. Is a vacuum-packed food safe from the growth of bacteria?

a. Yes, because the vacuum destroys all bacteria.

b. Yes, because all bacteria need oxygen to grow.

c. No, because some bacteria will grow without oxygen.

d. No, because the vacuum increases the food’s water activity.

**Answer:** c

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

6. What are the two conditions for bacterial growth that you can control?

a. Oxygen and Acidity

b. Acidity and Moisture

c. Temperature and Moisture

d. Time and Temperature

**Answer:** d

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

7. What is the temperature range of the temperature danger zone?

a. 0°F to 41°F (-18°C to 5°C)

b. 31°F to 60°F (-1°C to 16°C)

c. 41°F to 135°F (5°C to 57°C)

d. 60°F to 165°F (16°C to 74°C)

**Answer:** c

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

8. In what temperature range does bacteria grow most rapidly?

a. 0°F to 41°F (-18°C to 5°C)

b. 41°F to 70°F (5°C to 21°C)

c. 70°F to 125°F (21°C to 52°C)

d. 90°F to 165°F (32°C to 74°C)

**Answer:** c

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

9. Which food is in the temperature danger zone?

a. Meat received at 40°F (4°C)

b. Chicken stored at 45°F (7°C)

c. Soup held at 135°F (57°C)

d. Chili cooked to 165°F (74°C)

**Answer:** b

**LO:** Conditions that affect the growth of foodborne bacteria (FAT TOM)

10. Jaundice is a symptom of which foodborne illness?

a. Shigellosis

b. Hepatitis A

c. Hemorrhagic colitis

d. Norovirus

**Answer:** b

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

11. Which is a “Big Six” pathogen?

a. *Salmonella Typhi*

b. *Campylobacter jejuni*

c. *Staphylococcus aureus*

d. *Clostridium Botulinum*

**Answer:** a

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

12. Where is Shiga toxin-producing *Escherichia coli* found?

a. Cattle

b. Water

c. Poultry

d. Dirt

**Answer:** a

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

13. Which pathogen is not commonly associated with meat?

a. *Salmonella Typhi*

b. *Listeria monocytogenes*

c. *Clostridium perfringens*

d. Shiga toxin-producing *Escherichia coli*

**Answer:** a

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

14. Bloody diarrhea is a common symptom associated with an illness from this pathogen

a. *Shigella* spp.

b. *Listeria monocytogenes*

c. *Clostridium botulinum*

d. *Staphylococcus aureus*

**Answer:** a

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

15. A guest became ill with nausea and vomiting after eating shrimp, chicken, rice, and vegetables. Which food was the likely cause of the illness?

a. Shrimp

b. Chicken

c. Rice

d. Vegetables

**Answer:** c

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

16. A guest became ill with a high fever and a rash after eating at a salad bar. Which pathogen is the likely cause of the illness?

a. *Vibrio vulnificus*

b. *Anisakis simplex*

c. *Salmonella Typhi*

d. *Clostridium perfringens*

**Answer:** c

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

17. A guest became ill with vomiting and diarrhea a few hours after eating a lobster dinner. Which pathogen is the likely cause of the illness?

a. *Vibrio vulnificus*

b. *Giardia duodenalis*

c. Hepatitis A

d. Norovirus

**Answer:** d

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

18. Which bacteria is commonly linked with cooked rice dishes?

a. *Shigella* spp.

b. *Salmonella*

c. *Bacillus cereus*

d. *Vibrio vulnificus*

**Answer:** c

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

19. What is a basic characteristic of a virus?

a. Destroyed by freezing

b. Grows in food

c. Requires a living host to grow

d. Commonly found in cattle intestines

**Answer:** c

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

20. What types of food are commonly associated with yeast?

a. Fatty

b. Acidic

c. Alkaline

d. Proteins

**Answer:** b

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

21. Which pathogen is one of the leading causes of foodborne illness?

a. Norovirus

b. *Clostridium botulinum*

c. *Listeria monocytogenes*

d. *Campylobacter jejuni*

**Answer:** a

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

22. This parasite is linked to berries and lettuce

a. *Anisakis simplex*

b. *Giardia duodenalis*

c. *Cryptosporidium parvum*

d. *Cyclospora cayetanensis*

**Answer:** b

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

23. People with this illness may cough up worms

a. Anisakiasis

b. Giardiasis

c. Cyclosporiasis

d. Cryptosporidiosis

**Answer:** a

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

24. What are the most common symptoms of a foodborne illness?

a. Diarrhea, vomiting, fever, nausea, abdominal cramps, and dizziness

b. Diarrhea, vomiting, fever, nausea, abdominal cramps, and headache

c. Diarrhea, vomiting, fever, nausea, abdominal cramps, and jaundice

d. Diarrhea, vomiting, fever, nausea, abdominal cramps, and tiredness

**Answer:** c

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

25. Parasites are commonly linked with what type of food?

a. Rice

b. Poultry

c. Seafood

d. Canned food

**Answer:** c

**LO:** Major foodborne pathogens and their sources; resulting illnesses and their symptoms

26. What is the most important measure for preventing *shigella* spp. from causing a foodborne illness?

a. Practicing good personal hygiene

b. Preventing cross-contamination

c. Preventing time-temperature abuse

d. Purchasing from approved, reputable suppliers

**Answer:** a

**LO:** Ways of preventing viral, bacterial, parasitic, and fungal contamination

27. What is the most important measure for preventing Hepatitis A from causing a foodborne illness?

a. Practicing good personal hygiene

b. Preventing cross-contamination

c. Preventing time-temperature abuse

d. Purchasing from approved, reputable suppliers

**Answer:** a

**LO:** Ways of preventing viral, bacterial, parasitic, and fungal contamination

28. What is the most important measure for preventing Nontyphoidal *Salmonella* from causing a foodborne illness?

a. Practicing good personal hygiene

b. Preventing cross-contamination

c. Preventing time-temperature abuse

d. Purchasing from approved, reputable suppliers

**Answer:** b

**LO:** Ways of preventing viral, bacterial, parasitic, and fungal contamination

29. Handwashing is an important measure for preventing this pathogen from causing a foodborne illness.

a. *Campylobacter jejuni*

b. *Listeria monocytogenes*

c. *Clostridium botulinum*

d. *Staphylococcus aureus*

**Answer:** d

**LO:** Ways of preventing viral, bacterial, parasitic, and fungal contamination

30. When cutting away mold from hard cheese, the FDA recommends removing this much from around the affected area

a. ½ inch

b. 1 inch

c. 2 inches

d. 6 inches

**Answer:** b

**LO:** Ways of preventing viral, bacterial, parasitic, and fungal contamination

31. Aflatoxins are linked to this pathogen

a. Bacteria

b. Viruses

c. Parasites

d. Molds

**Answer:** d

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

32. This toxin causes an illness with neurological symptoms such as the reversal of hot and cold sensations

a. Histamine

b. Ciguatoxin

c. Domoic acid

d. Brevetoxin

**Answer:** b

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

33. A guest in a New England restaurant experienced a tingling in the mouth and face after eating oysters. What is the likely illness?

a. Ciguatera fish poisoning

b. Amnesic shellfish poisoning

c. Paralytic shellfish poisoning

d. Neurotoxic shellfish poisoning

**Answer:** c

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

34. Which fish are associated with ciguatoxin?

a. Tuna

b. Grouper

c. Mackerel

d. Mahi Mahi

**Answer:** b

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

35. What causes most foodborne illnesses associated with wild mushrooms?

a. Being stored for too long after being harvested

b. Not being stored at the correct temperature

c. Being mistaken for edible ones when harvested

d. Not being cooked to the correct temperature

**Answer:** c

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

36. This plant food is toxic when undercooked

a. Raw kidney beans

b. Fresh asparagus

c. Raw edamame

d. Raw sweetcorn

**Answer:** a

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

37. Scombroid poisoning can be prevented by

a. purchasing fish from approved, reputable suppliers.

b. cooking fish to the right internal temperature.

c. making sure food handlers wash their hands.

d. preventing cross-contamination.

**Answer:** a

**LO:** Naturally occurring toxins and ways of preventing illnesses caused by them

# Chapter 3: Contamination, Food Allergens, and Foodborne Illness

1. How should chemicals be stored to prevent chemical contamination?

a. Away from prep areas

b. On the floor between uses

c. On the work surface of prep tables

d. With food supplies below prep tables

**Answer:** a

**LO:** Physical and chemical contaminants and methods of prevention

2. Which is a chemical contaminant?

a. Bones in a chicken filet

b. Norovirus in shellfish

c. Metal shavings in a can of peaches

d. Tomato juice served in a pewter pitcher

**Answer:** d

**LO:** Physical and chemical contaminants and methods of prevention

3. Which is an example of physical contamination?

a. Bones in fish

b. Sneezing on food

c. Touching dirty food-contact surfaces

d. Cooking tomato sauce in a copper pan

**Answer:** a

**LO:** Physical and chemical contaminants and methods of prevention

4. Which is a chemical contaminant?

a. Tomato juice served in a pewter pitcher

b. Bones in a chicken filet

c. Ciguatera toxin in a red snapper

d. Metal shavings in a can of peaches

**Answer:** a

**LO:** Physical and chemical contaminants and methods of prevention

5. What is the best method from preventing a physical hazard in food from causing an injury?

a. Practicing proper food defense

b. Preventing cross-contamination

c. Proper cleaning and sanitizing

d. Purchasing from approved suppliers

**Answer:** d

**LO:** Physical and chemical contaminants and methods of prevention

6. A guest became ill with vomiting and diarrhea within minutes of eating. What type of contamination was the likely cause?

a. Viral

b. Allergen

c. Chemical

d. Biological

**Answer:** c

**LO:** Physical and chemical contaminants and methods of prevention

7. Chemicals must be stored

a. over food.

b. separate from food.

c. in their original containers.

d. above food-contact surfaces.

**Answer:** b

**LO:** Physical and chemical contaminants and methods of prevention

8. A restaurant stores windshield washer fluid for their delivery vehicles with other chemicals used in the operation. Why can’t it be stored there?

a. It is highly toxic and corrosive to metals.

b. It is more likely to leak.

c. It is not necessary for the maintenance of the facility.

d. It can react with the other chemicals that are stored there.

**Answer:** c

**LO:** Physical and chemical contaminants and methods of prevention

9. A dishwasher ran out of sanitizer for the three-compartment sink and used sanitizer from the dish machine instead. Why was this a mistake?

a. The sanitizer is too expensive to use this way.

b. The sanitizer was not used the way it was intended.

c. It is too difficult to measure the sanitizer correctly.

d. The sanitizer will not sanitize equipment when used this way.

**Answer:** b

**LO:** Physical and chemical contaminants and methods of prevention

10. A chef used brushes purchased at the local hardware store to baste food. Why was this a mistake?

a. The brushes will not last due to heavy use.

b. These types of brushes are not as easy to clean.

c. The brushes are not approved for use with food.

d. These brushes are not long enough to prevent burns.

**Answer:** c

**LO:** Physical and chemical contaminants and methods of prevention

11. To prevent the deliberate contamination of food, a manager should know

a. when to register with the EPA.

b. how to fill out an incident report.

c. where to find Safety Data Sheets in the operation.

d. whom to contact about suspicious activity.

**Answer:** d

**LO:** Points in the operation where food is at risk from deliberate contamination

12. What is the best way to protect food from deliberate tampering?

a. Make it as difficult as possible for someone to tamper with it

b. Allow former employees into the operation

c. Perform spot inspections on new vendors

d. Use the USDA A.L.A.R.M. system

**Answer:** a

**LO:** Points in the operation where food is at risk from deliberate contamination

13. When implementing a food defense program, what is the best way to protect food storage areas?

a. Lock them

b. Always leave the lights on

c. Install cameras in these areas

d. Supervise traffic going in and out of them

**Answer:** a

**LO:** Points in the operation where food is at risk from deliberate contamination

14. When implementing a food defense program, what is the best way to make sure food has been received from a safe source?

a. Purchase food only from a large distributor

b. Use food suppliers who are local

c. Purchase products directly from the source

d. Request delivery vehicles be locked and sealed

**Answer:** d

**LO:** Points in the operation where food is at risk from deliberate contamination

15. Which symptom could mean a customer is having an allergic reaction to food?

a. Coughing

b. Dehydration

c. Swollen lips

d. Sneezing

**Answer:** c

**LO:** The most common food allergens and their associated symptoms

16. Which is a Big Eight food allergen?

a. Broccoli

b. Wheat

c. Grapes

d. Pork

**Answer:** b

**LO:** The most common food allergens and their associated symptoms

17. Peanuts and soy products are two possible food items that can be dangerous for people with

a. food allergies.

b. FAT TOM.

c. weak immune systems.

d. chemical sensitivity.

**Answer:** a

**LO:** The most common food allergens and their associated symptoms

18. Wheezing and hives are symptoms of

a. food allergies.

b. Norovirus.

c. botulism.

d. Hepatitis A.

**Answer:** a

**LO:** The most common food allergens and their associated symptoms

19. A customer having an allergic reaction may show which symptom?

a. Wheezing

b. Cold sweats

c. Dizzy spells

d. Dehydration

**Answer:** a

**LO:** The most common food allergens and their associated symptoms

20. Which item contains a common allergen?

a. Peanut butter

b. Filet mignon

c. Chicken wings

d. Orange juice

**Answer:** a

**LO:** The most common food allergens and their associated symptoms

21. What should food handlers do to prevent food allergens from being transferred to food?

a. Use clean and sanitized utensils when prepping the order.

b. Cook food to the appropriate minimum internal temperature.

c. Store cold food at 41°F (5°C) or lower.

d. Label chemical containers correctly.

