

English Practice Questions

1. What order should you use to wash dishes by hand?
 - a. Rinse, wash, sanitize, and air dry.
 - b. Sanitize, wash, rinse, pre-scrape and towel dry.
 - c. Wash, rinse, towel dry and sanitize.
 - d. Pre-scrape, wash, rinse, sanitize and air dry.

2. Food prepared at home or in an unlicensed kitchen are:
 - a. Illegal.
 - b. Cheaper.
 - c. Tasty...yum.
 - d. To be served immediately at 165° F.
 - e. Answers B and D are correct.

3. What is a substitute for proper hand washing?
 - a. Hand sanitizers.
 - b. Gloves.
 - c. Tongs.
 - d. All of the above.
 - e. None of the above. There is no substitute for hand washing.

4. Which of the following are potentially hazardous foods?
 - a. Potato chips, bread, crackers.
 - b. Hamburger, cooked beans, cut melons.
 - c. Candy bars, mustard, tortillas.
 - d. Cereal, soda pop and dry pasta.

5. Where or when can you smoke and eat in the establishment?
 - a. You can smoke and eat in any area of the establishment but only when the food is covered and stored.
 - b. You can never smoke or eat in the kitchen or in areas where food is prepared or stored.
 - c. You can eat in the kitchen but not smoke.
 - d. You can eat in the kitchen but only during a break or lunch.
 - e. Answers C and D are correct.

6. Cross-contamination is:
 - a. When germs spread from one place to another.
 - b. Nothing to be concerned about.
 - c. When you wipe blood in a cross motion.
 - d. Protein-rich foods that support the rapid growth of harmful bacteria.

7. Potentially hazardous foods are:
 - a. Dry, protein-rich foods that support the rapid growth of bacteria.
 - b. Dry, fat-rich foods that support the rapid growth of bacteria.
 - c. Moist, fat-rich foods that support the rapid growth of bacteria.
 - d. Moist, protein-rich foods that support the rapid growth of bacteria.

8. Which of the following must be cooked to 145° F?
 - a. Poultry and stuffing.
 - b. Ground meats and eggs not served immediately.
 - c. Non-ground meats and seafood.
 - d. All of above must be cooked to 130° F and kept at that temperature.

9. What must you use to sanitize equipment, tables, and other work surfaces that come into direct contact with food?
 - a. You must use a wiping cloth that has been soaked in a solution of water and an approved sanitizer at proper concentration.
 - b. You must use a wiping cloth that has been soaked in a solution of water, soap, and chlorine.
 - c. It is not necessary to sanitize things that cannot be completely submerged in the dish sink compartments.
 - d. You must pour liquid chlorine on the equipment at the end of the workday when all of the food is put away.

10. Which is the correct way to wash your hands?
 - a. Rinse hands with hot, running water and dry on a paper towel.
 - b. Wash hands with soap and warm water for at least 60 seconds and dry with a cotton towel.
 - c. Wash hands for at least 20 seconds by scrubbing with soap and warm water, rinsing, and drying with a paper towel.
 - d. Scrub hands in a sanitizer bucket and dry with a cotton towel.

11. Washing your hands thoroughly and frequently is the most important thing a food service worker can do to keep germs out of the food he/she prepares. As a food service worker, it is important that you wash your hands:
 - a. After you use the restroom.
 - b. After you smoke or eat.
 - c. After handling raw eggs or meat.
 - d. After touching any part of your part of your body or uniform.
 - e. All of the above.

12. Any ready-to-eat potentially hazardous food kept at 41° F. after opening or preparation, must be thrown away:
 - a. The next day
 - b. No more than seven days.
 - c. Within 5 days.
 - d. In two weeks.
 - e. Time is not important as long as it was cooked to the right temperature.

