

Questions – Section 1: The Health Inspection

1. Which of the following should food retailers recognize as very important?
 - a. pest control
 - b. personal hygiene
 - c. a and b
 - d. neither a nor b

2. Food contaminated by workers is one of the most important aspects of food safety. One of the methods by which contamination is transmitted is _____.
 - a. the handling of cigarettes
 - b. unwashed hands
 - c. packaged snack foods
 - d. handling of canned beverages

3. Methods that can contaminate foods include _____?
 - a. dirty utensils
 - b. exposure to toxic chemicals
 - c. insect activity
 - d. all of the above

4. The cooling of foods is extremely important. Food that needs to be properly cooled should have its temperature reduced to _____ degrees or less within two hours.
 - a. 70
 - b. 85
 - c. 80
 - d. 75

5. Food that needs to be kept at low temperatures must be brought to _____ degrees within four hours.
 - a. 60
 - b. 55
 - c. 41
 - d. 50

6. All potentially hazardous foods need to be stored at a safe temperature.
 - a. true
 - b. false

7. Poultry is considered to be not adequately cooked if it is heated to less than _____ degrees.

- a. 100
- b. 120
- c. 165
- d. 110

8. Pork, to be considered adequately cooked must reach a temperature of _____ degrees.

- a. 110
- b. 140
- c. 150
- d. 75

9. Cooked and refrigerated foods would be considered inadequately re-heated if it did not reach _____ degrees.

- a. 165
- b. 110
- c. 135
- d. 100

10. Hot food that needs to be kept at a holding temperature should not reach a temperature below _____ degrees.

- a. 30
- b. 135
- c. 100
- d. 120

11. Proper food storage protection includes _____.

- a. proper temperature
- b. food stored and conveyed properly
- c. keeping in clean storage containers that are properly covered and labeled
- d. all of the above

12. Inadequate food storage protection would include _____.

- a. bulk food displays that are improperly constructed
- b. soiled street clothing and linens
- c. improper thawing procedures
- d. all of the above

13. Procedures for handling food will be considered not met if ____.

- a. improper records are kept
- b. code requirements are not met
- c. consumer advisory requirements are not met
- d. all of the above

14. Equipment, utensils and materials must be adequately utilized and maintained. These would include ____.

- a. contact equipment such as utensils and conveyances
- b. non-contact equipment that are not clean or in good repair
- c. food equipment that is improperly designed or constructed and maintained
- d. all of the above

15. Food contact surfaces must be clean and properly sanitized.

- a. false
- b. true

Questions – Section 2: Food Microbiology and Foodborne Illnesses

- 1. A food borne illness is a sickness which is caused by eating ____.**
 - a. too much fatty food
 - b. contaminated food
 - c. too many snacks
 - d. without drinking

- 2. Contaminated foods cause approximately ____ cases of illness each year.**
 - a. three million
 - b. one million
 - c. ten million
 - d. five million

- 3. Deaths attributed to illnesses caused by contaminated foods number approximately ____.**
 - a. twenty thousand
 - b. five thousand
 - c. eighteen thousand
 - d. one thousand

- 4. Biological food contamination is caused by ____.**
 - a. living organisms
 - b. toxins from living organisms
 - c. grossly overeating
 - d. a and b

- 5. Biological food contamination could include micro-organisms such as ____.**
 - a. bacteria and viruses
 - b. parasites
 - c. fungi
 - d. all of the above

- 6. Bacteria are defined as ____.**
 - a. a single cell microorganism
 - b. a double cell microorganism
 - c. a triple cell microorganism
 - d. a quadruple cell microorganism

7. Your goal should be to limit the growth of bacteria in food to a number too small to cause air borne illnesses.

- a. true
- b. false

8. Viruses are smaller than bacteria.

- a. true
- b. false

9. Viruses reproduce by taking over the organism.

- a. true
- b. false

10. Parasites are commonly found in _____.

- a. hogs
- b. fish
- c. contaminated water
- d. all of the above

11. Which of the following are a type of fungi?

- a. mold
- b. yeast
- c. mushrooms
- d. all of the above

12. Food adulteration is defined as food that _____.

- a. is deliberately altered
- b. is mislabeled
- c. lacks label information
- d. all of the above

13. What percentage of food borne illnesses are caused by inadequate cooling of the food?

- a. 7 %
- b. 63%
- c. 29%
- d. 9%

14. What is the temperature danger zone for food?

- a. between 70 and 80 degrees
- b. between 56 and 76 degrees
- c. between 51 and 175 degrees
- d. between 41 and 135 degrees