**Answer:** a

**LO:** Methods of preventing allergic reactions

22. To prevent food allergens from being transferred to food,

a. buy food from trusted suppliers.

b. store cold food at 41°F (5°C) or lower.

c. avoid using pewter tableware and copper cookware.

d. clean and sanitize utensils after handling a food allergen.

**Answer:** d

**LO:** Methods of preventing allergic reactions

23. What can servers do to prevent guests from having an allergic reaction?

a. Identify all ingredients except secret ingredients

b. Let guests know when you think they are reasonably safe

c. Deliver all food to a table at the same time

d. Clearly mark the order for a guest with an allergy

**Answer:** d

**LO:** Methods of preventing allergic reactions

24. The transfer of allergens from food or food-contact surfaces to the food served to an allergic guest is called

a. biological contamination.

b. cross-contact.

c. cross-contamination.

d. allergenic transfer.

**Answer:** b

**LO:** Methods of preventing allergic reactions

25. What can kitchen staff do to prevent guests from having an allergic reaction?

a. Cook all fried foods in the same fryers

b. Check recipes and ingredient labels for allergens

c. Use the same cooking utensils to handle all food

d. Wash hands after preparing food for guests with allergies

**Answer:** b

**LO:** Methods of preventing allergic reactions

# Chapter 4: The Safe Food Handler

1. What is the main reason for food handlers to avoid scratching their scalps?

a. Transferring a food allergen

b. Spreading pathogens to the food

c. Getting food in their hair

d. Causing toxic-metal poisoning

**Answer:** b

**LO:** How food handlers can contaminate food

2. A food handler has a wound on their finger. Can this contaminate food and cause a foodborne illness?

a. No, because the immune system will stop any infection.

b. No, because the finger is less prone to infection then other areas.

c. Yes, because all wounds can contaminate food and cause illness.

d. Yes, because a wound that contains pathogens can contaminate food.

**Answer:** d

**LO:** How food handlers can contaminate food

3. What is a carrier?

a. Bacteria that carry dangerous pathogens

b. Someone with a compromised immune system

c. A seafood parasite that attaches itself to fish

d. Someone who carries pathogens without getting sick

**Answer:** d

**LO:** How food handlers can contaminate food

4. Which disease is transmitted through food?

a. Hepatitis C

b. Tuberculosis

c. Typhoid fever

d. Human immunodeficiency virus (HIV)

**Answer:** c

**LO:** How food handlers can contaminate food

5. What is jaundice?

a. Reddening of the face

b. Swelling of the lips

c. Tingling in the face

d. Yellowing of the skin

**Answer:** d

**LO:** How food handlers can contaminate food

6. When washing hands, what is the minimum time that food handlers should scrub hands and arms with soap?

a. 5 seconds

b. 8 seconds

c. 10 seconds

d. 18 seconds

**Answer:** c

**LO:** The correct handwashing procedure

7. What should the temperature of the water be when washing hands?

a. Hot

b. Cold

c. Warm

d. Lukewarm

**Answer:** c

**LO:** The correct handwashing procedure

8. A food handler wet his hands with warm water, applied soap and scrubbed them for 15 seconds, rinsed them in warm water, and dried them on a cloth side towel. What did he do wrong?

a. Wet hands with warm water

b. Dried hands on a side towel

c. Rinsed hands with warm water

d. Scrubbed hands for only 15 seconds

**Answer:** b

**LO:** The correct handwashing procedure

9. Approximately how long should the whole handwashing process take?

a. 5 seconds

b. 10 seconds

c. 15 seconds

d. 20 seconds

**Answer:** d

**LO:** The correct handwashing procedure

10. Where should food handlers wash their hands?

a. Prep sink

b. Utility sink

c. Designated sink for handwashing

d. Three-compartment sink

**Answer:** c

**LO:** When and where hands should be washed

11. After handling dirty dishes, a dish washer washes her hands in the three-compartment sink? Is this acceptable?

a. Yes, hands can be washed in any sink.

b. Yes, these sinks are dedicated for handwashing.

c. No, the soap is not the correct type for washing hands.

d. No, hands should only be washed in a dedicated handwashing sink.

**Answer:** d

**LO:** When and where hands should be washed

12. When should food handlers wash their hands?

a. After drinking

b. After applying hand antiseptics

c. After putting on single-use gloves

d. After handling ready-to-eat food

**Answer:** a

**LO:** When and where hands should be washed

13. When should food handlers wash their hands?

a. After changing tasks

b. After handling ready-to eat food

c. Before touching clothing

d. Before leaving and returning to the prep area

**Answer:** a

**LO:** When and where hands should be washed

14. A food handler who has just bussed tables must do what before handling food?

a. Change apron

b. Wash hands

c. Put disposable gloves back on

d. Wipe hands on a cloth towel

**Answer:** b

**LO:** When and where hands should be washed

15. After which activity must food handlers wash their hands?

a. Clearing tables

b. Putting on gloves

c. Serving customers

d. Applying hand antiseptic

**Answer:** a

**LO:** When and where hands should be washed

16. What must food handlers do after touching their body or clothing?

a. Wash their hands

b. Rinse their gloves

c. Change their aprons

d. Use a hand antiseptic

**Answer:** a

**LO:** When and where hands should be washed

17. What is the purpose of a hand antiseptic?

a. To sterilize skin surfaces

b. To kill all pathogens on the hands

c. To reduce pathogens to safe levels

d. To reduce the conditions for pathogen growth

**Answer:** c

**LO:** Hand antiseptics and when to use them

18. Hand antiseptics should be used

a. before handwashing.

b. after handwashing

c. in place of handwashing.

d. during handwashing.

**Answer:** b

**LO:** Hand antiseptics and when to use them

19. After washing her hands, a food handler applied a hand sanitizer, rubbed the sanitizer in, and immediately continued chopping vegetables on a cutting board. Why is this a problem?

a. She did not let the sanitizer dry.

b. She failed to rinse off the sanitizer.

c. She should not have washed her hands first.

d. She should not have rubbed the sanitizer into her hands.

**Answer:** a

**LO:** Hand antiseptics and when to use them

20. What is the intended use of a hand antiseptic?

a. Reduce pathogens on skin

b. Minimize the need to wash hands

c. Extend the usability of gloves

d. Remove unpleasant food odors

**Answer:** a

**LO:** Hand antiseptics and when to use them

21. How should food handlers keep their fingernails?

a. Short and unpolished

b. Long and unpolished

c. Long and painted with nail polish

d. Short and painted with nail polish

**Answer:** a

**LO:** Hand-maintenance requirements

22. Why should food handlers not wear false fingernails?

a. They are hard to keep clean.

b. They transfer chemicals to food.

c. They hold more pathogens than natural nails.

d. They become toxic when in contact with sanitizer.

**Answer:** a

**LO:** Hand-maintenance requirements

23. What should a food handler do when working with an infected cut on the finger?

a. Cover the wound with a bandage.

b. Stay away from food and prep areas.

c. Cover the hand with a glove or a finger cot.

d. Cover the wound with an impermeable bandage or finger cot and a glove.

**Answer:** d

**LO:** The correct way to cover infected wound

24. To work with food, a food handler with an infected hand wound must

a. cover the wound with an impermeable cover and wear a single-use glove.

b. cover the wound with an impermeable cover and limit contact with food.

c. wash hands and bandage the wound with an impermeable cover.

d. apply ointment and bandage the wound with an impermeable cover.

**Answer:** a

**LO:** The correct way to cover infected wound

25. If a food handler has a wound on the arm they must

a. apply ointment only.

b. cover the wound with any type of bandage.

c. cover the wound with an impermeable cover.

d. cover the wound with a dry, durable, tight-fitting bandage

**Answer:** c

**LO:** The correct way to cover infected wound

26. Which food item may be handled with bare hands?

a. Sliced cheese for sandwiches

b. Boiled egg slices for salad

c. Chopped carrots for stew

d. Parsley for garnish

**Answer:** c

**LO:** The importance of avoiding bare-hand contact with ready-to-eat food

27. Which food item may be handled with bare hands?

a. Cooked pasta for salad

b. Chopped potatoes for soup

c. Canned tuna for sandwiches

d. Pickled watermelon for garnish

**Answer:** b

**LO:** The importance of avoiding bare-hand contact with ready-to-eat food

28. Which food can be handled with bare hands?

a. Baked potatoes

b. Cheese for a pizza

c. Croutons for a salad

d. Salt as seasoning to a cooked dish

**Answer:** b

**LO:** The importance of avoiding bare-hand contact with ready-to-eat food

29. A cook wore single-use gloves while forming raw ground beef into patties. The cook continued to wear them while slicing hamburger buns. What mistake was made?

a. The cook did not wear reusable gloves while handling the raw ground beef and hamburger buns.

b. The cook did not clean and sanitize the gloves before handling the hamburger buns.

c. The cook did not wash hands before putting on the same gloves to slice the hamburger buns.

d. The cook did not wash hands and put on new gloves before slicing the hamburger buns.

**Answer:** d

**LO:** How to use single-use gloves and when to change them

30. After handling raw meat and before handling produce, what should food handlers do with their gloves?

a. Clean and sanitize them.

b. Continue working with them.

c. Wash hands and change them.

d. Set them aside if working with meat again later.

**Answer:** c

**LO:** How to use single-use gloves and when to change them

31. A food handler who spends an entire shift forming hamburger patties should change gloves

a. after 1 hour, because the gloves may quickly build up pathogens.

b. every 4 hours during continual use, and more often if needed.

c. at the end of the shift.

d. every 6 hours, to avoid wasting gloves.

**Answer:** b

**LO:** How to use single-use gloves and when to change them

32. Single-use gloves do not need to be worn when

a. washing produce.

b. applying a garnish to a dish.

c. adding spices to cooked food.

d. arranging food on the plate.

**Answer:** a

**LO:** How to use single-use gloves and when to change them

33. When using single-use gloves in your operation, you should

a. wash and reuse them.

b. purchase only latex gloves.

c. provide a one-size-fits-all glove.

d. provide gloves made from non-latex materials.

**Answer:** d

**LO:** How to use single-use gloves and when to change them

34. What should food handlers do after prepping food and before using the restroom?

a. Wash their hands

b. Take off their hats

c. Change their gloves

d. Take off their aprons

**Answer:** d

**LO:** Requirements for staff work attire

35. Where should personal items, like a coat, be stored in the operation?

a. On a shelf, above food

b. On a shelf, below food

c. Away from food

d. In the kitchen, away from moving equipment

**Answer:** c

**LO:** Requirements for staff work attire

36. What must always be worn when in a food prep area?

a. Apron

b. Chef coat

c. Side towel

d. Hair restraint

**Answer:** d

**LO:** Requirements for staff work attire

37. What is the only jewelry that may be worn on the hands or arms while handling food?

a. Plain-band ring

b. Medical ID bracelet

c. Leather-band watch

d. Diamond ring

**Answer:** a

**LO:** Jewelry that poses a hazard to food safety

38. When may food handlers wear plain-band rings?

a. At any time

b. When not handling food

c. Only if wearing gloves

d. Only if washing dishes

**Answer:** a

**LO:** Jewelry that poses a hazard to food safety

39. Food handlers must remove jewelry from the

a. hands.

b. ears.

c. face.

d. mouth.

**Answer:** a

**LO:** Jewelry that poses a hazard to food safety

40. Where should staff members eat, drink, smoke, or chew gum?

a. Designated areas

b. Dishwashing areas

c. Outside the kitchen door

d. Where customers cannot see them

**Answer:** a

**LO:** Policies regarding eating, drinking, and smoking as they relate to food safety

41. Is it acceptable for a server to eat a bowl of soup in the server station?

a. No, never when serving food.

b. No, because they are in full view of the public.

c. Yes, as long as they will not contaminate food.

d. Yes, as long as they will not contaminate equipment.

**Answer:** a

**LO:** Policies regarding eating, drinking, and smoking as they relate to food safety

42. Is it acceptable for a cook to drink coffee from a coffee cup while preparing food?

a. Yes, as long as they are not touching food with bare hands.

b. Yes, if the coffee cup is placed where it will not spill.

c. No, because the coffee cup is an uncovered container.

d. No, because there is always a chance the coffee will spill.

**Answer:** c

**LO:** Policies regarding eating, drinking, and smoking as they relate to food safety

43. If food handlers are sick, they must

a. stay home.

b. tell you about their symptoms.

c. call the health department.

d. only work for short periods of time.

**Answer:** a

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

44. A food handler with a sore throat and a fever should be excluded from working in a day-care center because the children

a. will not receive the same level of service.

b. could make the food handler sicker.

c. are a high-risk population.

d. will refuse to eat.

**Answer:** c

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

45. When should a food handler with a sore throat and fever be excluded from the operation?

a. Customers served are primarily a high-risk population

b. Fever is over 100°F (38°C)

c. Sore throat has lasted for more than 5 days

d. Before the regulatory authority is notified

**Answer:** a

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

46. What should a manager do with a food handler that has been vomiting?

a. Inform the health department

b. Exclude them from the operation

c. Restrict them from working with or around food

d. Allow them to work for short periods of time

**Answer:** b

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

47. What action should a manager take when a food handler reports having diarrhea and being diagnosed with a foodborne illness caused by *Shigella* spp.?

a. Exclude the food handler from the operation.

b. Make sure the food handler washes hands often.

c. Make sure the food handler is supplied with disposable gloves.

d. Keep the food handler away from duties that involve food.