13. If any chemical is transferred to a plastic spray bottle or a different container:
- You must be careful not to spill any on the floor.
 - The bottle or container should only be filled half way to prevent spillage.
 - The amount needs to be measured to track inventory.
 - You must properly label the container or spray bottle with what it contains.
 - All of above.
14. Thermometers are required in kitchens to:
- Monitor temperatures of food in the refrigerator and freezer, and check hot holding temperatures on steam table.
 - Check concentration of sanitizer solution.
 - Check if the temperature of the refrigerator was below 41° F. or above 130° F.
 - All of the above.
15. Potentially hazardous food that has been cooled needs to be reheated to what temperature?
- Reheat to 130° F in a steam table or other hot holding equipment.
 - Reheat to 145° F or hotter.
 - Reheat slowly in the oven to 155° F, stirring at least twice.
 - Reheat quickly to 165° F or hotter.
 - Answers C and D are correct.
16. Which is the correct way to wash dishes, utensils and equipment?
- Pre-scrape wash, rinse and sanitize; then air dry.
 - Pre-scrape, wash, rinse and air dry them completely with a cotton towel.
 - Pre-scrape, wash, sanitize and rinse; then dry with paper towels.
 - Pre-scrape, wash and rinse, then air dry.
17. A proper way to thaw frozen chicken is:
- Let it thaw at room temperature or the counter.
 - Thaw it in a sink at room temperature.
 - Place it in the refrigerator.
 - Let in thaw in stagnant warm or hot water.
 - None of above.
18. Cooked rice was left in the Danger Zone overnight. What should you do with the rice?
- Throw the rice away; it may not be safe to eat.
 - Reheat the rice to 165° F before it is served.
 - Put the rice immediately in the refrigerator for later use.
 - Smell the rice to see if it is safe to serve.
19. The best way to control cockroaches, mice, flies and other pests is:

- a. Apply pesticide every day.
- b. Just sweep the floor.
- c. Pour chlorine in the sink drain.
- d. To keep the establishment and garbage area clean, and eliminate hiding places and routes of entry.
- e. All of above.

20. As you enter the kitchen to start your working day. What should you do before handling food?

- a. Start food preparation.
- b. Wash hands thoroughly with warm water and soap for at least 20 seconds.
- c. Take clean dishes out of the dishwasher.
- d. Rinse off hands quickly.

21. Why are all food service workers required to understand and apply food safety knowledge?

- a. To reduce workplace accidents such as cuts and burns.
- b. To reduce the amount of food thrown away due to spoilage.
- c. To prevent the spread of illnesses through food.
- d. To reduce the number of complaints from customers.

22. What are potentially hazardous foods?

- a. Moist, protein-rich foods that support the rapid growth of bacteria.
- b. Moist, fat-rich foods that support the rapid growth of bacteria.
- c. Foods that will not be cooked or heated anymore to destroy bacteria.
- d. Foods that are very easy to choke on.

23. What are the steps for proper hand washing?

- a. Use warm water and soap to wash your hands, rub your hands together for 20 seconds, rinse your hands and dry you hands with a disposable paper towel.
- b. Use warm water and soap to wash your hands, rub your hands together for 1 minute, rinse your hands, and dry you hands with a clean cloth.
- c. Rinse your hands under warm water for 20 seconds, dry your hands with a disposable paper towel.
- d. Dip your hands in a solution of water and chlorine for at least 30 seconds and dry your hands with a disposable paper towel.

24. Germs can be spread from a food service worker. Which of the following is the best thing you can do as a food service worker to prevent spreading germs?

- a. Keep the floors and walls clean.
- b. Cool down hot foods quickly.
- c. Wash hands as often as necessary and do not touch ready-to-eat foods with bare hands.
- d. Keep hot foods hot and cold foods cold.

25. A hand washing sink must be properly stocked and available so food service workers may wash their hands. What must be at hand washing sinks at all times?
- Hot and cold running water, soap, and single-use paper towels.
 - Hot running water, nailbrush, paper towels, and hand sanitizer.
 - Hot and cold running water, nailbrush, and single-use paper towels.
 - Hot running water, soap, and hand sanitizer.
26. When you wear gloves, you must:
- Put on new gloves every hour.
 - Still wash your hands.
 - Wash the gloves daily to remove food.
 - Clean your nails daily.
27. Which of the following are ALL examples of ready-to-eat foods?
- Raw meats, uncooked rice and uncooked beans.
 - Sandwiches, cut watermelon, bread, cold salads and ice.
 - Raw shrimp, dough and pancake batter.
 - Raw chicken, frozen pizza and frozen fries.
28. If you have a runny nose and a sore throat, the best thing to do is:
- Take some medicine before going to work.
 - Go to work but only handle food while wearing gloves.
 - Go to work only if you feel good.
 - Stay home as you may potentially get people sick.
29. Where or when can you smoke and eat in the kitchen or service area?
- You can smoke and eat in any area of the establishment but only when the food is covered and stored.
 - You can never smoke or eat in the kitchen or in areas where food is prepared or stored.
 - You can eat in the kitchen but you cannot smoke.
 - You can eat in the kitchen but only during a break or lunch.
30. How should you wash dishes by hand?
- Pre-scrape off the leftover food, wash with soap and hot water, rinse with hot water, sanitize for 30 seconds and air dry.
 - Pre-scrape off the leftover food, rinse with hot water, wash with soap and hot water, sanitize for 30 seconds and air dry.
 - Pre-scrape off the leftover food, wash with soap and hot water, sanitize for 30 seconds, air dry.
 - Pre-scrape off the leftover food, wash with soap and hot water, rinse with hot water, air dry, and sanitize for 30 seconds.
 - None of the above are correct.