15. What percent of food contamination is caused by poor hygiene?

- a. 26%
- b. 90%
- c. 2%
- d. 17%

16. The factors that influence bacterial growth are _____.

- a. oxygen and moisture
- b. acidity-alkalinity and protein
- c. temperature-time
- d. all of the above

17. Protein is a food that bacteria need to survive. Protein can be found in _____.

- a. milk-meat
- b. fish and eggs
- c. neither a nor b
- d. both a and b

18. Potentially hazardous food which provide bacteria an opportunity to multiply are _____.

- a. milk, meat and fish
- b. cantaloupe and watermelon
- c. soy protein foods
- d. all of the above

19. Non potentially hazardous foods are those where bacteria do not multiply rapidly. These foods include _____.

- a. boiled eggs
- b. sterile shelf stable foods in containers with air tight seals
- c. food treated with preservatives or reduced oxygen packaging
- d. all of the above

20. One example of a danger zone, where harmful bacteria thrive, is room temperature, where almost all foods are prepared.

- a. true
- b. false

21. The maximum amount of time that food should be exposed to the danger zone is _____.

- a. 12 hours
- b. 4 hours
- c. 8 hours
- d. 10 hours

22. Seafood toxins have been found in shellfish, eels, minnows, morays and puff fish. What statement(s) are true about these toxins?

- a. These toxins can cause illness in five minutes to four hours
- b. They cannot be destroyed by cooking
- c. Therefore purchases should be made from an approved supplier
- d. All of the above

23. Scombroid poisoning is caused by eating _____?

- a. fermented alfalfa sprouts
- b. uncooked shellfish
- c. spoiled fish of several types including tuna
- d. port which has been held at 170F for more than 2 hours

24. Typhoid fever bacteria are transmitted to food by _____.

- a. coughing without covering the mouth
- b. fecal to food (poor hand washing) transmission
- c. using the wrong disinfectant
- d. washing with potable water

25. Typical incubation period for Vibrio Parahaemolitis, a shellfish borne illness caused by pollution, is _____.

- a. 15 minutes to 1 hour
- b. 12 –24 hours
- c. 2 – 4 days
- d. a week or more

Questions - Section 3: The HACCP System

1. HACCP stands for _____.

- a. Hazard Analysis and Critical Control Points
- b. Has no meaning
- c. Health Administration Coordinating Corporate Policy
- d. None of the above

2. HACCP was developed to protect against contaminated food in spaces?

- a. true
- b. false

3. HACCP has several important points. Among them are _____.

- a. identifying the hazards
- b. establishing critical limits
- c. establishing corrective action
- d. all of the above

4. When identifying potential hazards, which of the following need to be considered?

- a. receiving and portioning
- b. storage and heating
- c. maintaining warm and serving
- d. all of the above

5. What is a critical control point?

- a. When the manager complains the food you just prepared tastes lousy
- b. A procedure which eliminates or reduces the chance of food being exposed to hazards
- c. Not cooking food long enough
- d. Steps which prepared foods must go through from receiving to selling

Questions – Section 4: Cleaning and Sanitation

- 1. The hazardous communication program is used to ____.**
 - a. inform of the hazards in the workplace
 - b. ensure that employees are trained every year on the proper use and handling of chemicals
 - c. require manufacturers labels, containing a list of possible hazards, be made available
 - d. all of the above

- 2. Each hazardous chemical that is in the workplace must contain a Material Safety Data Sheet that provides information on ____.**
 - a. safe use and handling of chemicals
 - b. hazardous ingredients in chemicals
 - c. precautions to be taken in case of exposure
 - d. all of the above

- 3. Other information on the Material Safety Data Sheet should include ____.**
 - a. correct personal protection equipment to be worn
 - b. fire, physical and health hazards
 - c. first aid information
 - d. all of the above

- 4. Cleaning products include ____.**
 - a. detergent and acid cleansers
 - b. abrasive cleansers
 - c. solvents
 - d. all of the above

- 5. Acid cleansers can cause chemical burns on the skin.**
 - a. true
 - b. false

- 6. According to the hot water method for sanitizing, the water temperature should be at ____ degrees or higher.**
 - a. 110
 - b. 120
 - c. 170
 - d. 200

7. In order to sanitize utensils, they should be submersed in the heated water or sanitizing solution for at least _____ seconds.

