

- 1. A parasite is**
 - a. a food poisoning outbreak from 2 different locations.
 - b. a place where additional food is stored.
 - c. an animal that lives in or on another animal.
 - d. a plant or vegetable which causes FBI.

- 2. A foodborne illness "outbreak" involves at least _____ sick person(s)?**
 - a. One
 - b. Two
 - c. Three
 - d. Four

- 3. When we cook food, we change its taste, appearance, and texture. We also**
 - a. spoiled it.
 - b. contaminated it.
 - c. heat-shocked it.
 - d. made the food mass anaerobic.

- 4. Disease causing germs are killed by**
 - a. enough cooking.
 - b. enough refrigeration.
 - c. enough freezing.
 - d. adding acid to food.

- 5. The most important sanitation act for a foodhandler to do?**
 - a. wear disposable gloves.
 - b. pop all ripe pimples.
 - c. shave arms and armpits.
 - d. wash hands often.

- 6. Staphylococcal food poisoning is usually caused by**
 - a. cross-contamination from unsafe food.
 - b. re-contamination of safe food.
 - c. flies landing on the food.
 - d. rapid multiplication of Bacilli on safe food.

- 7. Snake meat, raccoon meat and opossum steak may be served in your food place if**
 - a. The customer was the one who gave you the foods to cook for him.
 - b. The Health Inspector allows you to serve it.
 - c. The stuff came from USDA - inspected meat processing plants.
 - d. The Society for the Prevention of Cruelty to Animals (SPCA) doesn't know about your menu .

- 8. You must reheat leftovers**
 - a. in shallow containers until the food bubbles.
 - b. every so often to kill the germs which would grow.
 - c. because customers hate cold food .
 - d. rapidly to at least 165°F.

- 9. How must rare roast beef be displayed on a cafeteria line?**
 - a. on a steam table.
 - b. in a special unit made for holding rare roast beef..
 - c. on a cutting board under good heat lamps.
 - d. in small portions/chunks.

- 10. This bacterium can ruin your life if you regularly slurp wine and contaminated raw Gulf oysters on the half shell:**
- Vibrio vulnificus*
 - shigella sp.
 - Hepatitis A virus
 - Campylobacter Jejuni*
- 11. You can get Anisakis food poisoning from eating**
- raw or undercooked red meats.
 - raw or undercooked ocean fish.
 - raw or undercooked plants.
 - raw or undercooked feces.
- 12. Foods in general must be cooked to an internal temperature of at least**
- 145°F
 - 155°F
 - 165°F
 - 180°F
- 13. "NSF" stands for**
- National Sanitation Foundation
 - Nutritional Succor Federation
 - No Sexual Favors
 - No Spicy Foods
- 14. Health Inspectors are concerned that *sous vide* may someday cause serious outbreaks of**
- Hepatitis A infection
 - Campylobacter* infection
 - perfringens* intoxication
 - botulism intoxication
- 15. You can die from eating**
- minced garlic, home-bottled in olive oil and vinegar.
 - baked potatoes, left out overnight to cool.
 - lemon custard stored in an aluminum pot.
 - powdered eggs.
- 16. Your dry goods store room has clean wooden floors, metal shelving, florescent light and sunny windows. What's wrong?**
- The floors should be tiled or concrete.
 - The shelves should be wood.
 - The windows should be blocked or shaded.
 - The lights should be incandescent bulbs.
- 17. The restaurant boiler broke and you are out of hot water. You must**
- report this to the Health Inspector.
 - report this to the Plumbing Inspector.
 - close the restaurant.
 - keep on operating while your plumber replaces the boiler.
- 18. In dishwashing, sanitizer test strips are used every so often to**
- make sure that the utensils are washed clean.
 - make sure that the sink or machine has enough sanitizer left to kill germs.
 - clean the inside surfaces of the sink or the machine.
 - intimidate the low-paid dishwasher.
- 19. A simple way to prevent filthy water in your sink from sucking back into your clean water pipe (faucet)?**

- a. use an air gap.
- b. use a cork.
- c. stuff the faucet with a clean rag.
- d. don't let filthy water hang around, man.