31. Why are some foods, such as chicken and cooked rice, called potentially hazardous foods?
- The foods might have chemicals that can make people sick.
 - The foods let bacteria grow when stored at unsafe temperatures.
 - The foods are not from approved sources.
 - The foods are not nutritious if cooked the wrong way.
32. When must you wash your hands?
- At least every 30 minutes.
 - When your supervisor tells you.
 - When the customers can see your hands.
 - Each time your hands or gloves become contaminated.
33. What should you do if the gloves you are using to handle food become contaminated?
- Remove the gloves, store them in a clean place, wash your hands, and put the same gloves back on.
 - Remove the gloves, throw the gloves away, and put on new gloves.
 - Remove the gloves, throw the gloves away, wash your hands, and put on new gloves.
 - Remove the gloves, handle the food with your bare hands but only if they are clean, and put the gloves back on when you have time.
34. Are you allowed to work in the kitchen if you have a contagious illness?
- Yes.
 - It depends on the type of contagious illness you have.
 - Never.
 - Only if no one can tell if you are sick.
35. What are the steps for washing dishes by hand?
- Pre-scrape the excess food, wash with soap and hot water, rinse with hot water, sanitize, and air dry.
 - Pre-scrape the excess food, rinse with hot water, wash with soap and hot water, sanitize and air dry.
 - Pre-scrape the excess food, wash with soap and hot water, sanitize, and air dry.
 - Pre-scrape the excess food, wash with soap and hot water, rinse with hot water, air dry, and sanitize.
36. What is the proper concentration for a chlorine solution used to sanitize food contact surfaces?
- You must use a capful of chlorine for every gallon of water.
 - The concentration chlorine is not important.
 - The concentration must be between 50 and 100 parts per million, which can be measured with a chlorine paper test strip.
 - The concentration must be at 200 parts per million, which can be measured with a chlorine paper test strip.

37. What is the difference between washing and sanitizing?
- There is no difference.
 - Washing makes things look clean and sanitizing make them smell good.
 - Washing removes contamination and sanitizing whitens.
 - Washing removes contamination and sanitizing destroys microorganisms.
38. What is the proper minimum temperature for cooking seafood?
- 130° F
 - 140° F
 - 145° F
 - 155° F
 - 165° F
39. What is the correct procedure for reheating food?
- The food should be quickly reheated to a minimum temperature of 165° F before placing it in the steam table.
 - First the food must reach room temperature and then it can be reheated to 165° F within 2 hours.
 - If the food will be held in a steam table, it can be reheated to any temperature.
 - Reheating procedures are not important as long as the food is handled properly before hand.
40. Which of the following is a way to prevent cross-contamination?
- Sanitizing utensils and equipment weekly.
 - Changing gloves every hour.
 - Storing chemicals 6 inches above the floor.
 - Storing raw meat, fish and poultry or eggs separate and on the lowest shelves of the refrigerator.
41. Which of the following must be cooked to a minimum of 165° F?
- Poultry.
 - Ground meats.
 - Beef and pork
 - Seafood
 - Answers C and D are correct.
42. Bare hand contact is not allowed when handling:
- The garbage
 - Food crates
 - Ready-to-eat foods
 - Spoiled foods

