

## BASIC FOOD HANDLERS PRACTICE TEST

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### **Chapter 1: Importance of Food Safety.**

1. Foodborne illness results in \_\_\_\_\_ hospitalizations and \_\_\_\_\_ deaths annually.
2. Contaminated food often \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, the same as any other food.
3. The three hazards that cause foodborne illness are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
4. Highly Susceptible Populations include: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
5. The 8 most common Food Allergens are:
  - 1 -
  - 2 -
  - 3 -
  - 4 -
  - 5 -
  - 6 -
  - 7 -
  - 8 -
6. PIC stands for: \_\_\_\_\_
7. List 5 Biological Contaminants:
  - 1 -
  - 2 -
  - 3 -
  - 4 -
  - 5 -

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8. List 5 possible sources of Chemical Contaminants:

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

9. List 5 types of Physical Contaminants:

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## Chapter 2: Health & Hygiene

1. Food Handlers must not work with food when they are sick with the following symptoms:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ with \_\_\_\_\_.

2. Food handlers may not work with food when they are sick with any of the "Big 6" illnesses. These include:

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -

3. Good personal hygiene practices save lives! The most important hygiene practice is:

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4. Proper Hand washing is a 6 Step Process. What are the 6 steps?

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -

5. What are six important hygiene practices that all employees must follow?

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -

6. What is the one acceptable piece of jewelry that a food worker can wear under a glove when preparing food?

7. Ready-to-eat foods are foods served without additional washing or cooking to remove germs. List some examples of ready-to-eat foods:

- 
- 
- 
- 
- 
- 

8. Food handlers can prevent bare hand contact with ready-to-eat foods by using:

- 1 -
- 2 -
- 3 -

### Chapter 3: Temperature Control

1. The temperature range in which bacteria can grow rapidly is between \_\_\_\_\_ ° F and \_\_\_\_\_ ° F. We call that temperature range the Danger Zone.
2. Time and Temperature for Safety Foods (TCS) left out at room temperature for more than four hours, must be: \_\_\_\_\_.
3. The only way to be sure that you've cooked something to the right temperature is with a: \_\_\_\_\_.
4. When you are working with food it's key to \_\_\_\_\_ quickly in \_\_\_\_\_ batches.
5. Use thermometers when you are working with food, cover pans, and stir food often to distribute heat evenly, and remember to never mix \_\_\_\_\_ with \_\_\_\_\_.
6. Cold, cooked food that needs to be reheated for hot holding must be heated to \_\_\_\_\_ °F for 15 seconds within \_\_\_\_\_ hours, before being put onto the steam table to be held at \_\_\_\_\_ °F.
7. Unsafe thawing can let \_\_\_\_\_ grow in the outer layers of the food, while the inside stays frozen.

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8. The three types of thawing methods are:

- 1 -
- 2 -
- 3 -

9. The three types of cooling methods are:

- 1 -
- 2 -
- 3 -

10. Fill in the missing times and temperatures for proper cooking:

**Meat - (Pork or Beef Roast, etc.)**

°F: \_\_\_\_\_  
Time: \_\_\_\_\_

**Raw eggs cooked for immediate service OR Fish (Fresh or Frozen)**

°F: \_\_\_\_\_  
Time: \_\_\_\_\_

**Ground meats OR Flaked meats**

°F: \_\_\_\_\_  
Time: \_\_\_\_\_

**Poultry (Chicken, Turkey) OR Ground poultry**

°F: \_\_\_\_\_  
Time: \_\_\_\_\_

### **Chapter 4: Avoiding Contamination and Cross Contamination**

1. Cross contamination is the spread of contaminants from one \_\_\_\_\_ or \_\_\_\_\_ to another.
2. Prevent cross-contamination by using one \_\_\_\_\_ for fresh produce and a separate one for raw meat, poultry and seafood.
3. To minimize contamination from accidental drips or other contact, store meat with a \_\_\_\_\_ cooking temperature (like chicken) below meat with a \_\_\_\_\_ cooking temperature (like fish).
4. Both of these steps are important to keeping kitchens clean and safe, but the differences are important; \_\_\_\_\_ uses soap and water to remove dirt and food from surfaces, while \_\_\_\_\_ uses chemical or heat to kill germs.
5. When cleaning and sanitizing dishware in a 3-compartment sink, you must first \_\_\_\_\_, then \_\_\_\_\_, and then \_\_\_\_\_.
6. Store soaps, sanitizers, cleaners, and pesticides separate from \_\_\_\_\_ and \_\_\_\_\_ areas.
7. If you have a mechanical dishwasher, you need to know that the dishes are reaching correct temperatures for sanitization, so \_\_\_\_\_ gauges and \_\_\_\_\_ levels must be monitored.

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8. Just like \_\_\_\_\_ drying is not acceptable for hand washing, it is also not used for dishwashing.
9. Pesticides are harmful substances that must only be handled by \_\_\_\_\_ \_\_\_\_\_, and only when food is carefully protected.
10. \_\_\_\_\_ is the most effective way of keeping your kitchen pest-free.

## **Chapter 5: Safe Food Sources**

1. Foods obtained from \_\_\_\_\_ \_\_\_\_\_ are never appropriate to serve to customers.
2. Time and Temperature for Safety (TCS) foods should be kept cold during their journey to your establishment and arrive at or below \_\_\_\_\_ °F.
3. Packaged and canned foods that are opened, rusty, or severely damaged are not in \_\_\_\_\_ condition and \_\_\_\_\_ be returned or thrown away.

## ANSWER KEY

### Chapter 1

- 1 - 128,000; 3,000
- 2 - Looks, tastes, smells
- 3 - Biological, chemical, physical
- 4 - Younger than 5, older than 65, immune compromised
- 5 - Milk, soy, eggs, wheat, peanuts, nuts, fish, shellfish
- 6 - Person In Charge
- 7 - Bacteria, Viruses, Live Parasites, Fungi, Molds
- 8 - Cleaning and sanitizing chemicals; pesticides; personal care products; paints; certain types of metal when improperly used
- 9 - Bones; fruit pits; dead bugs; artificial nails; bandages

### Chapter 2

- 1 - Diarrhea, vomiting, jaundice, fever, sore throat
- 2 - Nontyphoidal Salmonella; Salmonella Typhi; Shigella; Shiga Toxin Producing E. Coli; Hepatitis A; Norovirus
- 3 - Handwashing
- 4 - Get hands wet; apply soap; scrub hands 10-15 sec; back of hands and between fingers; rinse hand; disposable towel or air dryer
- 5 - Arrive to work with clean appearance and in clean clothes; hair must be effectively restrained; long beards must be restrained; fingernails must be trimmed; gloves must be worn; over nail polish or artificial nails; no watches, rings, bracelets or other jewelry
- 6 - Plain band style rings may be worn under a glove
- 7 - sliced fruits and vegetables; salads; sandwiches; baked goods; tortillas; ice in drinks or food
- 8 - Utensils; deli paper; single-use gloves



## ANSWER KEY

### Chapter 3

- 1 - 41 °F; 135 °F
- 2 - Discarded
- 3 - Probe, thermometer
- 4 - Work, Small
- 5 - Cold foods, cooked foods
- 6 - 165 °F; 2; 135 °F
- 7 - Bacteria
- 8 - In cold water; In refrigerator; as part of the cooking process; As part of the cooking process
- 9 - Shallow pan; reducing the size; time and temperature
- 10 - 145 °F, 3 min; 145 °F, 15 sec; 155 °F, 15 sec; 165 °F, 15 sec

### Chapter 4

- 1 - Food, surface
- 2 - Cutting board
- 3 - Higher, lower
- 4 - Washing, sanitizing
- 5 - Wash, rinse, sanitize
- 6 - Food, food prep
- 7 - Temperature, sanitizer
- 8 - Towel
- 9 - Licensed, applicators
- 10 - Prevention

### Chapter 5

- 1 - Unsafe sources
- 2 - 41 °F
- 3 - Good; must