- a. 10
- b. 20
- c. 30
- d. 40

8. During manual cleaning and sanitizing in a two compartment sink, the temperature of the hot water must be at least _____ degrees.

- a. 140
- b. 170
- c. 190
- d. 212

9. One of the main benefits of dishwashing machines is _____.

- a. it handles more items
- b. very hot water can be used
- c. both a and b
- d. neither a nor b

10. When sanitizing an area where food has been in contact, the sanitizing must be done _____.

- a. At least every four hours
- b. when soiled
- c. when other products have been used
- d. all of the above

Questions – Section 5: Personal Hygiene

Human skin is an excellent breeding ground for bacteria. That's why it is important that food handlers wash their hands often.

1. Properties of the skin include _____.

- a. normal ph
- b. moisture
- c. warm temperatures, protein and other nutrients
- d. all of the above

2. Employee personal hygiene should include _____.

- a. short fingernails
- b. no nail polish
- c. hair restrained properly
- d. all of the above

3. It is not a good idea to wear jewelry when handling food.

- a. true
- b. false

4. The following is NOT a true statement about apron use.

- a. always wear a clean one
- b. use an apron as a hand towel to avoid cross contamination
- c. if bacteria are growing on the apron, you risk contaminating food
- d. all of the above

5. Uniforms and shirts should _____.

- a. have a pocket to store sanitary wipes
- b. be changed at home
- c. have the pocket sewn so it will only hold a thin thermometer
- d. all of the above

6. The following are steps in hand washing EXCEPT _____.

- a. use cool water so you are not tempted to stop to quickly
- b. apply soap and rub hands and forearms vigorously for 20 seconds
- c. rinse thoroughly with warm water
- d. dry with sanitary paper towels or hot air dryer

7. Hand to mouth contact _____.

- a. can lead to food contamination from saliva
- b. can be via a cough which spreads bacteria as far as 24 – 30 inches
- c. should be followed by immediate hand washing
- d. all of the above

8. Gloves must be changed _____.

- a. at least every four hours
- b. whenever they might be contaminated
- c. when returning to food preparation
- d. all of the above

9. Which of the following diseases or conditions prevents a person from working in food service?

- a. HIV
- b. hepatitis B
- c. eczema
- d. typhoid fever

10. Blood is a contaminant. Food handlers should be very careful when handling sharp objects, such as knives. If food is exposed to blood the food should be _____.

- a. washed
- b. thrown away
- c. cooked well
- d. none of the above

Questions – Section 6: Temperature Controls

- 1. It can be important to check the temperature of these foods on delivery,**
 - a. vacuum packed food
 - b. package or bags
 - c. milk and other liquids
 - d. all of the above

- 2. All food products received into your facility should be _____.**
 - a. delivered during a slow period so that they can be examined
 - b. carefully inspected
 - c. delivered by a reputable supplier
 - d. all of the above

- 3. When delivered, chilled foods should be received at a temperature of _____ degrees.**
 - a. 33
 - b. 38
 - c. 41
 - d. 45

- 4. Delivered meat should be _____.**
 - a. uniform in color and not smell rancid
 - b. sticky if chicken
 - c. slimy if lamb
 - d. all of the above

- 5. Shellfish should _____.**
 - a. Be purchased only from suppliers listed in the National Shellfish Sanitation Program Guide or Interstate Certified Shellfish Shippers
 - b. have tags that are dated upon receipt, which should be kept for 90 days
 - c. be alive if fresh
 - d. all of the above

- 6. All dairy products must be pasteurized Grade A.**
 - a. true
 - b. false

7. Which food items should be received first?

- a. dry food
- b. frozen food
- c. a fresh food
- d. does not matter which is received first

8. Vacuum packed dry products such as coffee and spices should be treated as _____.

- a. dry food
- b. vacuum food
- c. fresh food
- d. HACCP food

9. Dried food can be held for _____ days.

- a. 10
- b. 20
- c. 30
- d. 45

10. What should be checked when receiving canned goods?

- a. condition of label
- b. if can is dented or has broken seam
- c. if it has pull tab
- d. all of the above

11. Potentially hazardous food products which reach 70° F while not in the cooking or cooling process are deemed _____.

- a. abused and must be discarded
- b. contaminated and must be cooked to 165°F
- c. in the danger zone and must be chilled in a freezer to 41°F
- d. thawed and ready to serve

12. Foods may be thawed by which of the following methods?

- a. in a refrigerator at 41°F or less
- b. in a microwave
- c. as part of the cooking process
- d. all of the above