43. Raw eggs for immediate service must be cooked to what temperature?
- Greater than 130° F.
 - Greater than 145° F.
 - Greater than 70° F.
 - Greater than 100° F.
44. What order should you use to manually wash dishes?
- Rinse, wash, sanitize, and air dry.
 - Sanitize, wash, rinse, and towel dry.
 - Wash, rinse, towel dry and sanitize.
 - Pre-scrape dishes, wash, rinse, sanitize and air dry.
45. If you see cockroaches in your food business, you should:
- Spray "roach killer" around the garbage areas and inside the kitchen to prevent them from coming back.
 - Squash the ones you can see and hope that more won't come back.
 - Tell your boss, so he can call a licensed pest control applicator.
 - Buy professional pesticide equipment so you can kill cockroaches as soon as you see them.
46. The safest way to thaw (defrost) foods is:
- In a container at room temperature.
 - In a sink with hot running water.
 - In the sink at room temperature over night.
 - In the refrigerator.
47. What are potentially hazardous foods?
- Moist, protein-rich foods that support the rapid growth of bacteria.
 - Moist, fat-rich foods that support the rapid growth of bacteria.
 - Dry, protein-rich foods that support the rapid growth of bacteria.
 - Dry, fat-rich foods that support the rapid growth of bacteria.
48. Cold potentially hazardous foods must be held at a minimum of:
- 41° F
 - 55° F.
 - 65° F.
 - 70° F.
 - None of above.
49. If you are sick with fever and diarrhea, you should:
- Wash your hands extra long when you get to work.
 - Take medicine and continue to work.
 - Stay home and advise your employer of your illness.
 - Make frequent trips to the restroom.

50. While working in the kitchen, you noticed a spray bottle of glass cleaner and degreaser on a shelf above the food preparation table. What should you do?
- Ask who put the chemicals there.
 - Remove the chemicals and tell your supervisor.
 - Be careful when preparing the food to avoid chemical spill on the food.
 - Leave the chemicals where they are and continue handling food.
 - None of above.
51. Sick food workers may have germs that can make customers sick. If a food worker is sick with diarrhea or vomiting, what should the food worker do?
- Prepare food in the back of the kitchen away from customers.
 - Go home or stay away from food and food-contact surfaces.
 - Work with food, but wash hands often and wear gloves.
 - Only wash dishes or equipment.
52. What is the best way to get rid of roaches
- Smash them with your foot or a heavy object.
 - Use a powder pesticide instead of a spray.
 - Leave the lights on all the time, even when the business is closed.
 - Seal areas where the roaches can hide and keep the establishment clean.
53. Hamburgers must be cooked to what minimum temperature?
- 130° F.
 - 145° F.
 - 155° F.
 - 165° F.
54. Food must cool down from 130° F to 70° F within how many hours?
- 1 hour.
 - 2 hours.
 - 4 hours.
 - 6 hours.
 - Overnight.
55. What is the correct procedure for thawing food?
- At room temperature for 2 hours, then 2 more hours in a low temperature oven.
 - In a hot water bath.
 - Inside a refrigerator, in the microwave or under cold running water.
 - In a sink at room temperature if the food is in its original packaging.

56. How should food be cooked in the microwave?
- The food must be stirred at least once during cooking, and then left to stand covered for a minimum of 2 minutes. Check the food with a metal stem thermometer before you serve it to make sure it reached at least 165° F.
 - The food must be stirred at least twice during cooking, and then left to stand uncovered for a minimum of 1 minute. Check the food with a metal stem thermometer before you serve it to make sure it reached at least 130° F.
 - The method for cooking food in the microwave is no different from the methods used for the stove or oven.
 - Food should NEVER be cooked in the microwave. Microwaves are only used for reheating food.
57. Ready-to-eat foods should NOT be handled using:
- Utensils.
 - Tongs.
 - Scoops.
 - Wax paper.
 - Bare hands.
58. A food worker needs to cool a pan of refried beans using the shallow pan method. What should the food worker do?
- Put the hot beans in a shallow layer no more than four inches deep, and refrigerate without a cover.
 - Put the hot beans in the refrigerator with a tight lid to protect them from contamination.
 - Cool the hot beans on the counter for a few hours – so that the food doesn't warm up the refrigerator – and then refrigerate.
 - The beans should be loosely covered with plastic wrap and refrigerated.
59. Food must cool down from 70° F to 41° F within in how many hours?
- 1 hour.
 - 2 hours.
 - 4 hours.
 - 6 hours.
60. Why must cooked potentially hazardous foods such as cooked vegetables and fried chicken be kept hot until served?
- To finish cooking the food.
 - To make the food taste better.
 - To keep the food moist.
 - To keep the food from getting cold.
 - To keep bacteria from growing in the food.

