Practice Tests and Answer Keys

Practice Test

Name ___________________________ Date ___________________

1. Which group of individuals has a higher risk of foodborne illness?
   A. Teenagers
   B. Elderly people
   C. Women
   D. Vegetarians

2. Parasites are commonly associated with
   A. seafood.
   B. eggs.
   C. potatoes.
   D. ready-to-eat food.

3. Ciguatera toxin is commonly found in
   A. amberjack.
   B. pollock.
   C. tuna.
   D. cod.

4. Which is a TCS food?
   A. Saltines
   B. Bananas
   C. Baked potato
   D. Coffee

5. What type of toxin is ciguatera toxin?
   A. Biological
   B. Physical
   C. Bacterial
   D. Microbial

6. What should foodservice operators do to prevent the spread of hepatitis A?
   A. Cook food to minimum internal temperatures
   B. Freeze fish for 36 hours before serving
   C. Exclude staff with jaundice from the operation
   D. Purchase mushrooms from approved, reputable suppliers
7. To wash hands correctly, a food handler must first
   A. apply soap.
   B. wet hands and arms.
   C. scrub hands and arms vigorously.
   D. use a single-use paper towel to dry hands.

8. What should foodservice operators do to prevent customer illness from *Shigella* spp.?
   A. Freeze food at temperatures below 0˚F.
   B. Exclude food handlers diagnosed with jaundice.
   C. Purchase shellfish from approved suppliers.
   D. Control flies inside and outside the operation.

9. What must a food handler with a hand wound do to safely work with food?
   A. Bandage the wound with an impermeable cover and wear a single-use glove.
   B. Bandage the wound and avoid contact with food for the rest of the shift.
   C. Wash the wound and wear a single-use glove.
   D. Apply iodine solution and a permeable bandage.

10. What item is considered acceptable work attire for a food handler?
    A. False eyelashes
    B. Nail polish
    C. Plain-band ring
    D. Antimicrobial plastic watch band

11. What task requires food handlers to wash their hands before and after doing it?
    A. Taking out garbage
    B. Touching clothing or aprons
    C. Handling raw meat, poultry, or seafood
    D. Using chemicals that might affect food safety

12. Which action requires a food handler to change gloves?
    A. The food handler is working with raw seafood at temperatures above 41˚F (5˚C).
    B. The food handler is prepping raw chicken on a yellow cutting board.
    C. The food handler has been working with raw ground beef for an hour.
    D. The food handler is wearing gloves that have been torn.

13. How should the temperature of a shipment of cottage cheese be taken when it arrives at an operation?
    A. Use an air probe to check the temperature of the delivery truck.
    B. Hold an infrared thermometer to the outside of the case or carton.
    C. Place the thermometer stem between shipping boxes for a reading.
    D. Place the thermometer stem into an opened container.
When should a shipment of fresh chicken be rejected?
A  The flesh of the chicken appears moist.
B  Shellstock identification tags are not attached to the container.
C  The flesh of the chicken is firm and springs back when touched.
D  The receiving temperature is 50˚F (10˚C).

Where should ground fish be stored in a cooler?
A  Above shellfish
B  Below ground poultry
C  Above ready-to-eat food
D  Below pork roasts

What is the maximum number of days that ready-to-eat food prepared on-site can be stored if held at 41˚F (5˚C)?
A  3 days
B  5 days
C  7 days
D  10 days

In top-to-bottom order, how should a fresh beef roast, fresh halibut, lettuce, and a pan of ground chicken be stored in a cooler?
A  Lettuce, fresh beef roast, ground chicken, fresh halibut
B  Lettuce, fresh halibut, fresh beef roast, ground chicken
C  Fresh halibut, lettuce, ground chicken, fresh beef roast
D  Fresh halibut, fresh beef roast, ground chicken, lettuce

What organization requires Material Safety Data Sheets?
A  Food and Drug Administration
B  Occupational Safety and Health Administration
C  Environmental Protection Agency
D  National Restaurant Association

What is the minimum internal cooking temperature for rice that is hot-held for service?
A  165˚F (74˚C)
B  155˚F (68˚C)
C  145˚F (63˚C)
D  135˚F (57˚C)

What food item does the Food and Drug Administration advise against offering on a children’s menu?
A  Rare cheeseburgers
B  Egg salad
C  Peanut butter and jelly sandwiches
D  Fried shrimp
TCS food reheated for hot-holding must reach what temperature?

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

What method should never be used to thaw food?

A Place the item in a cooler  
B Place the item on a prep counter  
C Microwave the item  
D Cook the item

Food that is partially cooked and then finished just before service must be heated to what temperature?

A 165˚F (74˚C) for 15 seconds  
B 155˚F (68˚C) for 15 seconds  
C 145˚F (63˚C) for 15 seconds  
D 135˚F (57˚C) for 15 seconds

Food held at 41˚F (5˚C) or lower before being removed from refrigeration can be held without temperature control for up to how many hours?

A 2  
B 4  
C 6  
D 8

Hot TCS food can be held without temperature control for a maximum of

A 2 hours.  
B 4 hours.  
C 6 hours.  
D 8 hours.

Which food may be re-served to customers?

A Unused, uncovered condiments  
B Uneaten bread  
C Unopened pre-packaged food  
D Unused whole fruit garnish

What is the purpose of setting critical limits in a HACCP plan?

A To identify potential hazards  
B To identify where hazards can be eliminated  
C To reduce hazards to safe levels  
D To determine if the HACCP plan is working
What is the minimum water temperature required when using hot water to sanitize objects?

- A 171°F (77°C)
- B 173°F (78°C)
- C 176°F (80°C)
- D 179°F (81°C)

What HACCP principle is being practiced when food handlers rewash melons that have surface dirt?

- A Monitoring
- B Corrective action
- C Critical limit
- D Critical control point

What is the final step in cleaning and sanitizing a prep table?

- A Sanitizing the surface
- B Allowing the surface to air-dry
- C Washing the surface
- D Rinsing the surface

What is the minimum time an iodine sanitizer solution must be in contact with the object being sanitized?

- A 15 seconds
- B 30 seconds
- C 45 seconds
- D 60 seconds

If a food-contact surface is in constant use, how often should it be cleaned and sanitized?

- A Every 2 hours
- B Every 4 hours
- C Every 6 hours
- D Every 8 hours

What is the third step in cleaning and sanitizing items in a three-compartment sink?

- A Sanitizing
- B Air-drying
- C Rinsing
- D Washing

What type of thermocouple probe should be used to check the internal temperature of a beef roast?

- A Air
- B Surface
- C Immersion
- D Penetration
What food safety practice can prevent cross-contact?
A Using only food-grade equipment
B Washing, rinsing, and sanitizing utensils before each use
C Keeping food frozen until use
D Purchasing food from approved, reputable suppliers

What is the most likely cause of wheezing and hives?
A Food allergies
B Norovirus
C Shigella spp.
D Hepatitis A

What is a basic characteristic of a virus?
A Destroyed by cooking
B Grows in food
C Requires a living host to grow
D Commonly found in cattle intestines

Where should staff members eat, drink, smoke, or chew gum?
A Where customers eat
B In dishwashing areas
C Outside the kitchen door
D In designated areas

When can a food handler with a sore throat and a fever return to work with or around food?
A The fever is gone for 24 hours.
B The sore throat is gone.
C A written medical release is provided.
D No symptoms are experienced for 24 hours.

What should a foodservice operator do when responding to a foodborne-illness outbreak?
A Notify the media
B Segregate the product
C Close the operation for the day
D Ask customers for proof of their symptoms