**Answer:** a

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

48. When can a food handler who has had diarrhea return to work?

a. When symptom-free for 24 hours

b. When they feel strong enough to work

c. When no one else in the household has diarrhea

d. When the regulatory authority clears them

**Answer:** a

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

49. What should a manager do with a food handler that is sneezing and has a persistent runny nose?

a. Exclude the food handler from the operation

b. Restrict them from working with exposed food

c. Provide the food handler with a means to blow their nose

d. Remind them to turn away from food when sneezing

**Answer:** b

**LO:** Criteria for excluding staff from the operation or restricting them from working with exposed food, utensils, and equipment

50. Which illness needs to be reported to the regulatory authority?

a. Hepatitis A

b. Influenza

c. Scombroid poisoning

d. Botulism

**Answer:** a

**LO:** Illnesses that need to be reported to the regulatory authority

# Chapter 5: The Flow of Food: An Introduction

1. Using one set of cutting boards for raw poultry and another set of cutting boards for ready-to-eat food reduces the risk of

a. cross-contamination.

b. time-temperature abuse.

c. physical contamination.

d. toxic-metal poisoning.

**Answer:** a

**LO:** Ways of preventing cross-contamination

2. What is the purpose of color-coded equipment?

a. It indicates the level of risk for each product.

b. It helps keep equipment separate.

c. It indicates the cooking temperature of each product.

d. It provides a visual cue for the preparation order of products.

**Answer:** b

**LO:** Ways of preventing cross-contamination

3. How can the risk of cross-contamination be reduced when prepping different types of food on the same prep table?

a. Prep raw and ready-to-eat food at the same time

b. Prep raw and ready-to-eat food at different times

c. Prep ready-to-eat food after raw food

d. Clean and sanitize the table after you are done using it

**Answer:** b

**LO:** Ways of preventing cross-contamination

4. An operation has decided to purchase cut lettuce for salads rather than cutting the lettuce themselves. What is the benefit of doing this?

a. To prevent temperature abuse

b. To prevent cross-contamination

c. To reduce the cost of a salad

d. To reduce the focus on proper personal hygiene

**Answer:** b

**LO:** Ways of preventing cross-contamination

5. What must be done after completing each prep task to reduce the risk of cross-contamination?

a. Food must be put away as quickly as possible

b. Aprons must be replaced with clean ones

c. Surfaces must be cleaned and sanitized

d. Food temperatures must be checked with a clean thermometer

**Answer:** c

**LO:** Ways of preventing cross-contamination

6. What is the temperature range of the Temperature Danger Zone?

a. 0°F to 32°F (-18°C to 0°C)

b. 32°F to 120°F (0°C to 49°C)

c. 41°F to 135°F (5°C to 57°C)

d. 60°F to 150°F (16°C to 66°C)

**Answer:** c

**LO:** Ways of preventing time-temperature abuse

7. Pathogens grow most rapidly at temperatures between

a. 41°F and 45°F (5°C to 7°C).

b. 45°F and 60°F (7°C to 16°C).

c. 70°F and 125°F (21°C to 52°C).

d. 120°F and 135°F (49°C to 57°C).

**Answer:** c

**LO:** Ways of preventing time-temperature abuse

8. Pathogens are likely to grow well in a meat stew that is

a. below freezing temperature.

b. at refrigeration temperatures.

c. between 41°F and 135°F (5°C and 57°C).

d. cooked to the correct internal temperature.

**Answer:** c

**LO:** Ways of preventing time-temperature abuse

9. Food is being temperature abused when it is

a. held at the wrong temperature.

b. cooled too quickly.

c. reheated rapidly.

d. cooked to a higher temperature than required.

**Answer:** a

**LO:** Ways of preventing time-temperature abuse

10. Food must be thrown out after remaining in the temperature danger zone for

a. 1 hour.

b. 2 hours.

c. 3 hours.

d. 4 hours.

**Answer:** d

**LO:** Ways of preventing time-temperature abuse

11. This can help prevent time-temperature abuse

a. Regularly recording temperatures

b. Performing self-inspections

c. Proper cleaning and sanitizing

d. Purchasing from approved suppliers

**Answer:** a

**LO:** Ways of preventing time-temperature abuse

12. Limiting the amount of food that can be removed from a cooler when prepping it can help prevent

a. cross-contamination.

b. cross-contact.

c. time-temperature abuse.

d. thermal energy transfer.

**Answer:** c

**LO:** Ways of preventing time-temperature abuse

13. Which thermocouple probe should be used to check the temperature of a pork roast?

a. Air

b. Surface

c. Immersion

d. Penetration

**Answer:** d

**LO:** Different types of temperature measuring devices and their uses

14. What do time-temperature indicators do?

a. Measure temperature through a probe with a sensor at the end

b. Measure the length of time that food should be cooked

c. Show if food has been cross-contaminated during preparation

d. Show if food has been time-temperature abused during shipment

**Answer:** d

**LO:** Different types of temperature measuring devices and their uses

15. Which temperature measuring device is designed for measuring surface temperatures?

a. Infrared Thermometer

b. Time-Temperature Indicator

c. Thermocouple and Thermistor

d. Bimetallic Stemmed Thermometer

**Answer:** a

**LO:** Different types of temperature measuring devices and their uses

16. When using an infrared thermometer, it must

a. be held close to the food.

b. touch the surface of the food.

c. be used to take readings through metal.

d. be used when taking air temperatures.

**Answer:** a

**LO:** Different types of temperature measuring devices and their uses

17. What thermocouple probe would be used to check the temperature of a grill?

a. Air

b. Surface

c. Immersion

d. Penetration

**Answer:** b

**LO:** Different types of temperature measuring devices and their uses

18. What thermocouple probe would be used to check the temperature of a pot of soup?

a. Air

b. Surface

c. Immersion

d. Penetration

**Answer:** c

**LO:** Different types of temperature measuring devices and their uses

19. When using the ice-point technique to calibrate a thermometer, to what temperature should the thermometer be adjusted?

a. 0°F (-18°C)

b. 32°F (0°C)

c. 41°F (5°C)

d. 212°F (100°C)

**Answer:** b

**LO:** How to calibrate thermometers

20. What is the calibration nut on a bimetallic stemmed thermometer used for?

a. Keeping it accurate

b. Marking its sensing area

c. Measuring air temperature

d. Measuring temperatures through glass

**Answer:** a

**LO:** How to calibrate thermometers

21. When calibrating a thermometer by placing it in boiling water, what temperature should it be adjusted to if your location is at sea level?

a. 110°F (43°C)

b. 165°F (74°C)

c. 180°F (82°C)

d. 212°F (100°C)

**Answer:** d

**LO:** How to calibrate thermometers

22. When checking the internal temperature of food, where should the thermometer be inserted?

a. In the thinnest part of the food

b. In the thickest part of the food

c. On the bottom of the food

d. On the top of the food

**Answer:** b

**LO:** General guidelines for thermometer use

23. Thermometers that measure the temperature of food must be accurate to

a. +/- 1°F or +/- 0°C.

b. +/- 2°F or +/- 1°C.

c. +/- 3°F or +/- 2°C.

d. +/- 4°F or +/- 3°C.

**Answer:** b

**LO:** General guidelines for thermometer use

24. Thermometers should be calibrated

a. before use.

b. after use

c. during use.

d. before and after use.

**Answer:** d

**LO:** General guidelines for thermometer use

25. How long after inserting a bimetallic stemmed thermometer in food must you wait for the reading to steady?

a. 5 seconds

b. 10 seconds

c. 15 seconds

d. 30 seconds

**Answer:** c

**LO:** General guidelines for thermometer use

# Chapter 6: The Flow of Food: An Introduction

1. What is the most important factor in choosing an approved food supplier?

a. It has a HACCP program or other food safety system.

b. It has documented manufacturing and packing practices.

c. It has a warehouse that is close to the operation, reducing shipping time.

d. It has been inspected and complies with local, state, and federal laws.

**Answer:** d

**LO:** Characteristics of an approved supplier

2. An approved supplier

a. does not require inspection.

b. will not have food safety violations.

c. can show you their inspection report.

d. has an active managerial control program in place.

**Answer:** c

**LO:** Characteristics of an approved supplier

3. Suppliers are subject to food safety inspections from which agency?

a. Public Health Service (PHS)

b. Centers for Disease Control and Prevention (CDC)

c. U.S. Department of Agriculture (USDA)

d. Environmental Protection Agency (EPA)

**Answer:** c

**LO:** Characteristics of an approved supplier

4. A chef purchases fresh fish from a local fisherman. Is this an approved supplier?

a. Yes, if the fish is fresh caught.

b. Yes, if the town has licensed the fisherman.

c. No, not if the fisherman is local.

d. No, the fisherman is not inspected.

**Answer:** d

**LO:** Characteristics of an approved supplier

5. What are Good Manufacturing Practices (GMP) as defined by the FDA?

a. Rules for receiving food

b. Requirements for producing safe food

c. Parameters for the safe storage of food

d. Guidelines for creating a HACCP plan

**Answer:** b

**LO:** Characteristics of an approved supplier

6. When receiving a delivery of food for an operation, it is important to

a. inspect only the TCS food.

b. inspect all food immediately before storing it.

c. stack the delivery neatly and inspect it within 12 hours.

d. store it immediately and inspect it later.

**Answer:** b

**LO:** Guidelines for receiving and inspecting deliveries

7. What is the first thing that should be done when a food delivery arrives?

a. Inspect and store the delivery

b. Check temperatures of all TCS food items

c. Inspect the vehicle for signs of contamination

d. Inspect packaging for signs of damage or pests

**Answer:** c

**LO:** Guidelines for receiving and inspecting deliveries

8. Should you cross-train employees so more people have the skills to receive deliveries?

a. Yes, this ensures that deliveries will be received quicker.

b. Yes, the more people that can receive products the better.

c. No, specific staff should be responsible for receiving.

d. No, cross-training is expensive and time-consuming.

**Answer:** c

**LO:** Guidelines for receiving and inspecting deliveries

9. What should be done if pests are spotted in a delivery vehicle?

a. Accept the delivery if the products look safe

b. Accept the delivery, depending on the type of pest found

c. Reject the entire delivery

d. Reject any products close to where the pests were found

**Answer:** c

**LO:** Guidelines for receiving and inspecting deliveries

10. Two food deliveries arrive at the same time. What should you do?

a. Accept them both

b. Alternate the inspection between each delivery

c. Inspect both deliveries and store them afterwards

d. Inspect and store one delivery before accepting another

**Answer:** d

**LO:** Guidelines for receiving and inspecting deliveries

11. What must be done after receiving a key drop delivery?

a. The delivery must be inspected

b. The delivery must be stored correctly

c. Temperatures must be checked immediately

d. Products must be removed from original packaging

**Answer:** a

**LO:** Requirements for key drop deliveries

12. A recall has been issued for a specific brand of orange juice. The store manager has matched the information from the recall notice to the item, removed the item from inventory, and stored it in a secure location. What should the manager do next?

a. Refer to the vendor notification for next steps

b. Contact the supplier and arrange for product pick up

c. Label the item to prevent it from accidentally be placed back in inventory

d. Inform the local media, customers, and employees of the reason for the recall

**Answer:** c

**LO:** Procedure for handling food recalls

13. What must a manager do with a recalled food item in the operation?

a. Combine the item with non-recalled items during preparation

b. Record the names of customers who purchase the item

c. Store the recalled item separately from other food

d. Sell all recalled items within 24 hours

**Answer:** c

**LO:** Procedure for handling food recalls

14. Where should a manager check to find recall notices?

a. Public Health Service (PHS)

b. Food and Drug Administration (FDA)

c. Centers for Disease Control and Prevention (CDC)

d. Environmental Protection Agency (EPA)

**Answer:** b

**LO:** Procedure for handling food recalls

15. How should the temperature of a shipment of sour cream be taken when it arrives at an operation?

a. Place a hand on a container to see if it is cool to the touch

b. Hold an infrared thermometer as close as possible to a case

c. Place the thermometer stem between shipping boxes for a reading

d. Remove the lid of a container and put the thermometer stem into the sour cream

**Answer:** d

**LO:** Procedures for checking the temperatures of various food items

16. How should the temperature of a shipment of bulk vacuum packages of raw ground beef be taken when it arrives at an operation?

a. Place a hand on a package to see if it is cool to the touch

b. Hold an infrared thermometer as close as possible to a case

c. Place the thermometer stem between two packages for a reading

d. Open a package and put the thermometer stem into the ground beef

**Answer:** c

**LO:** Procedures for checking the temperatures of various food items

17. Where should you place the thermometer stem when checking the temperature of a chicken breast?

a. In the thinnest part

b. In the thickest part

c. between two chicken breasts

d. below a chicken breast

**Answer:** b

**LO:** Procedures for checking the temperatures of various food items

18. At what internal temperature should cold TCS food be received?

a. 41°F (5°C) or lower

b. 45°F (7°C) or lower

c. 51°F (10°C) or lower

d. 55°F (13°C) or lower

**Answer:** a

**LO:** Temperature requirements when receiving food

19. What must be done with live oysters received at an air temperature of 45°F (7°C)?

a. They must be rejected.

b. They must be discarded.

c. They must be heated to 155°F (68°C).

d. They must be cooled to 41°F (5°C) or lower.