61. When using disposable gloves, how often do you need to change your gloves and/or wash your hands?
- You need to change your gloves often but no need to wash your hands as the gloves protect them.
 - You do not need to change gloves unless the gloves get damaged.
 - You need to wash your hands and put on new gloves whenever the gloves get damaged or contaminated.
 - You need to use hand sanitizer and put on new gloves whenever the gloves get damaged or contaminated.
62. What types of foods support rapid bacterial growth?
- Frozen lemonade and orange juice.
 - Moist / high protein.
 - Dry cereals.
 - Any food cooked on a Tuesday.
63. Why must potentially hazardous foods be cooked to proper temperatures?
- To make the food smell, look or taste better
 - To lower the acidity of the food.
 - To raise the water activity of the food.
 - To kill the germs that might cause food-borne illness.
 - All of the above.
64. You should not go to work if you are sick with what symptoms?
- Vomiting
 - Fever
 - Diarrhea
 - All of the above
65. Quick cooling of leftover food through the Danger Zone is required for food safety. Why is it important to cool food quickly?
- To keep foods from losing nutrients.
 - To keep bacteria from growing rapidly in the food.
 - So the hot food doesn't warm up the refrigerator.
 - So the food is easier to reheat later.
66. Which of the following must be cooked to 165° F?
- Poultry.
 - Ground meats.
 - Non-ground meats
 - Seafood.
 - Eggs for immediate service.

67. Ready-to-eat food is:
- Food that just got delivered from an approved source.
 - Food that needs to be reheated to 165° F before serving.
 - Moist, protein-rich foods that support the rapid growth of bacteria.
 - Food that will not be cooked or reheated before being served to the customer.
68. What is the minimum length of time that dishes and utensils need to be sanitized?
- 10 seconds
 - 30 seconds
 - 1 minute
 - 10 minutes
69. Raw fish must be cooked to what minimum temperature?
- 145° F.
 - 155° F.
 - 165° F.
 - 180° F.
70. You are responsible for checking in an arriving food order. Part of the order was raw chicken, which did not come in refrigerated. What should you do?
- Put chicken in the walk-in cooler right away.
 - Put chicken in the freezer.
 - Refuse the chicken and send it back.
 - Put up all the foods and decide later what to do with the raw chicken.
71. Sanitizer must be made and used correctly to work properly. Which of the following is the correct way to make or use a sanitizer?
- Use test strips to make sure the sanitizer is not too strong or too weak.
 - Mix the right amount of sanitizer with the right amount of water.
 - Change the sanitizer often to make sure it stays clean and fresh.
 - All of the above are correct.
72. What are some of the food contact surfaces that must always be washed and sanitized?
- Bathrooms, floors, and walls in the kitchen.
 - Break room, the surface of the griddle, and dining room tables.
 - Cutting boards, knives, utensils, and equipment.
 - Floor of the service area, the outside of equipment and display cases, and counter tops.

73. What is the best way to control cockroaches, mice, flies and other pests?
- Keep the business and garbage areas clean and eliminate hiding places and routes of entry.
 - Use cats.
 - Use pesticides often.
 - Keep all food on the counter tops, not on the floor.
74. Why is temperature control so important?
- It is used to kill germs with heat during cooking and to stop their growth by keeping the food hot or cold.
 - It is used to make sure that the food tastes right.
 - It is used to prevent customers from burning themselves by eating food that is too hot.
 - It is used to keep the food business at a comfortable temperature for the workers and customers.
75. Germs cannot grow or multiply rapidly at what temperatures?
- Colder than 41° F and hotter than 130° F.
 - Hotter than 41° F and colder than 130° F.
 - Colder than 130° F and hotter than 41° F.
 - Hotter than 45° F and colder than 165° F.
76. Raw chicken must be cooked to what minimum temperature?
- 130° F.
 - 145° F.
 - 155° F.
 - 165° F.
77. Which one of these foods must be cooked to at least 155°F?
- Vegetables.
 - Chicken and turkey.
 - Hamburger and sausage.
 - Pork chops.
78. When using ice to keep foods cold, the food container must be surrounded by ice to the level of the food. Which is the best way to tell if the food is staying cold enough?
- Lift the containers to see if the ice is melted.
 - Put lids on the food containers.
 - Use a thermometer to check the temperature of the ice.
 - Use a thermometer to check the temperature of the food.
79. What is the proper way to cool food?
- Leave the food at room temperature for 2 hours and then store it in the refrigerator.
 - Always cool the food in the same container in which it was cooked.
 - The methods you use to cool the food are not important so long as the food is reheated to above 165° F.
 - The food should be cooled in uncovered, shallow containers inside the refrigerator.

