

Practice Exam

1. **A foodborne-illness outbreak has occurred when**
 - A. five or more people return to an establishment sick.
 - B. a customer makes a formal foodborne-illness complaint.
 - C. two employees call in sick.
 - D. two or more people experience the same illness after eating the same food.

2. **Why are infants and preschool-age children at higher risk for contracting a foodborne illness?**
 - A. They have not yet built up adequate immune systems.
 - B. They eat less nutritious meals than everyone else.
 - C. Their immune systems have weakened with age.
 - D. All of the above

3. **Which is considered a potentially hazardous food?**
 - A. Baked potatoes
 - B. Saltines
 - C. Bananas
 - D. Flour

4. **Which is an example of a biological contaminant?**
 - A. Dirt on lettuce
 - B. Ciguatera toxin in red snapper
 - C. Tomato juice served in a pewter pitcher
 - D. Metal shavings in a can of peaches

5. **Which can cause food to become unsafe?**
 - A. Time-temperature abuse
 - B. Cross-contamination
 - C. Poor personal hygiene
 - D. All of the above

6. **A foodborne infection occurs when a person eats food containing**
 - A. pathogens, which then produce illness-causing toxins in the intestines.
 - B. toxins that cause illness.
 - C. pathogens, which then grow in the intestines and cause illness.
 - D. toxic metals that have been leached from their storage containers.

7. Which microorganism is likely to be found in raw oysters?
- A. *Salmonella* spp.
 - B. *Anisakis simplex*
 - C. *Vibrio vulnificus*
 - D. *Giardia duodenalis*
8. To grow and reproduce, bacteria need
- A. heat, adequate time, the appropriate level of acidity, dry conditions, and human contact.
 - B. a warm, dark, and damp environment.
 - C. nutrients in food, the appropriate level of acidity, proper temperature, adequate time, the necessary level of oxygen, and ample moisture.
 - D. sunlight, nitrogen, oxygen, and sulfur.
9. Which could lead to the contamination of food?
- A. Storing cleaning chemicals near food in the dry-storage area
 - B. Putting garbage in plastic waste containers
 - C. Using color-coded cutting boards
 - D. Washing dirty pans in a three-compartment sink
10. Several customers were diagnosed with scombroid poisoning after eating mackerel at a local seafood restaurant. How could this have been prevented?
- A. By cooking the mackerel to its required minimum internal temperature
 - B. By purchasing the mackerel from a reputable supplier who practices strict time-temperature control
 - C. By freezing the mackerel before cooking it
 - D. By filleting the mackerel on a stainless-steel prep table
11. An employee is preparing sandwiches in a deli. Which step might contaminate food?
- A. The employee washes his hands and then dries them using a single-use paper towel.
 - B. The employee uses a deli tissue to grab a roll from the bin.
 - C. The employee wipes his fingertips on his apron before taking a slice of deli meat.
 - D. The employee uses a knife to spread mayonnaise on the roll.
12. While chopping vegetables, a foodhandler cuts her finger. She should
- A. cover the cut with a bandage and return to work.
 - B. wash her hands, cover the cut with a clean bandage, put a single-use glove over it, and return to work.
 - C. put a piece of plastic wrap around her cut finger and continue working.
 - D. put on a single-use glove and continue working.

13. Which is the proper procedure for washing hands?

- A.
 1. Wet hands with cold water.
 2. Apply soap.
 3. Vigorously scrub hands and arms for at least ten to fifteen seconds.
 4. Apply a hand sanitizer.
 5. Rinse thoroughly under running water.
 6. Dry hands and arms with a single-use paper towel.
- B.
 1. Wet hands with warm water.
 2. Apply a hand sanitizer.
 3. Vigorously scrub hands and arms for at least ten to fifteen seconds.
 4. Rinse thoroughly under running water.
 5. Dry hands with a common cloth towel.
- C.
 1. Wet hands with cold water.
 2. Apply soap.
 3. Vigorously scrub hands and arms for at least ten to fifteen seconds.
 4. Dry hands and arms with a single-use paper towel.
- D.
 1. Wet hands with water as hot as you can comfortably stand.
 2. Apply soap.
 3. Vigorously scrub hands and arms for at least ten to fifteen seconds.
 4. Rinse thoroughly under running water.
 5. Dry hands and arms with a single-use paper towel.