**Answer:** d

**LO:** Temperature requirements when receiving food

20. At what maximum temperature can milk be received?

a. 55°F (13°C)

b. 50°F (10°C)

c. 45°F (7°C)

d. 41°F (5°C)

**Answer:** c

**LO:** Temperature requirements when receiving food

21. At what maximum temperature can shell eggs be received?

a. 55°F (13°C)

b. 50°F (10°C)

c. 45°F (7°C)

d. 41°F (5°C)

**Answer:** c

**LO:** Temperature requirements when receiving food

22. At what minimum temperature must hot TCS food be received?

a. 140°F (60°C)

b. 135°F (57°C)

c. 125°F (52°C)

d. 110°F (43°C)

**Answer:** b

**LO:** Temperature requirements when receiving food

23. What is the meaning of large ice crystals on frozen food?

a. The product has been frozen properly

b. The product is still in the process of reaching the correct temperature

c. The product has thawed and been refrozen

d. The product should be cooked rapidly after thawing

**Answer:** c

**LO:** Temperature requirements when receiving food

24. What are the packaging criteria for accepting nonfood items?

a. Soiled but intact

b. Clean and no more than 2 tears or punctures

c. Soiled and no more than 2 tears or punctures

d. Intact, clean, and protected from contamination

**Answer:** d

**LO:** Packaging requirements when receiving food

25. A food item that is received with an expired use-by date should be

a. rejected.

b. used immediately.

c. accepted but labeled differently.

d. accepted but kept separate from other items.

**Answer:** a

**LO:** Packaging requirements when receiving food

26. A can has a deep dent in the can body, but no product is leaking from it. What should be done with the can?

a. It can be accepted

b. It should be rejected

c. It should be recalled

d. It should be used immediately

**Answer:** b

**LO:** Packaging requirements when receiving food

27. What does a “best by” date mean?

a. last date for the product at peak quality

b. how long the product should be displayed for sale

c. date the product should be eaten for best quality

d. date the product should be rotated in storage

**Answer:** c

**LO:** Packaging requirements when receiving food

28. How long must shell stock tags be kept on file?

a. 30 days after the day the shellfish were received

b. 90 days after the day the shellfish were received

c. 30 days after the last shellfish was sold or served from the container

d. 90 days after the last shellfish was sold or served from the container

**Answer:** d

**LO:** Documentation required when receiving food

29. What must documentation received with fish that will be eaten raw state?

a. how the fish was caught

b. where the fish was harvested

c. that the fish was correctly frozen

d. the credentials of the fisherman who caught the fish

**Answer:** c

**LO:** Documentation required when receiving food

30. Fish that will be farm-raised must meet the standards of what agency?

a. USDA

b. FDA

c. CDC

d. Homeland Security

**Answer:** b

**LO:** Documentation required when receiving food

31. Meat must be purchased from plants inspected by what government agency?

a. PHS

b. FDA

c. USDA

d. CDC

**Answer:** c

**LO:** Government inspection stamps required when receiving food

32. An inspection stamp on meat indicates that

a. it is free of pathogens.

b. it is a “choice” cut of meat.

c. the product has met standards.

d. the food is safe to eat even if undercooked.

**Answer:** c

**LO:** Government inspection stamps required when receiving food

33. Poultry is inspected by what government agency?

a. PHS

b. FDA

c. USDA

d. CDC

**Answer:** c

**LO:** Government inspection stamps required when receiving food

34. Liquid eggs are inspected by what agency?

a. PHS

b. FDA

c. USDA

d. CDC

**Answer:** c

**LO:** Government inspection stamps required when receiving food

35. Poor food quality is typically a sign of

a. cross-contact.

b. cross-contamination.

c. time-temperature abuse.

d. improper personal hygiene.

**Answer:** c

**LO:** Quality requirements when receiving food

36. When checking a shipment of fresh salmon filets, a food handler notices that the flesh is soft and leaves an imprint when touched. What should be done with the fish?

a. Accept the fish

b. Reject the fish

c. Recall the fish

d. Accept the fish that does not leave an imprint

**Answer:** b

**LO:** Quality requirements when receiving food

37. A food handler notices that a shipment of fresh meat appears to be dry. What should be done with the meat?

a. Accept the meat

b. Reject the meat

c. Recall the meat

d. Accept any meat that is not dry

**Answer:** b

**LO:** Quality requirements when receiving food

38. What should be done with a shipment of fresh clams that have a slight seaweed smell?

a. Accept the clams

b. Reject the clams

c. Recall the clams

d. Accept any clams that do not smell like seaweed

**Answer:** a

**LO:** Quality requirements when receiving food

39. Which item should be rejected?

a. Bags of organic cookies in torn packaging

b. Bottled milk at 41°F (5°C)

c. Single-use cups in original packing

d. Live oysters with an internal temperature of 50°F (10°C)

**Answer:** a

**LO:** Receiving criteria for specific food items

40. A food item that is received with an expired use-by date should be

a. rejected.

b. used immediately.

c. accepted but labeled differently.

d. accepted but kept separate from other items.

**Answer:** a

**LO:** Receiving criteria for specific food items

41. Beef that has been received is bright cherry red and has flesh that springs back when touched. What should be done with the beef?

a. Accept the beef

b. Reject the beef

c. Recall the beef

d. Reject any beef with these traits and keep the rest

**Answer:** a

**LO:** Receiving criteria for specific food items

42. A shipment of whole chickens has been received with dark wing tips and a purple color around the neck. What should be done with the chicken?

a. Accept the chicken

b. Reject the chicken

c. Recall the chicken

d. Reject any chicken with these traits and keep the rest

**Answer:** b

**LO:** Receiving criteria for specific food items

Chapter 7: The Flow of Food: Storage

1. Ready-to-eat TCS food must be date marked if it will be stored for longer than

a. 12 hours.

b. 24 hours.

c. 36 hours.

d. 48 hours.

**Answer:** b

**LO:** Requirements for labeling and date marking food

2. What is the maximum amount of time that ready-to-eat TCS food can be stored in a cooler at 41°F (5°C) before it must be sold, served, or thrown out?

a. 2 days

b. 5 days

c. 7 days

d. 9 days

**Answer:** c

**LO:** Requirements for labeling and date marking food

3. What should be done to ready-to-eat TCS food that will be prepped on-site and held for longer than 24 hours?

a. Date mark it.

b. Sell it.

c. Throw it away.

d. Serve it within the next hour.

**Answer:** a

**LO:** Requirements for labeling and date marking food

4. Any item not stored in its original container must be

a. labeled.

b. thrown out.

c. used immediately.

d. served as quickly as possible.

**Answer:** a

**LO:** Requirements for labeling and date marking food

5. What must be included on the label of food that has not been stored in its original container?

a. The food’s common name

b. A list of ingredients

c. Major allergens

d. Preservatives in the food

**Answer:** a

**LO:** Requirements for labeling and date marking food

6. What is the discard date for potato salad that was prepared and stored on October 1?

a. October 6

b. October 7

c. October 8

d. October 9

**Answer:** b

**LO:** Requirements for labeling and date marking food

7. A chef was preparing a dish that included beef and pork. The beef had a use-by date of September 1 while the pork had a use-by date of September 15. What is the discard date of the dish?

a. September 1

b. September 8

c. September 15

d. September 22

**Answer:** a

**LO:** Requirements for labeling and date marking food

8. How should food be rotated in storage?

a. So items with the earliest use-by dates are used before items with later dates

b. So items with the earliest use-by dates are discarded before items with later dates

c. So items with the latest use-by dates are used before items with earlier dates

d. So items with the latest use-by dates are discarded before items with earlier dates

**Answer:** a

**LO:** How to rotate food using first-in, first-out (FIFO)

9. What should be done with food that has passed its use-by date?

a. It should be discarded

b. It should be used immediately

c. It should only be reheated once

d. It should be cooked to a higher internal temperature

**Answer:** a

**LO:** How to rotate food using first-in, first-out (FIFO)

10. At what temperature must cold TCS food be stored to keep it safe?

a. 41°F (5°C) or lower

b. 45°F (7°C) or lower

c. 50°F (10°C) or lower

d. 65°F (18°C) or lower

**Answer:** a

**LO:** Temperature requirements for food in storage

11. At what temperature must hot TCS food be stored to keep it safe?

a. 110°F (43°C) or higher

b. 120°F (49°C) or higher

c. 125°F (52°C) or higher

d. 135°F (57°C) or higher

**Answer:** d

**LO:** Temperature requirements for food in storage

12. Where should the air-temperature measuring device be placed in a cooler?

a. Near the door

b. On a back wall

c. On the ceiling

d. Near the floor

**Answer:** a

**LO:** Temperature requirements for food in storage

13. Why should overloading coolers be avoided?

a. It reduces airflow

b. It lets warm air inside

c. It may lead to freezing the food

d. It can lead to a moisture build-up

**Answer:** a

**LO:** Practices that can prevent temperature abuse during storage

14. What should be done with the shelving in a cooler to keep food safe?

a. It should be lined with paper

b. It should be lined with sheet pans

c. It should be lined with aluminum foil

d. It should not be lined with anything

**Answer:** d

**LO:** Practices that can prevent temperature abuse during storage

15. What should be done to ensure that food stored in a cooler is safe?

a. Randomly sample temperatures of food in the cooler

b. Check the temperature gauge outside of the cooler

c. Taste the food frequently to ensure that there is no spoilage

d. Visually inspect the food daily to look for signs of spoilage

**Answer:** a

**LO:** Practices that can prevent temperature abuse during storage

16. Which item is stored correctly in a cooler?

a. Macaroni salad stored above raw salmon

b. Raw ground pork stored below raw poultry

c. Raw poultry stored above raw pork roast

d. Sliced pineapple stored below raw steaks

**Answer:** a

**LO:** Practices that can prevent cross-contamination during storage

17. How far off the floor should food be stored?

a. 1 inch (3 centimeters)

b. 2 inches (5 centimeters)

c. 4 inches (10 centimeters)

d. 6 inches (15 centimeters)

**Answer:** d

**LO:** Practices that can prevent cross-contamination during storage

18. Where should food that doesn’t require refrigeration be stored?

a. In a dry location

b. In a moist location

c. In a high humidity location

d. In a high temperature location

**Answer:** a

**LO:** Practices that can prevent cross-contamination during storage

19. What should be done with food that has exceeded its date mark?

a. It should be discarded

b. It should be used immediately

c. It should be checked for spoilage

d. It should be checked for proper temperature

**Answer:** a

**LO:** Practices that can prevent cross-contamination during storage

20. What should be done to keep single-use items safe in storage?

a. Keep them in original packaging

b. Remove them from their packaging

c. Place them in new packaging

d. Open the packaging to increase airflow

**Answer:** a

**LO:** Practices that can prevent cross-contamination during storage

21. What must be done with food before storing it?

a. It must be frozen properly

b. It must be wrapped or covered

c. It must be marked with a storage date

d. It must be placed in containers that allow airflow

**Answer:** b

**LO:** Practices that can prevent cross-contamination during storage

22. Where should dirty linens be stored?

a. In garbage areas

b. In the receiving area

c. Separately in dry storage areas

d. Adjacent to dishwashing areas

**Answer:** a

**LO:** Practices that can prevent cross-contamination during storage

23. What is the storage order in a cooler based on?

a. FIFO

b. The use-by dates of each food

c. The risk of cross-contact in the cooler

d. The internal cooking temperature for each food

**Answer:** d

**LO:** Practices that can prevent cross-contamination during storage

24. What should be done to keep shell eggs safe when storing them?

a. Wash them before storage

b. Use them within 8 weeks of the packing date

c. Keep them in storage until the time they are used

d. Store them at an air temperature of 45°F (7°C) or lower

**Answer:** c

**LO:** Guidelines for storing specific types of food including meat, poultry, fish, shellfish, eggs, produce, and dry food

25. What should be done to keep fresh produce safe when storing it?

a. Wash it before storage

b. Keep the humidity in storage low

c. Store all produce at 41°F (5°C) or lower

d. Store cut leafy greens at 41°F (5°C) or lower

**Answer:** d

**LO:** Guidelines for storing specific types of food including meat, poultry, fish, shellfish, eggs, produce, and dry food

Chapter 8: The Flow of Food: Preparation

1. The two biggest hazards when prepping food are cross-contamination and

a. cross-contact.

b. chemical intoxication.

c. physical contamination.

d. time-temperature abuse.

**Answer:** d

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

2. A food handler took out a hotel pan of tuna salad to make a dozen tuna sandwiches. What error was made?

a. There was no error

b. Too much tuna salad was taken out at one time

c. Too much time was spent in the temperature danger zone

d. The tuna salad was exposed to the temperature danger zone

**Answer:** b

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

3. What guidelines should be followed when using additives during food preparation?

a. Additives should only be used to alter the appearance of food.

b. Sulfites should only be added to produce that will be eaten raw.

c. Additives must be approved by the regulatory authority.

d. Colored overwraps should be used to enhance the appearance of food.

**Answer:** c

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

4. Food that has become unsafe should be thrown out unless

a. it can be safely reconditioned.

b. there are no visible signs of spoilage.

c. a foodborne illness is unlikely.

d. it has been approved by the regulatory authority.