80. When cooling food, the temperature of the food must reach ____ within 2 hours and 41° F within in 4 hours?
- 70° F
 - 90° F
 - 100° F
 - 110° F
81. Where must you wash your hands?
- In any sink that is free and accessible.
 - Only in an authorized and designated hand wash sink.
 - In the authorized hand sink or in the dish wash sink if the hand sink is not working or available.
 - In the sanitizer bucket.
82. Cold potentially hazardous food must be maintained at what minimum temperature?
- Below 41° F. at all times.
 - Between 41° F. and 130° F at all times.
 - Above 41° F. at all times.
 - 130° F or below
 - At any temperature if the food is packaged and from an approved processor.
83. How long can a ready-to-eat potentially hazardous food be stored in the refrigerator once it has been opened or prepared?
- For seven days if the food has been maintained below 41° F the entire time.
 - For 10 days but only if the food tastes, smells or looks good.
 - For 14 days if the food has been held below 41° F the entire time.
 - As long as you want as long as the FIFO rule (first in, first out) is applied.
84. What is the best way to get rid of roaches?
- Use a powder pesticide instead of a spray.
 - Leave the lights on all the time, even when the business is closed.
 - Seal areas where the roaches can hide and keep the establishment clean.
 - Smash them with your foot or a heavy object.
85. Which of the following is NOT an acceptable way to handle ready-to-eat foods?
- Using utensils
 - Using tongs
 - Using wax paper
 - Using bare hands

86. The best way to destroy any harmful germs that may be present in foods is to:

- a. Add salt to the food.
- b. Keep food at room temperature.
- c. Cook foods to the right temperature.
- d. Keep food below 41° F at all times.

87. Hot, cooked potentially hazardous food must be maintained above what temperature?

- a. Above 130° F at all times.
- b. Between 41° F and 130° F. at all times.
- c. Above 41° F at all times.
- d. At any temperature if the food is already completely cooked.

88. Potentially hazardous food should not be kept in the "Danger Zone" for more than:

- a. 2 hours
- b. 4 hours
- c. 8 hours
- d. 12 hours

89. Why must potentially hazardous food be kept out of danger zone?

- a. To prevent altering the smell and color of the food.
- b. To prevent the bacteria from rapidly growing and multiplying.
- c. To prevent frozen foods from thawing.
- d. Because customers like to eat foods that are either very hot or very cold.

90. Which one of the following must be cooked to at least 165° F?

- a. Vegetables
- b. Chicken
- c. Hamburger
- d. Pork chops

91. What is usually the riskiest step in food preparation?

- a. Cooling.
- b. Cold holding.
- c. Thawing.
- d. Hot holding.
- e. Reheating.

92. You notice your glove is torn; what should you do?
- Replace the glove.
 - Place a glove over the torn one.
 - Rinse your hand in the three-compartment sink and put on new gloves.
 - Remove your gloves, wash your hands with soap and water for at least 20 seconds in the hand wash sink and put new gloves on.
93. Which of the following must be cooked to at least 155° F?
- Poultry.
 - Ground meats.
 - Beef.
 - Seafood.
 - Pork.
94. Who is responsible for making sure food is safe and wholesome?
- Food Service Manager
 - Employees
 - Shift Manager
 - All of the above
95. If you have a cut on your hand, you must:
- Call in sick.
 - Continue working and hope that the bleeding stops.
 - Stop the bleeding, cover it with a bandage and wear a non-latex glove.
 - Keep your hand elevated so that the bleeding stops.
96. You can prevent food-borne illness by:
- Serving foods that are delicious and nutritious.
 - Washing your hands, using gloves and keeping foods at the right temperature.
 - Washing your hands at the beginning and end of your shift.
 - Spraying pesticides on the kitchen floor so pests would not get in the foods.
97. Where should raw meat, seafood and poultry be stored so they don't contaminate other foods in the refrigerator?
- Above the fruits and vegetables.
 - Below and away from other foods
 - The top shelf of the refrigerator
 - On paper towels in case of meat drips.
98. All foods must be reheated to what minimum temperature?
- 130° F.
 - 145° F.
 - 165° F.