20. The 1st step in putting together a cleaning program is to

- a. make a schedule telling who to do what when and how.
- b. hire cleaning people.
- c. take a look around to see what needs cleaning.
- d. buy cleaning supplies.

21. You read the thermostat on your steam table holding the chicken a la king and it's 145°F. You

- a. are happy because things are hunky dorey.
- b. are not happy because things are not yet hunky dorey.
- c. should move on to inspect the cooking range.
- d. should find the idiot who had set the thermostat so high and give him hell for ruining the chicken a la king.

22. The major cause of restaurant fires?

- a. cigarettes
- b. bad electrical wiring on appliances
- c. greasy hood and vent systems
- d. dirty rags and stacks of paper

23. The highest food temperature allowed in a refrigerator?

- a. 35°F
- b. 40°F
- c. 45°F
- d. 50°F

24. The common type of cockroach found in commercial food service establishments?

- a. German cockroach
- b. American cockroach
- c. Asian cockroach
- d. Jamaican cockroach

25. The most important form of cockroach control?

- a. spray chemicals into their nesting places.
- b. deprive them of food, drink, sleep and sex.
- c. stop them from coming in.
- d. squish the egg-carrying adults.

26. MSDSs are required for all chemicals that a food place uses, and they must be available on demand of any food handler/employee. MSDSs inform you about the chemical's:

- a. odors.
- b. physical hazards.
- c. container requirements.
- d. uses.

27. Health Inspectors should inspect your food facility a minimum of how many times a year?

- a. 1 time
- b. 2 times
- c. 3 times
- d. 4 times

28. You, the manager, notice that a certain employee goes to the restroom often -- about once an hour for about five minutes. You should

- a. send the employee home until his/her illness is over.
- b. follow and see what the employee's up to.

- c. reprimand the employee.
- d. ask the employee about the situation.

29. Ice Point and Boiling Point are

- a. temperature extremes in food handling.
- b. critical control points in keeping food safe.
- c. methods for calibrating your dial face stem thermometers.
- d. descriptions of an emotional, unpredictable type of food service manager.

30. The H.A.C.C.P. system is designed to ensure safe food. What should you do if food did not meet the established standard while following a recipe procedure?

- a. quickly serve and eat the food.
- b. dump the food and start over.
- c. quickly reheat the food.
- d. make a note of the problem so that you could do it right the next time around.

31. Your dial face thermometer should have a temperature range showing

- a. 0°F - 160°F
- b. 75°F - 200°F
- c. 0°F - 220°F
- d. 60°F - 180°F

32. An accepted method for the rapid cooling of hot bulk foods?

- a. shove the food mass into a freezer.
- b. give the food mass an ice bath and stir often.
- c. get a portable fan to blow on it on the counter top.
- d. break down the food mass and put them in NSF stockpots and then the refrigerator at 40°F.

33. If not served immediately or destined for the steam table, hot food masses must be cooled down to refrigeration temperature

- a. from 165°F to 41°F in 4 hours time.
- b. from 180°F to 41°F in 6 hours time.
- c. from 212°F to 100°F in 2 hours, then from 100°F to 41°F in 4 hours.
- d. from 140°F to 70°F in 2 hours, then from 70°F to 41°F in 4 hours.

34. Why can't you use domestic type/brand food equipment in a commercial food place?

- a. commercial equipment manufacturers have a monopoly.
- b. domestic type equipment are more delicate and complicated.
- c. the law wants to draw a distinction between home and work equipment.
- d. domestic type equipment are less capable of maintaining food service standards.