**Answer:** a

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

5. When preparing protein salads, such as tuna or egg salad, never use leftover TCS ingredients that have been held longer than

a. 2 days.

b. 3 days

c. 5 days

d. 7 days.

**Answer:** d

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

6. How should pooled eggs be handled to keep them safe?

a. Cook them right after mixing them

b. Make additional batches in the same container

c. Store them at an air temperature of 45°F (7°C) or lower

d. Leave them at room temperature for 4 hours or less

**Answer:** a

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

7. Why is overloading fryer baskets a food safety risk?

a. It reduces oil temperature resulting in undercooked food

b. It risks burning the food and producing carcinogens

c. It can transfer allergens to the fryer oil more easily

d. It can result in cross-contamination due to splatter

**Answer:** a

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

8. What guidelines should be followed when handling ice to keep it safe?

a. Store ice scoops in the ice machine

b. Only handle ice with bare hands after handwashing

c. Use a glass to scoop ice

d. Never use ice as an ingredient if it was used to cool food

**Answer:** d

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

9. Which of the following practices requires a variance?

a. Packaging food using a reduced oxygen method

b. Holding food without temperature control

c. Cooling food using the two-stage cooling method

d. Reheating food that was previously cooked and cooled

**Answer:** a

**LO:** Correct ways for prepping food to prevent cross-contamination and time-temperature abuse

10. Which method is a safe way to thaw food?

a. As part of the cooking process

b. Under running water at 125°F (52°C) or higher

c. Submerged in a sink of standing water at 70°F (21°C)

d. On the counter at room temperature

**Answer:** a

**LO:** Safe methods for thawing food

11. What is one way that food should NEVER be thawed?

a. In a microwave

b. At room temperature

c. In a cooler

d. As part of the cooking process

**Answer:** b

**LO:** Safe methods for thawing food

12. What must you do immediately after thawing food in a microwave?

a. Hold it

b. Cook it

c. Cool it

d. Freeze it

**Answer:** b

**LO:** Safe methods for thawing food

13. When slacking food during preparation, the food should never go above what temperature?

a. 32°F (0°C)

b. 41°F (5°C)

c. 50°F (10°C)

d. 70°F (21°C)

**Answer:** b

**LO:** Safe methods for thawing food

14. What is the required minimum internal cooking temperature for seafood?

a. 135°F (57°C) or higher for 15 seconds

b. 145°F (63°C) or higher for 15 seconds

c. 155°F (68°C) or higher for 17 seconds

d. 165°F (74°C) or higher for <1 second

**Answer:** b

**LO:** The minimum internal cooking temperatures for TCS food

15. What is the required minimum internal cooking temperature for poultry?

a. 135°F (57°C) or higher for 15 seconds

b. 145°F (63°C) or higher for 15 seconds

c. 155°F (68°C) or higher for 17 seconds

d. 165°F (74°C) or higher for <1 second

**Answer:** d

**LO:** The minimum internal cooking temperatures for TCS food

16. What required minimum internal temperature do hamburgers need to be cooked to?

a. 135°F (57°C) or higher for 15 seconds

b. 145°F (63°C) or higher for 15 seconds

c. 155°F (68°C) or higher for 17 seconds

d. 165°F (74°C) or higher for <1 second

**Answer:** c

**LO:** The minimum internal cooking temperatures for TCS food

17. What is the required minimum internal cooking temperature for rice that will be hot-held for service?

a. 135°F (57°C)

b. 145°F (63°C)

c. 155°F (68°C)

d. 165°F (74°C)

**Answer:** a

**LO:** The minimum internal cooking temperatures for TCS food

18. What is the required minimum internal cooking temperature for a pork roast?

a. 135°F (57°C) or higher for 15 seconds

b. 145°F (63°C) or higher for 4 minutes

c. 155°F (68°C) or higher for 17 seconds

d. 165°F (74°C) or higher for <1 second

**Answer:** b

**LO:** The minimum internal cooking temperatures for TCS food

19. What temperature must meat be cooked to if it will be cooked in a microwave?

a. 135°F (57°C)

b. 145°F (63°C)

c. 155°F (68°C)

d. 165°F (74°C)

**Answer:** d

**LO:** The correct way to cook TCS food in a microwave oven

20. Eggs were placed in a covered dish and cooked in a microwave oven. Half-way through cooking the eggs were stirred and once finished were left to stand for 30 seconds before being checked with a thermometer in two places. What mistake was made?

a. They were placed in a covered dish

b. They were stirred halfway through cooking

c. They were left to stand for 30 seconds after cooking

d. They were checked with a thermometer in two places

**Answer:** c

**LO:** The correct way to cook TCS food in a microwave oven

21. What should be done if the menu includes TCS items that are raw or undercooked?

a. It must be noted on the menu

b. Service staff must point it out to guests

c. It must be posted on signs in the establishment

d. It must be listed on the company website

**Answer:** a

**LO:** The importance of informing consumers of risks when serving raw or undercooked food

22. If you have raw or undercooked items on the menu, how can you advise customers of the risk of eating them?

a. By posting a sign in the establishment

b. By having service staff point it out to guests

c. By listing it on the company website

d. By putting it next to each of these items on the menu

**Answer:** a

**LO:** The importance of informing consumers of risks when serving raw or undercooked food

23. Which item would be safe to offer on a children’s menu?

a. Sushi

b. Grilled cheese

c. Eggs over easy

d. Medium rare hamburger

**Answer:** b

**LO:** The importance of informing consumers of risks when serving raw or undercooked food

24. What food item does the FDA advise against offering on a children’s menu?

a. Rare cheeseburgers

b. Cheese pizza

c. Peanut butter and jelly sandwiches

d. Fried shrimp

**Answer:** a

**LO:** The importance of informing consumers of risks when serving raw or undercooked food

25. When must a consumer advisory be provided for menu items containing TCS food?

a. When the item is raw or undercooked

b. When the item contains a potential allergen

c. When the operation provides only counter service

d. When the operation primarily serves a high-risk population

**Answer:** a

**LO:** The importance of informing consumers of risks when serving raw or undercooked food

26. When partially cooking food, the initial cooking phase should not last longer than

a. 5 minutes

b. 15 minutes

c. 30 minutes

d. 60 minutes

**Answer:** d

**LO:** Requirements for partially cooking TCS food

27. What temperature must partially cooked food reach when it is reheated?

a. 135°F (57°C)

b. 145°F (63°C)

c. 165°F (74°C)

d. Its required minimum internal temperature

**Answer:** d

**LO:** Requirements for partially cooking TCS food

28. Food must be cooled from 135°F (57°C) to\_\_\_\_\_\_\_ within 2 hours.

a. 80°F (27°C)

b. 45°F (7°C)

c. 70°F (21°C)

d. 41°F (5°C)

**Answer:** c

**LO:** Methods and time-temperature requirements for cooling TCS food

29. Food being cooled must pass quickly through which temperature range to reduce pathogen growth?

a. 65°F to 20°F (18°C to -6°C)

b. 125°F to 70°F (52°C to 21°C)

c. 180°F to 130°F (82°C to 54°C)

d. 220°F to 195°F (104°C to 90°C)

**Answer:** b

**LO:** Methods and time-temperature requirements for cooling TCS food

30. When cooling food the total cooling time cannot exceed how many hours?

a. 1 hour

b. 2 hours

c. 4 hours

d. 6 hours

**Answer:** d

**LO:** Methods and time-temperature requirements for cooling TCS food

31. How does the density of food affect cooling?

a. The denser the food, the more slowly it will cool

b. The denser the food, the more quickly it will cool

c. Density does not affect cooling

d. Density has only a small effect on cooling

**Answer:** a

**LO:** Methods and time-temperature requirements for cooling TCS food

32. What is the first step in cooling a large pot of hot meat sauce?

a. Put the pot in the freezer to cool

b. Put the pot in the walk-in cooler to cool

c. Put the pot into a sink full of ice water

d. Pour the meat sauce into several smaller containers

**Answer:** d

**LO:** Methods and time-temperature requirements for cooling TCS food

33. When reheating turkey chili for hot-holding, what is the minimum temperature that the chili must reach?

a. 135°F (57°C) for 15 seconds

b. 145°F (63°C) for 15 seconds

c. 155°F (68°C) for 15 seconds

d. 165°F (74°C) for 15 seconds

**Answer:** d

**LO:** Time and temperature requirements for reheating TCS food

34. What temperature must TCS food for immediate service be reheated to?

a. any temperature

b. 145°F (63°C) for 15 seconds

c. 155°F (68°C) for 15 seconds

d. 165°F (74°C) for 15 seconds

**Answer:** a

**LO:** Time and temperature requirements for reheating TCS food

35. What temperature must commercially processed and packaged ready-to-eat food be reheated to?

a. any temperature

b. 135°F (57°C)

c. 155°F (68°C) for 15 seconds

d. 165°F (74°C) for 15 seconds

**Answer:** b

**LO:** Time and temperature requirements for reheating TCS food

Chapter 9: The Flow of Food: Service

1. TCS food being hot-held for service must be held at what internal temperature?

a. 70°F (21°C) or above

b. 125°F (52°C) or above

c. 135°F (57°C) or above

d. 155°F (68°C) or above

**Answer:** c

**LO:** Time and temperature requirements for holding hot and cold TCS food

2. What is the minimum internal temperature that must be maintained when holding hot soup for service?

a. 100°F (38°C)

b. 120°F (49°C)

c. 135°F (57°C)

d. 155°F (68°C)

**Answer:** c

**LO:** Time and temperature requirements for holding hot and cold TCS food

3. What is the maximum allowable internal temperature when cold-holding TCS food?

a. 41°F (5°C)

b. 45°F (7°C)

c. 51°F (10°C)

d. 55°F (13°C)

**Answer:** a

**LO:** Time and temperature requirements for holding hot and cold TCS food

4. A power outage has left hot TCS food out of temperature control for six hours. What must be done with the food?

a. Throw the food away

b. Cool the food to 41°F (5°C) or lower

c. Serve the food immediately

d. Cook the food to 165°F (74°C)

**Answer:** a

**LO:** Time and temperature requirements for holding hot and cold TCS food

5. Why shouldn’t you use hot holding equipment to reheat food?

a. It can scorch the food

b. The risk of cross-contact is too great

c. There is a risk of cross-contamination when doing this

d. Most do not pass food through the temperature danger zone quickly enough

**Answer:** d

**LO:** Time and temperature requirements for holding hot and cold TCS food

6. A food handler has been holding chicken salad for sandwiches in a cold well for seven hours. When she checks the temperature of the chicken salad, it is 54°F (12°C). What must the food handler do?

a. Sell the remaining chicken salad immediately

b. Sell the remaining chicken salad within 2 hours

c. Cool the chicken salad to 41°F (5°C)

d. Discard the chicken salad

**Answer:** d

**LO:** Ways of preventing time-temperature abuse and cross-contamination when displaying and serving food

7. Why should food be covered when it is being held?

a. Covers help maintain a food’s internal temperature.

b. Covers primarily protect food from cross-contact.

c. Covers help food reach the correct temperature.

d. Covers keep hands from contact with food.

**Answer:** a

**LO:** Ways of preventing time-temperature abuse and cross-contamination when displaying and serving food

8. What is the purpose of a sneeze guard?

a. To protect food from contaminants

b. To direct sneezes back to the customer rather than onto food

c. To keep allergens off food

d. To prevent chemicals from contaminating food

**Answer:** a

**LO:** Ways of preventing time-temperature abuse and cross-contamination when displaying and serving food

9. A catering employee removed a 135°F (57°C) tray of lasagna from hot-holding for service at a hotel conference room at 11:00 a.m. By what time must the lasagna be thrown out?

a. 12:00 p.m.

b. 2:00 p.m.

c. 3:00 p.m.

d. 4:00 p.m.

**Answer:** c

**LO:** The requirements for using time rather than temperature as the only method of control when holding TCS food

10. Which of these operations is never allowed to hold TCS food without temperature control?

a. catered event

b. nursing home

c. quick-service operation

d. convenience store

**Answer:** b

**LO:** The requirements for using time rather than temperature as the only method of control when holding TCS food

11. With approved procedures in place, cold food can be held without temperature control for \_\_\_\_ hours if it does not exceed 70°F (21°C).

a. 2

b. 4

c. 6

d. 8

**Answer:** c

**LO:** The requirements for using time rather than temperature as the only method of control when holding TCS food

12. Cold food being held without temperature control for up to six hours cannot exceed which temperature while it is being served?

a. 41°F (5°C)

b. 50°F (10°C)

c. 60°F (16°C)

d. 70°F (21°C)

**Answer:** d

**LO:** The requirements for using time rather than temperature as the only method of control when holding TCS food

13. Trays of lasagna were removed from hot-holding at 135°F (57°C) at 4 p.m. and labeled with a discard time of 8 p.m. The lasagna was served to guests and discarded at 8 p.m. What mistake was made?

a. The food was held at the wrong temperature.

b. The food was labeled with the wrong time.

c. The food was discarded at the wrong time.

d. No mistakes were made.