14. An employee at a fine-dining Italian restaurant comes to work with a sore throat and fever but still desires to work. What should the manager have him do?

- A. Work as a host
- B. Slice mozzarella
- C. Clean pots and pans
- D. Wash hands repeatedly while handling food

15. Which behavior poses a hazard to the safety of food?

- A. Chewing tobacco while preparing food
- B. Spraying sanitizer on a clean surface
- C. Wearing a baseball cap as a hair restraint
- D. Placing ready-to-eat food on the top shelf in the walk-in refrigerator

16. A shipment of sour cream containers arrives at your establishment. How should you check the temperature of the shipment?
- A. Hold an infrared thermometer as close as possible to a container of sour cream.
 - B. Remove the lid of one of the containers and insert the thermometer stem into the sour cream for a reading.
 - C. Place the thermometer stem between two boxes of sour cream for a reading.
 - D. Place your hand on a container to see if it is cool to the touch.
17. Which condition indicates a shipment of whole chicken is acceptable?
- A. The wing tips are dark and there is a purplish color around the neck.
 - B. The chicken has a firm texture.
 - C. The temperature of the chicken is 55°F (13°C).
 - D. There is stickiness under the wings and around the joints.
18. Which food item has been stored properly in the dry-storage area?
- A. Bag of rice stored in direct sunlight
 - B. Saltines stored at 75 percent humidity
 - C. Sack of flour stored on the floor
 - D. Canned tomatoes stored at 50°F (10°C)
19. Following the first in, first out (FIFO) method of stock rotation, which item is being stored improperly?
- A. Container of spices with an expiration date of 11/3 stored in front of another container dated 11/12
 - B. Rolled roast with an expiration date of 9/14 stored in front of another dated 9/26
 - C. Container of sour cream with an expiration date of 8/5 stored behind another dated 7/19
 - D. Box of pasta with an expiration date of 3/7 stored behind another box dated 3/22
20. Which food item is being stored improperly?
- A. Sliced pineapple stored below raw steaks
 - B. Butter stored above raw salmon
 - C. Raw ground pork stored above raw ground poultry
 - D. Raw poultry stored below a raw pork roast
21. Which food item is being thawed improperly?
- A. Whole chicken being thawed in a refrigerator
 - B. Frozen fish being thawed under running, potable water at a temperature of 70°F (21°C)
 - C. Frozen turkey being thawed on a prep table at room temperature
 - D. Frozen hamburger patties being thawed on a grill while they are being cooked

22. A chef is cooking red snapper fillets. What is the required minimum internal cooking temperature for the fish?
- A. 125°F (52°C) for fifteen seconds
 - B. 145°F (63°C) for fifteen seconds
 - C. 155°F (68°C) for fifteen seconds
 - D. 165°F (74°C) for fifteen seconds
23. Potentially hazardous food must be cooled from 135°F to 70°F (57°C to 21°C) within two hours and from 70°F to 41°F (21°C to 5°C) or lower in an additional _____hour(s).
- A. one
 - B. two
 - C. three
 - D. four
24. Which is an acceptable method for cooling a stockpot of hot chicken noodle soup?
- A. Place the stockpot of soup into the walk-in refrigerator to cool.
 - B. Divide the soup into smaller containers and place the containers in an ice-water bath to cool.
 - C. Place the stockpot on a prep table at room temperature to cool.
 - D. Place the stockpot of soup into the walk-in freezer to cool.
25. When reheating leftover chili for hot-holding, it should be reheated to at least
- A. 135°F (57°C) for fifteen seconds within two hours.
 - B. 145°F (63°C) for fifteen seconds within two hours.
 - C. 155°F (68°C) for fifteen seconds within two hours.
 - D. 165°F (74°C) for fifteen seconds within two hours.
26. Potentially hazardous food cooked in a microwave oven must be heated to at least
- A. 135°F (57°C).
 - B. 145°F (63°C).
 - C. 155°F (68°C).
 - D. 165°F (74°C).
27. To minimize contamination when serving beverages, glassware can be held in all of these ways *except* by the
- A. rim.
 - B. stem.
 - C. middle.
 - D. bottom.