- d. It does not matter as long as the food smells good.
99. Where must you store chemicals such as cleaners and sanitizers?
- a. Away from any food or clean equipment and utensils.
 - b. At least 6 inches above the floor.
 - c. With equipment and clean utensils.
 - d. On the shelf above food and utensils.
100. Washing your hands is required:
- a. Before you start working with food.
 - b. After you touch your face or mouth.
 - c. After using the restroom.
 - d. All of the above.
101. Which of the following kills germs?
- a. Washing.
 - b. Sanitizing.
 - c. Rinsing.
 - d. Air drying.
 - e. None of the above.
102. At which minimum temperature must cold potentially hazardous foods be kept?
- a. 65° F or below.
 - b. 41° F or below.
 - c. 55° F or below.
 - d. 60° F or below.
 - e. 70° F or below.
103. Equipment used to keep foods hot includes steam tables, soup warmers and deli hot cases. Which is the only way to be sure the equipment is keeping the food at the proper temperature?
- a. Be sure the food is steaming.
 - b. Set the temperature control knob on "high".
 - c. Put lids on the foods.
 - d. Use a thermometer to check the temperature of the food.
104. Which of the following foods would be approved for use in your establishment?
- a. Homemade food.
 - b. Potentially hazardous foods that arrive at your establishment at room temperature.
 - c. Any food that is from an approved source, properly labeled, and in proper condition.
 - d. Any meat product that is packaged and labeled but does not have a valid mark of inspection.

105. If you wanted to serve leftover steak, what temperature must it be reheated to?
- 130° F.
 - 145° F.
 - 155° F.
 - 165° F.
106. Which is the most important way to keep potentially hazardous foods safe?
- Keep foods out of the Danger Zone
 - Store foods at room temperature
 - Cool foods in covered containers in the refrigerator
 - Wash foods in soapy water.
107. Ground meats such as hamburger or sausage must be cooked to what temperature?
- Greater than 130°
 - Greater than 145°
 - Greater than 155°
 - Greater than 125°
108. Which of the following foods would be approved for use in your establishment?
- Any homemade food.
 - Potentially hazardous foods that arrive at your establishment at room temperature.
 - Any food that is from an approved source, properly labeled, and in proper condition.
 - Any meat product that is packaged and labeled but does not have a valid mark of inspection.
109. At which minimum temperature must you keep hot potentially hazardous foods?
- 130° F or above.
 - 145° F or above.
 - 155° F or above.
 - 165° F or above.
110. If you wanted to serve leftover steak, what temperature must it be reheated to?
- 130° F.
 - 145° F.
 - 155° F.
 - 165° F.

111. If you wanted to serve leftover refried beans from the night before that were properly cooled, what temperature must they be reheated to?
- 130° F.
 - 145° F.
 - 155° F.
 - 165° F.
112. Which of the following is NOT likely to cause foodborne illness?
- Raw onions left in the "Danger Zone" for 5 hours.
 - Fish delivered at 65° F.
 - Cooked potatoes that took 8 hours to cool to 41° F.
 - Chicken cooked to 155° F.
 - All of the above are likely to cause foodborne illness.
113. An acceptable, safe way to thaw frozen food is to:
- Place it on the counter or in the sink overnight.
 - Place it in the refrigerator.
 - Immerse it in the sanitizer bin.
 - All of the above are correct.
114. Cross-contamination is the spread of germs from one place to another. Which of the following would most likely cause cross-contamination?
- Cleaning and sanitizing cutting boards after using them with raw meat.
 - Using the same cutting board for raw meat and bread without sanitizing.
 - Washing hands after handling raw meat.
 - Washing hands after taking out the garbage.
115. How must raw meat and raw eggs be stored in the refrigerator?
- On the floor of the walk-in cooler away from other foods.
 - In separate containers stored on the lowest shelves of the refrigerator.
 - Raw eggs can be stored on the top and raw meat on the lowest shelves.
 - In the walk-in cooler on a shelf that is easily accessible.
116. Cooling foods quickly is very important. The best thing to do is:
- Stack the food in covered containers in the refrigerator.
 - Use an oscillating fan.
 - Keep the food in the same container it was cooked in, stirring every 20-30 minutes until it is cold.
 - Place the food in a shallow pans in the refrigerator uncovered.
117. What is correct procedure for thawing food?
- Inside a refrigerator or under cold running water.
 - In a container at room temperature.
 - In a sink with hot running water.
 - In a sink at room temperature if the food is in its original packaging.