**Answer:** d

**LO:** The requirements for using time rather than temperature as the only method of control when holding TCS food

14. What must food handlers do when handling ready-to-eat food?

a. Wear gloves

b. Use hand sanitizer

c. Cover wounds with bandages

d. Touch the food as little as possible

**Answer:** a

**LO:** Ways of minimizing bare-hand contact with ready-to-eat food

15. Which is not safe when handling ready-to-eat food?

a. Using tongs to handle fried chicken

b. Using a spatula to plate a hamburger

c. Using deli sheets to handle donuts

d. Scooping ice into a glass with bare hands

**Answer:** d

**LO:** Ways of minimizing bare-hand contact with ready-to-eat food

16. Which is not safe when handling dishware and utensils?

a. Holding dishes by the edge

b. Carrying glasses in a stack

c. Storing flatware with the handles up

d. Holding glasses by the middle

**Answer:** b

**LO:** How to prevent staff from contaminating food during service

17. Which item may be re-served to another customer?

a. A partially used cup of salsa

b. Unopened condiment packets

c. Uneaten bread from a bread basket

d. An uneaten pickle used as a plate garnish

**Answer:** b

**LO:** How to prevent staff from contaminating food during service

18. An operation has a buffet with 8 different items on it. How many serving utensils are needed to serve the items on the buffet?

a. 1

b. 2

c. 4

d. 8

**Answer:** d

**LO:** How to prevent staff from contaminating food during service

19. How should utensils for serving TCS food be stored during service?

a. Lying flat on top of the food

b. Alongside the food on a side towel

c. On a clean and sanitized plate next to the food

d. In the food with the handle above the container rim

**Answer:** d

**LO:** How to prevent staff from contaminating food during service

20. Soup that is being hot-held on a buffet should be labeled with the

a. name of the food.

b. prep date.

c. soup’s ingredients.

d. use-by date.

**Answer:** a

**LO:** How to prevent guests from contaminating self-service areas

21. Which action could contaminate food at a self-service area?

a. Keeping hot TCS food at 135°F (57°C)

b. Allowing customers to reuse plates

c. Labeling all containers and handles

d. Taking food temperatures every hour

**Answer:** b

**LO:** How to prevent guests from contaminating self-service areas

22. Which food does not need additional packaging or other protection from contamination when placed on display?

a. Whole raw fruit

b. Bread

c. Danish

d. Open condiments

**Answer:** a

**LO:** How to prevent guests from contaminating self-service areas

23. When delivering food for off-site service, raw poultry must be stored

a. at a lower temperature than ready-to-eat food.

b. separately from ready-to-eat food.

c. without temperature control.

d. above raw beef.

**Answer:** b

**LO:** The possible hazards of transporting food and ways of preventing them

24. What type of containers should be used to transport food offsite?

a. Insulated

b. Disposable

c. Reusable

d. Biodegradable

**Answer:** a

**LO:** The possible hazards of transporting food and ways of preventing them

25. Food for off-site service should be labeled with reheating and service instructions and a(n)

a. list of ingredients.

b. use-by date and time.

c. date of preparation.

d. inspection stamp.

**Answer:** b

**LO:** The possible hazards of serving food offsite and ways of preventing them

26. How should food in vending machines be dispensed?

a. In original packaging

b. In reusable packaging

c. Washed and rewrapped

d. In plastic wrap

**Answer:** a

**LO:** The possible hazards of vending food and ways of preventing them

Chapter 10: Food Safety Management Systems

1. Three components of active managerial control include identifying risks, training, and

a. creating specifications.

b. corrective action.

c. creating purchase orders.

d. recordkeeping.

**Answer:** b

**LO:** Methods for achieving active managerial control

2. A manager’s responsibility to actively control risk factors for foodborne illnesses is called

a. hazard analysis critical control point (HACCP).

b. quality control and assurance.

c. food safety management.

d. active managerial control.

**Answer:** d

**LO:** Methods for achieving active managerial control

3. A manager asks a chef to continue cooking chicken breasts after seeing them cooked to an incorrect temperature. This is an example of which step in active managerial control?

a. Identifying risks

b. Monitoring

c. Corrective action

d. Re-evaluation

**Answer:** c

**LO:** Methods for achieving active managerial control

4. A manager walks around the kitchen every hour to answer questions and to see if staff members are following procedures. This is an example of which step in active managerial control?

a. Management oversight

b. Corrective action

c. Re-evaluation

d. Identify risks

**Answer:** a

**LO:** Methods for achieving active managerial control

5. One way for managers to show that they know how to keep food safe is to

a. become certified in food safety.

b. check cooking temperatures.

c. monitor employee behaviors.

d. conduct self-inspections.

**Answer:** a

**LO:** The public health interventions of the Food and Drug Administration (FDA)

6. Which is an FDA public health intervention for controlling the risk factors for foodborne illness?

a. Noting allergens on menus

b. Review of construction plans

c. Implementing consumer advisories

d. Providing variances for special processes

**Answer:** c

**LO:** The public health interventions of the Food and Drug Administration (FDA)

7. A pest-control program is an example of a(n)

a. HACCP program.

b. food safety program.

c. workplace safety program.

d. active managerial control program.

**Answer:** b

**LO:** The seven HACCP principles for preventing foodborne illness

8. What is the purpose of a HACCP program?

a. Preventing, eliminating, or reducing hazards to food

b. Preventing any hazards to food from occurring

c. Eliminating all hazards in food

d. Ensuring that all hazards never occur in food

**Answer:** a

**LO:** The seven HACCP principles for preventing foodborne illness

9. What is a critical control point (CCP)?

a. A step that must be taken when a critical limit has not been met

b. An evaluation that determines whether the HACCP plan is working as intended

c. A minimum or maximum limit which must be met to prevent or eliminate a hazard

d. A point in the process where a hazard can be prevented, eliminated, or reduced to safe levels

**Answer:** d

**LO:** The seven HACCP principles for preventing foodborne illness

10. Which is an example of a critical control point (CCP)?

a. Required minimum internal cooking temperatures

b. Washing hands before preparing food

c. Using color-coded cutting boards

d. Cleaning and sanitizing surfaces correctly

**Answer:** a

**LO:** The seven HACCP principles for preventing foodborne illness

11. The temperature of a beef roast is periodically checked to see if it has finished cooking. Each time it is determined that the roast has not reached 145°F (63°C), so it is placed back in the oven to continue cooking. Which of these actions is the corrective action?

a. Physically checking the temperature of the roast

b. Having a target temperature of 145°F (63°C)

c. Placing the roast back into the oven

d. Periodically monitoring the temperature of the roast

**Answer:** c

**LO:** The seven HACCP principles for preventing foodborne illness

12. How can you determine if a HACCP plan is working?

a. Higher guest check averages

b. Fewer products rejected during receiving

c. Improvement in health inspection scores

d. Monitoring charts indicate hazards are being prevented

**Answer:** d

**LO:** The seven HACCP principles for preventing foodborne illness

13. A variance from the local regulatory authority is needed for

a. preserving food by smoking it.

b. developing a crisis-management plan.

c. using TCS leftovers to make salads.

d. using ice to cool food

**Answer:** a

**LO:** Specialized processes that require a variance

14. What is a variance?

a. Waiving or changing a requirement

b. A change in the accuracy of a thermometer

c. A change in the health inspection process

d. A change in the weights of food products ordered

**Answer:** a

**LO:** Specialized processes that require a variance

15. What does a crisis management program need to be successful?

a. Written plan

b. Corrective actions

c. Hired consultants

d. Extensive food safety knowledge

**Answer:** a

**LO:** How to prepare for, respond to, and recover from a crisis

16. What three phases must a crisis management program focus on?

a. Monitoring, Response, Prevention

b. Preparation, Response, Recovery

c. Prevention, Response, Corrective Action

d. Hazard Analysis, Corrective Action, Monitoring

**Answer:** b

**LO:** How to prepare for, respond to, and recover from a crisis

17. What should be done when responding to a crisis?

a. Work with the media

b. Deny any accountability

c. Rely on the media to relay facts

d. Respond to media questions rather than take control

**Answer:** a

**LO:** How to prepare for, respond to, and recover from a crisis

18. What should you do if a guest calls to report a foodborne illness they believe they got from eating at your establishment?

a. Do not express concern

b. Complete a foodborne illness incident report

c. Admit responsibility if you believe you are responsible

d. Don’t take the complaint seriously until you have the facts

**Answer:** b

**LO:** How to prepare for, respond to, and recover from a crisis

19. What should you do if you have multiple complaints of foodborne illness?

a. Contact the regulatory authority to assist

b. Speak with your lawyer or legal team immediately

c. Admit responsibility to all who contact you

d. Throw out all product suspected in the incident

**Answer:** a

**LO:** How to respond to a foodborne-illness outbreak

20. What should you do if the regulatory authority confirms your operation is the source of a foodborne illness outbreak?

a. Deny accountability and seek legal counsel

b. Throw out all product suspected in the incident

c. Hire a third-party laboratory to conduct your own investigation

d. Provide the regulatory authority with all appropriate documentation

**Answer:** d

**LO:** How to respond to a foodborne-illness outbreak

21. A broken water main has caused the water in an operation to appear brown. What should the manager do?

a. Contact the local regulatory authority before use

b. Use the water for everything except dishwashing

c. Boil the water for one minute before use

d. Use the water for everything except handwashing

**Answer:** a

**LO:** How to respond to imminent health hazards, including power outages, fire, flood, water interruption, and sewage

22. In the event of an imminent health hazard, such as a water supply interruption, the operation must

a. execute a HACCP plan.

b. reduce the hours of operation.

c. notify the regulatory authority.

d. maintain normal operating procedures.

**Answer:** c

**LO:** How to respond to imminent health hazards, including power outages, fire, flood, water interruption, and sewage

23. An imminent health hazard, such as a water supply interruption, requires immediate correction or

a. HACCP plan.

b. closure of the operation.

c. evaluation of the situation.

d. normal operating procedures.

**Answer:** b

**LO:** How to respond to imminent health hazards, including power outages, fire, flood, water interruption, and sewage

24. An imminent health hazard is a situation that requires correction of the problem within what time period?

a. Immediately

b. Within 24 hours

c. Within 48 hours

d. Within 30 days

**Answer:** a

**LO:** How to respond to imminent health hazards, including power outages, fire, flood, water interruption, and sewage

25. If an imminent health hazard has occurred and there is a significant risk to food safety, service must be stopped and

a. the regulatory authority must be notified.

b. the public must be notified.

c. contaminated food must be cooked quickly.

d. food in packaging that is not intact must be used immediately.

**Answer:** a

**LO:** How to respond to imminent health hazards, including power outages, fire, flood, water interruption, and sewage

Chapter 11: Safe Facilities and Equipment

1. When is a review of construction plans by the regulatory authority required?

a. When starting new construction or large remodeling

b. When starting any construction in the establishment

c. When the local building department requires it

d. When construction is occurring in a full-service establishment

**Answer:** a

**LO:** When a review of the construction plan is required

2. What is the advantage of having the regulatory authority review construction plans?

a. It ensures that the facility will be constructed correctly.

b. It holds contractors accountable for their work.

c. It ensures that the construction meets FDA requirements.

d. It reduces the cost of the construction.

**Answer:** a

**LO:** When a review of the construction plan is required

3. What are the most important food safety features to look for when selecting flooring, wall, and ceiling materials?

a. Absorbent and durable

b. Hard and durable

c. Porous and durable

d. Smooth and durable

**Answer:** d

**LO:** Characteristics of correct flooring and interior finishes, including doors, walls, and ceilings

4. What is the most important food safety consideration when selecting construction materials for the establishment?

a. The cost of the materials

b. How durable the materials are

c. How easy it will be to clean the materials

d. The speed at which the materials can be installed

**Answer:** c

**LO:** Characteristics of correct flooring and interior finishes, including doors, walls, and ceilings

5. What should be considered when constructing restrooms?

a. They should be adjacent to storage areas

b. They should not have self-closing doors

c. Staff and guests should use the same restrooms

d. Patrons should not pass through prep areas to reach them

**Answer:** d

**LO:** Requirements for restrooms

6. What must be included in restrooms?

a. Hand sanitizers

b. Signage

c. Warm-air hand dryer

d. Garbage containers, if paper towels are provided

**Answer:** d

**LO:** Requirements for restrooms

7. Where are handwashing stations required?

a. Dishwashing areas

b. Receiving areas

c. Dry storage areas

d. Breakroom areas

**Answer:** a

**LO:** Requirements for handwashing stations

8. Which is not an acceptable method for drying hands in a handwashing station?

a. Common cloth towel

b. Disposable paper towels

c. Warm air hand dryer

d. Continuous towel system

**Answer:** a

**LO:** Requirements for handwashing stations

9. Food contact surfaces must be easy to clean, durable, resistant to damage, and

a. thick.

b. porous.

c. smooth.

d. absorbent.

**Answer:** c

**LO:** Requirements for food-contact surfaces

10. Which organization develops standards for the sanitary design and construction of foodservice equipment?

a. NSF

b. USDA

c. FDA

d. EPA

**Answer:** a

**LO:** Organizations that certify equipment that meets sanitation standards

11. Organizations that certify or classify that foodservice equipment meets sanitary design and construction standards must be accredited by what organization?

a. Edison Testing Laboratories (ETL)

b. Underwriters Laboratory (UL)

c. National Sanitation Foundation (NSF)

d. American National Standards Institute (ANSI)

**Answer:** d

**LO:** Organizations that certify equipment that meets sanitation standards

12. What requirement must be met when selecting and installing dishwashing machines?

a. Plumbing to the machine should be as short as possible.

b. Machines must be mounted 4" (10 centimeters) off the floor.

c. Machine thermometers must be scaled in increments no greater than 10°F (-12°C).

d. Machines should be mounted as close to three-compartment sinks as possible.