28. Which food is being held improperly?
- A. Chicken in marinara sauce held at 135°F (57°C)
 - B. Seafood pasta salad held at 41°F (5°C)
 - C. Steamed asparagus held at 125°F (52°C)
 - D. Sliced deli meat held at 41°F (5°C)
29. What hazard is associated with allowing customers to reuse plates or silverware for refills at a self-service bar?
- A. Cross-contamination
 - B. Poor personal hygiene
 - C. Time-temperature abuse
 - D. None of the above
30. A pan of lasagna hot held at 125°F (52°C) for less than two hours is reheated to 165°F (74°C) for fifteen seconds within two hours. This is an example of
- A. monitoring.
 - B. corrective action.
 - C. hazard analysis.
 - D. verification.
31. Which is *not* one of the Centers for Disease Control and Prevention's (CDC) five most common risk factors for foodborne illness?
- A. Practicing poor personal hygiene
 - B. Failing to cook food adequately
 - C. Failing to cool food properly
 - D. Holding food at improper temperatures
32. Handwashing stations are required to have all of the following *except*
- A. hot and cold running water.
 - B. soap.
 - C. waste container.
 - D. common cloth towel.
33. An establishment should respond to a backup of raw sewage by
- A. closing.
 - B. correcting the cause of the backup.
 - C. thoroughly cleaning the area.
 - D. All of the above

34. Which item will *not* prevent backflow?
- A. Vacuum breaker
 - B. Air gap
 - C. Air space between the drain pipe of a sink and the floor drain
 - D. Cross-connection
35. Which sign indicates your ventilation is adequate?
- A. Condensation on walls
 - B. Absence of grease on ceilings
 - C. Scraps of paper and cloth near baseboards
 - D. Leaks around piping
36. All of these will affect the efficiency of a sanitizer *except* the
- A. temperature of the sanitizing solution.
 - B. concentration of the sanitizer.
 - C. volume of tableware being sanitized.
 - D. amount of time the sanitizer stays in contact with the item.
37. Which sign indicates you have a problem with cockroaches?
- A. Tracks
 - B. Signs of gnawing
 - C. Shiny gray droppings
 - D. A strong oily odor
38. Before cleaning and sanitizing items in a three-compartment sink, you should
- A. wash items in the first sink with detergent.
 - B. immerse items in a sanitizing solution in the third sink.
 - C. clean and sanitize each sink and work surface.
 - D. immerse or spray-rinse items in the second sink.
39. Which item has *not* been stored properly?
- A. Tableware stored six inches off the floor
 - B. Glasses stored upside down
 - C. Flatware stored with the handles down
 - D. Utensils covered for protection
40. Which is responsible for inspecting foodservice operations that cross state borders?
- A. Food and Drug Administration
 - B. Centers for Disease Control and Prevention
 - C. U. S. Department of Agriculture
 - D. U.S. Public Health Service

41. Which of these can contaminate a foodhandler's hands?
- A. Nose picking
 - B. Touching a pimple
 - C. Running fingers through the hair
 - D. All of the above
42. All of these are critical components of an integrated pest management program *except*
- A. denying pests access to the establishment.
 - B. denying pests food, water, and a hiding or nesting place.
 - C. working with a licensed PCO to eliminate pests that do enter.
 - D. contacting an EPA with an annual assessment of pesticides used in the facility.
43. Which of these is placed between the floor and wall to eliminate gaps that would be difficult to clean?
- A. Nonporous resilient flooring
 - B. Rubber mats
 - C. Coving
 - D. An airgap
44. Which is true regarding food safety training?
- A. The ideal length for a training session is two to three hours.
 - B. Training records should be used to document training.
 - C. Employees only require food safety knowledge that is specific to their job tasks.
 - D. Further training is unnecessary if employees received training upon being hired.
45. Which of these is the most effective method of demonstrating a new task?
- A. The active managerial control model
 - B. The HACCP model
 - C. The Tell/Show/Tell/Show model
 - D. The lecture model