118. Potentially hazardous foods are:
- Milk, meat, cooked rice and eggs.
 - Sweet foods such as cakes and pies.
 - Foods that do not require refrigeration or are shelf stable.
 - All of above.
119. Which is a correct way to wash your hands?
- Rinse hands with hot, running water and dry on a paper towel.
 - Wash hands for at least 20 seconds by scrubbing with soap and warm water, rinsing, and drying with a paper towel.
 - Wash hands with soap and warm water for at least 60 seconds and dry with a cotton towel.
 - Scrub hands in a sanitizer bucket and dry with a cotton towel.
120. Ground meats such as hamburger or sausage must be cooked to what temperature?
- 145°
 - 155°
 - 130°
 - 165°
121. Shellfish tags must be kept for:
- 1 week
 - 30 days
 - 90 days
 - Until the Health Inspectors sees them.
122. When cooling potentially hazardous foods you should:
- Let the food cool at room temperature for a few hours first
 - Put foods into large containers and cover tightly with lids.
 - Use shallow, uncovered pans to cool food in the refrigerator.
 - Use an ice bath and stir product to cool rapidly.
 - Answers C and D are correct.
123. Potentially hazardous food should not be kept the "Danger Zone" for more than how many hours?
- 2 hours.
 - 4 hours.
 - 8 hours.
 - 10 hours.
 - You can leave it in the Danger Zone as long as you want.

124. When open food is left at the dining table:
- a. You may reuse it unless the customer took a bite of it.
 - b. You should not serve it to a customer but employees may eat it.
 - c. You should donate it to a shelter.
 - d. You must throw it away regardless whether it was used or not.
125. What is the most important thing you can do to keep harmful germs out of the foods you prepare?
- a. Wash your hands thoroughly and frequently and use glove whenever necessary.
 - b. Keep children out of the kitchen.
 - c. Remove all jewelry prior to working with food.
 - d. Make sure you wear a hair net.

Scroll Down for Answers

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|-----|---|-----|---|-----|---|------|---|------|---|
| 1. | d | 26. | b | 51. | b | 76. | d | 101. | b |
| 2. | a | 27. | b | 52. | d | 77. | c | 102. | b |
| 3. | e | 28. | d | 53. | c | 78. | d | 103. | d |
| 4. | b | 29. | b | 54. | b | 79. | d | 104. | c |
| 5. | b | 30. | a | 55. | c | 80. | a | 105. | d |
| 6. | a | 31. | b | 56. | a | 81. | b | 106. | a |
| 7. | d | 32. | d | 57. | e | 82. | a | 107. | c |
| 8. | c | 33. | c | 58. | a | 83. | a | 108. | c |
| 9. | a | 34. | c | 59. | c | 84. | c | 109. | a |
| 10. | c | 35. | a | 60. | e | 85. | d | 110. | d |
| 11. | e | 36. | c | 61. | c | 86. | c | 111. | d |
| 12. | b | 37. | d | 62. | b | 87. | a | 112. | a |
| 13. | d | 38. | c | 63. | d | 88. | b | 113. | b |
| 14. | a | 39. | a | 64. | d | 89. | b | 114. | b |
| 15. | d | 40. | d | 65. | b | 90. | b | 115. | b |
| 16. | a | 41. | a | 66. | a | 91. | a | 116. | d |
| 17. | c | 42. | c | 67. | d | 92. | d | 117. | a |
| 18. | a | 43. | b | 68. | b | 93. | b | 118. | a |
| 19. | d | 44. | d | 69. | a | 94. | d | 119. | b |
| 20. | b | 45. | c | 70. | c | 95. | c | 120. | b |
| 21. | c | 46. | d | 71. | d | 96. | b | 121. | c |
| 22. | a | 47. | a | 72. | c | 97. | b | 122. | e |
| 23. | a | 48. | a | 73. | a | 98. | c | 123. | b |
| 24. | c | 49. | c | 74. | a | 99. | a | 124. | d |
| 25. | a | 50. | b | 75. | a | 100. | d | 125. | a |