13. Hot foods to be held for serving should be kept at a minimum of ____.

- a. 41°F
- b. 70°F
- c. 135°F
- d. 165°F

14. Which of the following statements are true?

- a. all fish must be cooked to at least 165°F for 15 seconds
- b. beef must be cooked to at least 175°F for 15 seconds
- c. poultry must be cooked to at least 165°F for 15 seconds
- d. pork should be cooked to at least 135°F for 15 seconds

15. The two stage cool down process requires cooked food, which is to be stored, to be chilled to ____.

- a. 100°F in 2 hrs. - 32°F in 4 more hrs.
- b. 70°F in 2 hrs. - 41°F in 4 more hrs.
- c. 100°F in 4 hrs. - 32°F in 2 more hrs.
- d. 70°F in 4 hrs. - 41°F in 2 more hrs.

Questions – Section 7: Food Security

- 1. Pesticide poisoning is normally the result of ____.**
 - a. carelessness
 - b. mislabeling
 - c. poor housekeeping procedures
 - d. all of the above

- 2. To minimize threats, ____.**
 - a. encourage employees to report suspicious activities
 - b. install video cameras and restrict back-door access
 - c. inspect all incoming food items
 - d. all of the above

- 3. Disgruntled employees may do which of the following to hurt your business by contaminating food.**
 - a. keep potentially hazardous foods in the danger zone
 - b. physical contamination as with fingernail clippings
 - c. use hazardous chemicals to contaminate food
 - d. all of the above

- 4. The following are all examples of potentially harmful chemicals except ____.**
 - a. pesticides
 - b. toxic metals
 - c. lubricants
 - d. fingernail clippings

- 5. Which of the following is NOT true about medications?**
 - a. it can be a special source of contamination
 - b. it should be in the food prep area so employees can get to it quickly
 - c. it should be clearly labeled
 - d. it should be placed in a secure safe area

Questions – Section 8: Pest Control

- 1. The best defense against pests is to ____.**
 - a. limit the entrance into the store
 - b. deny access to food and water
 - c. both a and b
 - d. neither a nor b

- 2. Other defenses that can be used against pests are to attack the infestation with ____.**
 - a. traps
 - b. electronic devices
 - c. poisons
 - d. all of the above

- 3. Rodents can carry many diseases including ____.**
 - a. rabies
 - b. salmonella
 - c. polio
 - d. a and b

- 4. Flies are a major source of food borne illnesses such as ____.**
 - a. typhoid fever
 - b. dysentery
 - c. both a and b
 - d. neither a nor b

- 5. Birds are not a source of food contamination.**
 - a. true
 - b. false

- 6. In order to minimize bird problems food stores should ____.**
 - a. clean up scraps quickly
 - b. sweep floor and scraps off the ground frequently
 - c. post signs asking customers not to feed the birds
 - d. all of the above

7. When pests are found in pantries it is not necessary to discard the container that contains the food.

- a. true
- b. false

8. The best inventory practice for a food facility is _____?

- a. last in first out (LIFO)
- b. packages on lower shelves should be removed first
- c. first in first out (FIFO)
- d. none of the above

9. It is important to keep garbage containers fitted with tight lids, doors, or covers. This is important _____.

- a. to restrict entrance by insects and rodents
- b. to be sure that the garbage does not spill over
- c. keep your neighbors from storing garbage in your garbage cans
- d. a and b are correct

10. When storing pesticides, they should _____.

- a. be locked in a cabinet away from food
- b. be kept in their original containers
- c. have a Material Safety Data Sheet for each product
- d. all of the above

11. When exercising pest control _____.

- a. traps should never be set above the food
- b. traps should never be set in the food area
- c. bug zappers should be kept away from food and have the ability to be cleaned
- d. all of the above

12. Norway rats _____.

- a. have grayish brown fur on the back, grayish white on the belly
- b. grow to at least a foot long not including the tail
- c. have box shaped droppings
- d. are very picky eaters

13. House mice have the following features EXCEPT _____.

- a. 2 ½ to 3 ½ inches long without tail
- b. tend to nibble on food
- c. have a coat of bright white
- d. have rod-shaped droppings

14. Which is NOT a major species of cockroach?

- a. American
- b. Brownbanded
- c. New York City
- d. Oriental

15. Which of the following statements is true about the American cockroach?

- a. largest (1 to 2 inches) building infesting roach in the U.S.
- b. incapable of flight
- c. adults are dark black with a green ring
- d. attracted to a dry climate