**Answer:** a

**LO:** Requirements for dishwashing facilities

13. How high above the floor should floor-mounted equipment be?

a. At least 1 inch (3 centimeters)

b. At least 2 inches (5 centimeters)

c. At least 4 inches (10 centimeters)

d. At least 6 inches (15 centimeters)

**Answer:** d

**LO:** Requirements for installing equipment

14. How high must legs be on table-mounted equipment?

a. At least 1 inch (3 centimeters)

b. At least 2 inches (5 centimeters)

c. At least 4 inches (10 centimeters)

d. At least 6 inches (15 centimeters)

**Answer:** c

**LO:** Requirements for installing equipment

15. All the following are approved sources for potable water except

a. irrigation systems.

b. regularly tested private wells.

c. water transport vehicles.

d. portable water containers.

**Answer:** a

**LO:** Approved water sources and testing requirements

16. How often should private wells be tested?

a. Once per year

b. Once every two years

c. Once every five years

d. Once every ten years

**Answer:** a

**LO:** Approved water sources and testing requirements

17. What is a cross-connection?

a. Threaded faucet

b. Device that prevents a vacuum

c. Brass valve that mixes hot and cold water

d. Physical link between sources of safe and dirty water

**Answer:** d

**LO:** Methods for preventing cross-connection and backflow

18. To prevent backflow, a sink must be equipped with a(n)

a. air gap.

b. vacuum assist.

c. overflow drain.

d. touchless control system.

**Answer:** a

**LO:** Methods for preventing cross-connection and backflow

19. A food handler drops the end of a hose into a mop bucket and turns the water on to fill it. What has the food handler done wrong?

a. Prevented backflow

b. Created a cross-connection

c. Created an air-gap separation

d. Prevented atmospheric vacuuming

**Answer:** b

**LO:** Methods for preventing cross-connection and backflow

20. Which part of a sink prevents backflow of dirty water?

a. Air gap

b. Tap valves

c. Floor grate

d. Aerator

**Answer:** a

**LO:** Methods for preventing cross-connection and backflow

21. What is the best way to prevent backflow?

a. Never create an air gap

b. Attach hoses directly to faucets

c. Do not use vacuum breakers

d. Avoid creating a cross-connection

**Answer:** d

**LO:** Methods for preventing cross-connection and backflow

22. What is the first step that should be taken if raw sewage has backed up around a floor drain?

a. Service must be stopped

b. The operation must be closed

c. The affected area must be closed

d. The regulatory authority must be notified

**Answer:** c

**LO:** The correct response to a wastewater overflow

23. What is the lighting intensity requirement for a prep area?

a. 10 foot-candles (108 lux)

b. 20 foot-candles (215 lux)

c. 50 foot-candles (540 lux)

d. There is no requirement

**Answer:** c

**LO:** Lighting-intensity requirements for different areas of the operation

24. What is the lighting intensity requirement for a dishwashing area?

a. 10 foot-candles (108 lux)

b. 20 foot-candles (215 lux)

c. 50 foot-candles (540 lux)

d. There is no requirement

**Answer:** b

**LO:** Lighting-intensity requirements for different areas of the operation

25. What is the lighting intensity requirement inside a walk-in cooler?

a. 10 foot-candles (108 lux)

b. 20 foot-candles (215 lux)

c. 50 foot-candles (540 lux)

d. There is no requirement

**Answer:** a

**LO:** Lighting-intensity requirements for different areas of the operation

26. How can lighting sources be prevented from contaminating food?

a. By using LED bulbs

b. By using halogen bulbs only

c. By using fluorescent bulbs

d. By using shatter-resistant bulbs

**Answer:** d

**LO:** Ways of preventing lighting sources from contaminating food

27. Grease and condensation buildup on surfaces can be avoided with correct

a. garbage disposal.

b. ventilation.

c. sanitizing.

d. lighting.

**Answer:** b

**LO:** Ways of preventing ventilation systems from contaminating food and food-contact surfaces

28. What should be done regularly by restaurant employees to maintain ventilation hoods?

a. Inspect fan belts

b. Clean interior ductwork

c. Clean grease extractors

d. Disassemble and clean wall-mounted fans

**Answer:** c

**LO:** Ways of preventing ventilation systems from contaminating food and food-contact surfaces

29. Outdoor garbage containers must be

a. washed frequently.

b. kept covered with tight-fitting lids.

c. kept away from customer parking areas.

d. lined with plastic or wet-strength papers.

**Answer:** b

**LO:** Requirements for handling garbage, including correct storage and removal

30. Where should garbage cans be cleaned?

a. In food storage areas

b. Next to food-prep areas

c. In dishwashing areas

d. Away from food and utensils

**Answer:** d

**LO:** Requirements for handling garbage, including correct storage and removal

31. When the kitchen garbage can was full, an employee placed the full garbage bag on a prep table and tied it securely. Then he carried it to the dumpster and disposed of it. What was done incorrectly?

a. The employee waited until the garbage was full.

b. The bag was disposed of in a dumpster.

c. The bag was placed on a prep table.

d. The employee tied the bag shut.

**Answer:** c

**LO:** Requirements for handling garbage, including correct storage and removal

32. Equipment should be maintained regularly by

a. qualified professionals.

b. experienced employees.

c. managers.

d. skilled owners.

**Answer:** a

**LO:** Requirements for handling garbage, including correct storage and removal

Chapter 12: Cleaning and Sanitizing

1. Which cleaner is best for removing baked-on grease?

a. Detergent

b. Degreaser

c. Delimer

d. Abrasive cleaner

**Answer:** a

**LO:** Correct cleaners for specific tasks

2. Which cleaner is best for cleaning a range hood?

a. Detergent

b. Degreaser

c. Delimer

d. Abrasive cleaner

**Answer:** b

**LO:** Correct cleaners for specific tasks

3. Which cleaner is best for removing the water scale in a steam table?

a. Detergent

b. Degreaser

c. Delimer

d. Abrasive cleaner

**Answer:** c

**LO:** Correct cleaners for specific tasks

4. Which cleaner is best for removing baked-on food in pots and pans?

a. Detergent

b. Degreaser

c. Delimer

d. Abrasive cleaner

**Answer:** d

**LO:** Correct cleaners for specific tasks

5. Which cleaner is best for removing fresh dirt from floors and walls?

a. Detergent

b. Degreaser

c. Delimer

d. Abrasive cleaner

**Answer:** a

**LO:** Correct cleaners for specific tasks

6. What is the definition of sanitizing?

a. Washing a surface to a clean level

b. Using a cloth on a surface until it is clean

c. Lowering the amount of dirt on a surface to safe levels

d. Reducing the pathogens on a surface to safe levels

**Answer:** d

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

7. To make sure that the chemical sanitizer being used on a food-prep surface is at the correct strength,

a. rinse it from the surface and then apply it a second time.

b. test the surface to confirm that there are no pathogens.

c. heat it to the temperature recommended by the manufacturer.

d. use a test kit to check the sanitizer’s concentration when mixing it.

**Answer:** d

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

8. The effectiveness of chemical sanitizers is NOT affected by

a. color.

b. concentration.

c. contact time.

d. temperature.

**Answer:** a

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

9. What are the two ways that surfaces can be sanitized?

a. Hot water and chemicals

b. Salts and alcohol

c. Alcohol and disinfectants

d. Acids and chemicals

**Answer:** a

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

10. What is the minimum temperature that water must be to sanitize surfaces?

a. 140°F (60°C)

b. 165°F (74°C)

c. 171°F (77°C)

d. 180°F (82°C)

**Answer:** c

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

11. What are the three most common types of chemical sanitizers?

a. Chlorine, iodine, and quats

b. Chlorine, alcohol, and disinfectant

c. Iodine, alcohol, and quats

d. Iodine, steam, and alcohol

**Answer:** a

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

12. What can reduce the effectiveness of a chemical sanitizer?

a. Leftover detergent

b. Air temperature

c. Density of equipment

d. The water’s oxygen level

**Answer:** a

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

13. What is the contact time for chlorine sanitizer at 50-99 ppm?

a. At least 5 seconds

b. At least 7 seconds

c. At least 10 seconds

d. At least 30 seconds

**Answer:** b

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

14. What is the contact time for iodine sanitizer at 12.5-25 ppm?

a. At least 5 seconds

b. At least 7 seconds

c. At least 10 seconds

d. At least 30 seconds

**Answer:** d

**LO:** Methods of sanitizing and requirements for their effective use (e.g., contact time, water temperature, concentration, water hardness, pH)

15. Which does not require sanitizing?

a. Plates

b. Knives

c. Walls

d. Tongs

**Answer:** c

**LO:** How and when to clean and sanitize food-contact surfaces

16. Which surfaces must be both cleaned and sanitized?

a. Walls

b. Cutting boards

c. Storage shelves

d. Garbage containers

**Answer:** b

**LO:** How and when to clean and sanitize food-contact surfaces

17. A food-contact surface must be cleaned and sanitized

a. every 6 hours.

b. before working with a different type of food.

c. only if the food handler changes gloves.

d. at the end of the food handler’s shift.

**Answer:** b

**LO:** How and when to clean and sanitize food-contact surfaces

18. What is the correct way to clean and sanitize a prep table?

a. Air-dry, remove food from surface, rinse, sanitize, clean

b. Remove food from surface, rinse, clean, sanitize, air-dry

c. Sanitize, remove food from surface, clean, rinse, air-dry

d. Remove food from surface, clean, rinse, sanitize, air-dry

**Answer:** d

**LO:** How and when to clean and sanitize food-contact surfaces

19. If a food-contact surface is in constant use, it should be cleaned and sanitized at least every

a. 2 hours.

b. 4 hours.

c. 6 hours.

d. 8 hours.

**Answer:** b

**LO:** How and when to clean and sanitize food-contact surfaces

20. In a heat-sanitizing dishwashing machine, what is the minimum temperature for the final rinse?

a. 152°F (67°C)

b. 180°F (82°C)

c. 192°F (89°C)

d. 200°F (93°C)

**Answer:** b

**LO:** Guidelines for using dishwashing machines

21. How often must dishwashing machines be checked for cleanliness?

a. Once per hour

b. Once per day

c. Once per week

d. Once per month

**Answer:** b

**LO:** Guidelines for using dishwashing machines

22. What must be done before washing items in a dishwashing machine?

a. Items must be prewashed

b. Items must be sanitized

c. Items must be washed and rinsed

d. Items must be rinsed, scraped or soaked

**Answer:** d

**LO:** Guidelines for using dishwashing machines

23. What must be done after washing items in a dishwashing machine?

a. Items must be towel dried

b. Items must be air-dried

c. Items should not be dried

d. Items must be dried in the machine

**Answer:** b

**LO:** Guidelines for using dishwashing machines

24. When preparing to wash dishes in a three-compartment sink, what is the first task?

a. Remove leftover food from the dishes

b. Fill the first sink with detergent and water

c. Clean and sanitize the sinks and drain boards

d. Make sure there is a working clock with a second hand

**Answer:** c

**LO:** How to clean and sanitize items in a three-compartment sink

25. The first step in cleaning and sanitizing items in a three-compartment sink is

a. air-drying items.

b. washing items in detergent.

c. immersing items in sanitizer.

d. rinsing, scraping, or soaking items.

**Answer:** d

**LO:** How to clean and sanitize items in a three-compartment sink

26. What should the water temperature be in the detergent compartment of a three-compartment sink?

a. 70°F (21°C)

b. 90°F (32°C)

c. 110°F (43°C)

d. 165°F (74°C)

**Answer:** c

**LO:** How to clean and sanitize items in a three-compartment sink

27. When should the sanitizer solution be changed in a three-compartment sink?

a. After 10-15 minutes

b. When the concentration drops

c. When the water appears different

d. When dishes don’t appear to be as clean

**Answer:** b

**LO:** How to clean and sanitize items in a three-compartment sink

28. Why is it important to clean nonfood-contact surfaces regularly?

a. It prevent pests.

b. It is required by the FDA.

c. It reduces pathogens to safe levels.

d. It eliminates the need to sanitize them.

**Answer:** a

**LO:** How to clean nonfood-contact surfaces

29. What is the minimum distance that clean utensils, tableware, and equipment must be stored from the floor?

a. 1 inch (3 centimeters)

b. 2 inches (5 centimeters)

c. 4 inches (10 centimeters)

d. 6 inches (15 centimeters)

**Answer:** d

**LO:** How to store clean and sanitized tableware and equipment

30. How should glassware be stored after it has been cleaned and sanitized?

a. Right side up

b. Upside down

c. Stacked but upside down

d. Unstacked but right side up

**Answer:** b

**LO:** How to store clean and sanitized tableware and equipment

31. When pouring sanitizer from its original container into a spray bottle, the spray bottle must be labeled with the

a. common name of the chemical.

b. expiration date of the chemical.

c. date the chemical was transferred.

d. name of the person who transferred the chemical.