35. You need to have at least ____?____ foot-candles of light in food preparation and utensil wash areas.

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

36. The "Temperature Danger Zone" is

- a. between 70°F - 110°F
- b. between 50°F - 130°F
- c. between 41°F - 140°F
- d. between 32°F - 90°F

37. You cook and bottle corn relish, using a treasured family recipe, in your state-inspected restaurant kitchen. The final product is put on display shelves for sale. This practice is

- a. fine and dandy.
- b. a no-no.
- c. dangerous.
- d. a greedy scam.

- 38. A cut/slice/chunk of pork must be cooked to an internal temperature of at least**
- 130°F for at least 15 seconds
 - 145°F for at least 15 seconds
 - 155°F for at least 15 seconds
 - 165°F for at least 15 seconds
- 39. Stuffed bells, stuffed pork chops, stuffed squirrels and Cornish hens, etc. must be cooked to an internal temperature of at least**
- 130°F for at least 15 seconds
 - 145°F for at least 15 seconds
 - 155°F for at least 15 seconds
 - 165°F for at least 15 seconds
- 40. Food cooked in a microwave oven must reach at least**
- 145°F.
 - 155°F.
 - 165°F.
 - 180°F.
- 41. The best method for you to measure the temperature of a carton of milk is to**
- take 2 cartons of milk, slide the thermometer stem between them, then press the cartons together.
 - open a sample carton, stick in the probe/stem of the thermometer and take a reading.
 - ask the delivery person for the thermometer gauge reading of his refrigerated truck.
 - press your palm against the sides of the milk cartons so that you could feel if the milk is cold.
- 42. For at least how many seconds must you dip the chlorine sanitizer test strip in the chlorine sanitizer solution of the 3rd sink compartment?**
- 10 seconds
 - 20 seconds
 - 30 seconds
 - 40 seconds
- 43. New generation foods such as sous vide and M.A.P.s must be delivered and stored**
- hot at $\geq 140^\circ\text{F}$ or in approved food warmers.
 - cold at $\leq 0^\circ\text{F}$ or in approved thermal bags.
 - at ambient / room temperature.
 - below 41°F or at the temperature specified on the packaging.
- 44. Foods can be stored in the refrigerator for how long?**
- 3 days
 - 5 days
 - 7 days
 - 9 days
- 45. Food that contains molds that are not a natural part of the item should be:**
- frozen.
 - discarded.
 - saved, since the food is acceptable after the mold is scraped off the surface.
 - cooked to 165°F (73.9°C) for 15 seconds.
- 46. An example of a *biological* hazard to safe food is a:**
- foodhandler sneezing on food.
 - chip of glass that falls into food.
 - cleaning agent that is added to food accidentally.
 - pesticide that comes into contact with food.

- 47. A foodborne infection results from eating:**
- toxins that are present in food.
 - molds that grow on cheeses.
 - food that contains harmful micro-organisms that are dead.
 - food that contains live, harmful micro-organisms.
- 48. You are the manager of a food place where egg salad was implicated in an outbreak of foodborne illness. Investigators discover that the source of contamination was a foodhandler with two cuts on his hands. Which of the following is your best course of action to prevent a similar outbreak?**
- You require all employees to be treated with antibiotics to reduce the possibility of infection.
 - you tell foodhandlers to bandage all cuts and to wear disposable plastic gloves over the bandage when preparing foods.
 - You purchase eggs only from approved, reputable suppliers who provide refrigerated delivery.
 - You exclude egg salad and all other offerings containing eggs from your menu.
- 49. Which one of the following procedures is the most important in the control of *Clostridium Perfringens*?**
- Thoroughly wash vegetables that will be used in soups and stews.
 - Do not thaw frozen meats at room temperature.
 - Supervise the personal hygiene habits of all employees.
 - Prevent bacterial growth in cooked foods through proper chilling, holding, and reheating.
- 50. A foodborne intoxication results when food contains:**
- toxins produced by micro organisms.
 - parasites.
 - living micro-organisms in food.
 - pieces of broken glass.
- 51. Which one of the following best guards against cross-contamination?**
- Separate cutting boards for cooked and raw foods.
 - The time-and-temperature principle.
 - An integrated pest management (IPM) program.
 - The exclusion of infected employees from food preparation duties.
- 52. Which of the following describes the proper way to dry hands after they have been washed?**
- Dry the hands thoroughly with a hot-air dryer or a single-service towel.
 - Dry the hands by wiping them vigorously on an apron or a handkerchief.
 - Dry them with a cloth towel that is kept in the restrooms.
 - Wave hands briskly back and forth to air dry them.
- 53. Which one of the following is an example of how an operation might *monitor* its CCPs?**
- By making sure that no contaminated food is ever received in the operation.
 - By observing its sources of supply, its equipment, and its employees to determine which items should be on the menu.
 - By supplying specific directions for the cleaning and sanitizing of all utensils used.
 - By using a written log to compare the operation's actual performance against the established standards.
- 54. You discover that your chef has been preparing all of the turkey breasts at one time, which exceeds your time and temperature requirements. What's the proper corrective action?**
- You tell your chef to do a flowchart of the preparation steps.
 - You tell your chef to speed up the process.
 - You tell your chef to prepare the turkey breasts in small batches.
 - You tell your chef to leave the turkey breasts for you to prepare.
- 55. USDA grades on meat products provide information concerning the:**