**Answer:** a

**LO:** Storage requirements for chemicals and cleaning tools

32. How should chemicals be stored?

a. Above food

b. Away from prep areas

c. In food storage areas

d. With kitchenware

**Answer:** b

**LO:** Storage requirements for chemicals and cleaning tools

33. Which feature is most important for a chemical storage area?

a. Good lighting

b. Wall hooks

c. Nonskid floor mats

d. Emergency shower system

**Answer:** a

**LO:** Storage requirements for chemicals and cleaning tools

34. What is the correct way to store mops in between uses?

a. Propped in a corner

b. In a clean bucket

c. In a utility sink

d. Hanging on a hook

**Answer:** d

**LO:** Storage requirements for chemicals and cleaning tools

35. A busser poured some cleaner from its original container into a smaller working container. What else does the busser need to do?

a. Label the working container with its contents.

b. Read the safety data sheet (SDS) for the cleaner.

c. Use a new wiping cloth when first using the working container.

d. Note on the original container that some cleaner was put into a working container.

**Answer:** a

**LO:** Storage requirements for chemicals and cleaning tools

35. What step must managers take after creating a master cleaning schedule and training staff on how to use it?

a. Monitor the cleaning program

b. Determine what should be cleaned

c. Determine who should do each task

d. Time staff on how long they take to clean

**Answer:** a

**LO:** How to develop a cleaning program

36. What information should a master cleaning schedule contain?

a. What should be cleaned and when

b. What should be cleaned, when, and by whom

c. What should be cleaned, when, by whom, and how

d. What should be cleaned, when, by whom, how, and why

**Answer:** c

**LO:** How to develop a cleaning program

Chapter 13: Integrated Pest Management

1. A food handler who is receiving a food delivery observes signs of pests in the food. What should be done?

a. The head chef should be warned of the pests.

b. The food handler should remove all evidence of the pests.

c. The shipment should be refused and prevented from entering the operation.

d. The shipment should be stored outside the kitchen until a manager inspects it.

**Answer:** c

**LO:** Methods for denying pests access to an operation

2. What is one way to keep an operation pest-free?

a. Deny pests access to the operation.

b. Keep outdoor garbage containers open.

c. Clean up food spills at the end of each shift.

d. Store food and supplies one inch off the floor in storage.

**Answer:** a

**LO:** Methods for denying pests access to an operation

3. The three basic rules to keep an operation pest-free are deny access, deny food and shelter, and

a. work with a pest control operator.

b. destroy pests on sight.

c. use pesticides.

d. set traps.

**Answer:** a

**LO:** Methods for denying pests access to an operation

4. An important way to deny pests access to the operation is to

a. use approved, reputable suppliers.

b. use pesticides.

c. set rodent traps.

d. spray for flies.

**Answer:** a

**LO:** Methods for denying pests access to an operation

5. To keep out pests, what should be the size of the mesh in window screening?

a. At least 2 mesh per square inch

b. At least 6 mesh per square inch

c. At least 10 mesh per square inch

d. At least 16 mesh per square inch

**Answer:** d

**LO:** Methods for denying pests access to an operation

6. What scenario can lead to pest infestation?

a. Storing recyclables in paper bags

b. Installing air curtains above doors

c. Rotating products using the FIFO method

d. Storing food at least 6 inches (15 centimeters) off the floor

**Answer:** a

**LO:** Methods for denying pests food and shelter

7. How should garbage be handled to deny pests food and shelter?

a. Leave outdoor containers uncovered to remove moisture

b. Stage garbage inside the kitchen to deny access to pests outside

c. Remove garbage frequently so pests won’t be attracted to it

d. Keep recyclables close to the building to encourage removal

**Answer:** c

**LO:** Methods for denying pests food and shelter

8. What should be done when storing food and supplies to discourage pests?

a. Store them against walls

b. Store them at least 2 inches (5 centimeters) off the floor

c. Rotate them in storage

d. Store them on the floor

**Answer:** c

**LO:** Methods for denying pests food and shelter

9. To help a pest control operator start an effective treatment program, what information is important to gather about pests spotted in the operation?

a. Color, girth, gender

b. Date, time, location

c. Size, type, number

d. Species, frequency, number

**Answer:** b

**LO:** Signs of pest infestation and activity

10. Dirt tracks are spotted along light-colored walls. What type of pest may be present?

a. Roaches

b. Rats

c. Mice

d. Rats or mice

**Answer:** d

**LO:** Signs of pest infestation and activity

11. Pepper-like black specks are found near the electrical motor in a refrigeration unit. What type of pest may be present?

a. Roaches

b. Rats

c. Mice

d. Rats or mice

**Answer:** a

**LO:** Signs of pest infestation and activity

12. Holes are found in the ground around some quiet places along the building. What type of pest may be present?

a. Roaches

b. Rats

c. Mice

d. Rats or mice

**Answer:** b

**LO:** Signs of pest infestation and activity

13. Nesting materials are found in a drawer under a prep table. What type of pest may be present?

a. Roaches

b. Rats

c. Mice

d. Rats or mice

**Answer:** c

**LO:** Signs of pest infestation and activity

14. Why should an operation avoid purchasing and applying pesticides?

a. It will not be effective

b. It is against the law to do so

c. They cannot be applied without training

d. Applied incorrectly they can be ineffective

**Answer:** d

**LO:** How to correctly store pesticides

15. When should pesticides be applied?

a. At the end of the shift

b. At the beginning of the shift

c. When closed and staff are not there

d. During slow periods in the week

**Answer:** c

**LO:** How to correctly store pesticides

16. What should be done after pesticides have been applied?

a. Wash, rinse, and sanitize food-contact surfaces

b. Stay out of the establishment for 48 hours

c. Have staff wear respirators if near sprayed areas

d. Cover all equipment for 12 hours

**Answer:** a

**LO:** How to correctly store pesticides

17. Who should store pesticides used in your facility?

a. Pest control operators

b. General managers

c. Shift managers

d. Owner/Operators

**Answer:** a

**LO:** How to correctly store pesticides

18. When storing pesticides within the location

a. store them in dry storage areas only.

b. store them with equipment, but not with food.

c. store them in their original containers.

d. store them in new containers that are clearly marked.

**Answer:** c

**LO:** How to correctly store pesticides

19. Which individual should apply pesticides in a foodservice operation?

a. A pest control operator

b. A shift manager

c. A general manager

d. A owner

**Answer:** a

**LO:** How to select a pest control operator (PCO)

20. What is the best way to eliminate pests that have entered the operation?

a. Raise the heat in the operation after-hours

b. Lower the heat in the operation after-hours

c. Work with licensed pest control operator (PCO)

d. Apply over-the-counter pesticides around the operation

**Answer:** c

**LO:** How to select a pest control operator (PCO)

21. When selecting a pest control operator, all of the following should be considered except

a. whether the person is licensed.

b. whether the person has references.

c. whether the person is up to date on latest practices.

d. whether the person is inexpensive.

**Answer:** d

**LO:** How to select a pest control operator (PCO)

Chapter 14: Food Safety Regulation and Standards

1. Which government agency is responsible for issuing the *Food Code*?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** a

**LO:** Government agencies that regulate food operations

2. Which government agency is responsible for inspecting all food except meat, poultry, and eggs?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** a

**LO:** Government agencies that regulate food operations

3. Which government agency regulates food transported across state lines?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** a

**LO:** Government agencies that regulate food operations

4. Which government agency inspects meat, poultry, and eggs?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** b

**LO:** Government agencies that regulate food operations

5. Which government agency investigates foodborne illness outbreaks for other agencies?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** c

**LO:** Government agencies that regulate food operations

6. Which government agency conducts an inspection program for cruise ships?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** c

**LO:** Government agencies that regulate food operations

7. Which government agency inspects foodservice operations?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** d

**LO:** Government agencies that regulate food operations

8. Which government agency is responsible for enforcing requirements in foodservice establishments?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** d

**LO:** Government agencies that regulate food operations

9. Which government agency reviews an operation’s HACCP plan?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** d

**LO:** Government agencies that regulate food operations

10. Which government agency investigates complaints and illnesses against a foodservice operation?

a. FDA

b. USDA

c. CDC

d. State and local regulatory agencies

**Answer:** d

**LO:** Government agencies that regulate food operations

11. What is the purpose of a regulatory inspection?

a. To correct deficiencies

b. To ensure the quality of the food served

c. To ensure that an operation is meeting minimum standards

d. To produce a grade so the public can rate the establishment

**Answer:** c

**LO:** The importance of regulatory inspections and self-inspections

12. What type of foodservice operation is subject to a regulatory inspection?

a. Catering operations

b. Full-service operations

c. Quick-service operations

d. All operations that serve food

**Answer:** d

**LO:** The importance of regulatory inspections and self-inspections

13. Which risk designation used by a regulatory authority during an inspection is the most critical?

a. Priority item

b. Priority Foundation item

c. Core item

d. Basis item

**Answer:** a

**LO:** The importance of regulatory inspections and self-inspections

14. Which risk designation used by a regulatory authority during an inspection relates to general sanitation?

a. Priority item

b. Priority Foundation item

c. Core item

d. Basis item

**Answer:** c

**LO:** The importance of regulatory inspections and self-inspections

15. Having soap at a handwashing sink has which risk designation when inspecting an establishment?

a. Priority item

b. Priority Foundation item

c. Core item

d. Basis item

**Answer:** b

**LO:** The importance of regulatory inspections and self-inspections

16. What is the minimum interval for the inspection of a foodservice establishment by a regulatory agency?

a. At least once every six months

b. At least once per year

c. At least once every two years

d. At least once every five years

**Answer:** a

**LO:** The importance of regulatory inspections and self-inspections

17. What is a benefit of a self-inspection?

a. Improved food quality

b. Reduction in the frequency of formal health inspections

c. Decrease in need for liability insurance

d. Shorter formal inspections by regulatory agencies

**Answer:** a

**LO:** The importance of regulatory inspections and self-inspections

18. Health inspectors will typically arrive

a. without warning.

b. in the morning.

c. during service.

d. at the end of the shift.

**Answer:** a

**LO:** The key components of an inspection

19. What can be a consequence of refusing entry to a health inspector?

a. Revocation of the operation’s permit

b. An increase in inspection frequency

c. Jail time

d. Lawsuits

**Answer:** a

**LO:** The key components of an inspection

20. What records might a health inspector reasonably request?

a. Purchasing records

b. OSHA violations

c. Employee records

d. Financial records

**Answer:** a

**LO:** The key components of an inspection

21. What does your signature on a health inspection form indicate?

a. Acknowledgment that you received it

b. Agreement to violations documented

c. Agreement to outcomes agreed upon

d. Admittance to violation of the law

**Answer:** a

**LO:** The key components of an inspection

22. When must violations of priority items typically need to be acted upon?

a. Within 12 hours

b. Within 24 hours

c. Within 48 hours

d. Within 72 hours

**Answer:** d

**LO:** Corrective actions to take when found to be in violation of a regulation

23. What is an example of a hazard that could result in closure of the operation?

a. Significant lack of refrigeration

b. Evidence that pests are in the establishment

c. Interruption of electrical service for two hours or less

d. A foodborne illness complaint against the establishment

**Answer:** a

**LO:** Corrective actions to take when found to be in violation of a regulation

Chapter 15: Staff Food Safety Training

1. When should staff be trained on food safety?

a. After the first year

b. After their first six months

c. After a few weeks on the job

d. Immediately after being hired

**Answer:** d

**LO:** Staff duties and specific training needs for each duty

2. How can you identify training needs in a new hire?

a. By asking them

b. By talking to their coworkers

c. By observing job performance

d. By talking to their previous employer

**Answer:** c

**LO:** Staff duties and specific training needs for each duty

3. Which staff members need general food safety knowledge?

a. All staff members

b. Part-time staff

c. Front-of-house staff

d. Back-of-house staff

**Answer:** a

**LO:** Staff duties and specific training needs for each duty

4. Which food safety topic is it critical for staff to receive training on?

a. How to conduct a self-inspection

b. How to identify an approved supplier

c. How to identify specific foodborne illnesses

d. How to label food for storage

**Answer:** d

**LO:** Staff duties and specific training needs for each duty

5. When should staff be retrained in food safety?

a. Periodically

b. Weekly

c. Monthly

d. Annually

**Answer:** a

**LO:** Staff duties and specific training needs for each duty

6. What does the success of on-the-job training depend on?

a. The skill of the trainer

b. The learning style of the learner

c. The skill level of the learner

d. The humor of the trainer

**Answer:** a

**LO:** Ways of training specific to staff and their duties

7. What can make classroom training more effective?

a. Using a lecture style format

b. Using an activity-based approach

c. Relying on telling rather than doing

d. Penalizing mistakes made in class

**Answer:** b

**LO:** Ways of training specific to staff and their duties

8. What can make the use of games in classroom training more effective?

a. If they are fun and easy to play

b. If they are overly challenging

c. If they are creating excessive competition

d. If they favor people who are more social

**Answer:** a

**LO:** Ways of training specific to staff and their duties

9. What can make demonstrations in classroom training more effective?

a. If you follow a Tell, Show, and Do approach

b. If you let the learner identify the task steps before you start

c. If you simply tell the learner how to do the task and then show them

d. If you let a learner practice a task, and then point out the errors

**Answer:** a

**LO:** Ways of training specific to staff and their duties

10. When is technology-based training most appropriate?

a. When budget is no issue

b. When teaching millennials

c. When staff need to learn at their own pace

d. When instructors are not available to teach the information

**Answer:** c

**LO:** Ways of training specific to staff and their duties

11. What should you do after a staff member completes food safety training?

a. Document it

b. Consider their training complete

c. Cross-train them on other job functions

d. Provide them with a certificate

**Answer:** a

**LO:** How to maintain food safety records