- a. absence of disease-causing organisms.
- b. sanitary condition of the meat.
- c. wholesomeness of the meat.
- d. quality or palatability of the meat.

56. The presence of large ice crystals in a frozen food product often indicates that the product has undergone which of the following?

- a. Cook-chill.
- b. Blast chilling.
- c. Flash freezing.
- d. Refreezing.

57. While preparing the evening meal, you discover the liquid in one of the cans of tomatoes that you have

opened is foamy. You should:

- a. sample the tomatoes to see if they taste sour.
- b. throw away the can of tomatoes.
- c. smell the tomatoes and if there is no odor, cook them to 165 °F(73.9°C).
- d. chill the tomatoes below 40°F(4.4°C) before cooking them.

58. Your big chunk/loaf of cheddar cheese has a mold patch on the surface. You should:

- a. shave off the surface part with the mold and continue using the rest of the cheese.
- b. discard the whole chunk of cheese and try to find out why it molded.
- c. do nothing, because cheese mold is edible, just like Blue Cheese, Brie, and Camembert.
- d. let your employees eat the cheese first, and if they say it tasted fine, then serve it.

59. Which of the following is the first step in implementing the FIFO rule?

- a. Date food supplies as they are received.
- b. Place new deliveries in front of previous deliveries.
- c. Do not keep food past the expiration or use-by date.
- d. Keep all foods in original packages.

60. The time and temperature principle, a primary rule of food protection, requires that potentially hazardous foods must be:

- a. served within four hours at a temperature of 120 °F(48.9°C).
- b. frozen at 0°F(-17.8°C) until one hour before preparation and service.
- c. only exposed to temperatures between 40° to 140°F for a total of six hours during transport, storage, handling, preparation, display, and service.
- d. only exposed to temperatures between 40° to 140°F for a total of four hours during transport, storage, handling, preparation, display, and service.

61. When using a microwave oven for thawing, you must:

- a. cut the food into smaller portions before thawing it.
- b. refrigerate the food immediately after it's thawed.
- c. cook the food immediately.
- d. thaw only big food items.

ANSWERS To Sample Quiz

1 C	12 A	23 B	34 D	45 B	56 D
2 B	13 A	24 A	35 B	46 A	57 B
3 D	14 D	25 C	36 C	47 D	58 B
4 A	15 B	26 B	37 A	48 B	59 A

5 D	16 C	27 B	38 B	49 D	60 D
6 B	17 C	28 D	39 D	50 A	61 C
7 C	18 B	29 C	40 C	51 A	
8 D	19 A	30 B	41 B	52 A	
9 B	20 C	31 C	42 A	53 D	
10 A	21 B	32 B	43 D	54 C	
11 B	22 C	33 D	44 C	55 D	