

Aging and Disability Services Division (ADSD)

FOOD SAFETY TUTORIAL Exam Questions

Instructions: Read each question and choose an answer carefully. There is one answer that is **most** correct for each question. **Record your answer on the Food Safety Tutorial Exam Answer Sheet (separate document).** Do not leave any questions unanswered.

Once the exam has been completed, email or fax **only the completed answer sheet** to your ADSD Resource Development (RD) Specialist for grading. Keep a copy for your records. If you pass with at least a 70%, your RD Specialist will send you a certificate of completion. If you do not pass with at least a 70%, you may review the presentation again and retake the test.

1. **After you have washed your hands, which of the following items can you use to dry them?**
 - a. Single-use paper towels
 - b. Your apron
 - c. A wiping cloth
 - d. All of the above

2. **Why do people who live with chronic illnesses have a high risk of a severe reaction to a foodborne illness?**
 - a. They are likely to eat food prepared in large quantities while they are in the hospital
 - b. Their immune system is likely to be weaker than normal
 - c. Their allergic reactions to chemicals used in food production might be greater than normal
 - d. They are likely to have diminished appetites and do not want to cook for themselves

3. **The flow of food refers to the**
 - a. Amount of time food is left in storage
 - b. Amount of time food spends in the temperature danger zone
 - c. Movement of food from the steam table to the plate
 - d. Path that food travels through an establishment

4. **Which of the following types of food would be the most likely to cause a foodborne illness?**
 - a. Cranberry juice
 - b. Rice and beans
 - c. Stored whole wheat flour
 - d. Dry powdered milk

- 5. Which of the following is not a common characteristic of potentially hazardous foods?**
- They are moist
 - They are neutral or slightly acidic
 - They are high in protein
 - They are dry
- 6. To what does the acronym FAT-TOM refer?**
- The conditions that support the growth of microorganisms
 - The major types of microorganisms that can cause foodborne illness
 - Human health hazards associated with foods that are high in fat and sodium
 - The federal agency responsible for monitoring food safety
- 7. Most foodborne illnesses are:**
- Caused by poor eating habits
 - Caused by eating foods high in protein
 - Carried or transmitted to people by food
 - Transmitted by potable water
- 8. Food handlers must wash their hands:**
- Every hour on the job
 - After handling raw food products
 - After handling ready-to-eat foods
 - Every two hours on the job
- 9. When a food product touches something that contains harmful microorganisms:**
- A biological hazard occurs
 - A physical hazard occurs
 - A chemical hazard occurs
 - Good food safety practices are being used
- 10. Which of the following is a key factor in preventing bacterial growth?**
- Personal hygiene
 - Menu evaluation
 - Time and temperature control
 - Small quantities of food additives
- 11. A manager notices that a cook has an open cut on his finger and is about to season and pound chicken cutlets for the lunchtime meal. The manager should:**
- Make sure that the chicken cutlets are cooked to the proper temperature
 - Instruct the cook to clean and bandage the cut, and wear a clean, disposable glove
 - Instruct the cook to clean and bandage the cut and continue cooking
 - Check to make sure the cook does not have a fever or sore throat

- 12. When you are receiving a delivery of food for your establishment, it is important that you:**
- Refrigerate it before checking it
 - Check it for possible food safety issues before accepting it
 - Put it with other recent deliveries
 - Take it out of its original packaging before storing it
- 13. The hanging thermometer in your refrigerator has fallen on the floor. What action should you take?**
- Re-hang the thermometer in a safer place in the refrigerator
 - Shake it to see if it is broken and re-hang it
 - Replace the thermometer with a bi-metallic probe thermometer
 - Check the accuracy of the thermometer and recalibrate or replace it, as applicable
- 14. If hand sanitizers and disposable plastic gloves are used, they:**
- Can be a substitute for hand washing
 - Will eliminate all hazards to food safety
 - Should be applied after hand washing
 - Should be applied before hand washing
- 15. At what storage temperature would ground beef most likely become unsafe?**
- 2°F
 - 60°F
 - 41°F
 - 29°F
- 16. When using the ice slurry method to calibrate a thermometer, what temperature should the thermometer read if correctly calibrated?**
- 0°F
 - 12°F
 - 32°F
 - 40°F
- 17. Which is the most important rule of food safety?**
- Consult a sanitarian twice a year
 - Wash hands often
 - Do not smoke near foods
 - Wear gloves at all times
- 18. Which of the following procedures for obtaining ice for service would not potentially cause contamination?**
- From an ice bucket with clean, bare hands
 - From the ice maker storage bin with a clean, stainless steel ice scoop
 - From the ice maker storage bin with a clean drinking glass
 - From an ice bucket with a handled coffee mug

19. You supply home-delivered meals to elderly people in your community. The meals are prepared in a senior center kitchen. The van driver takes you to the clients' homes in a specially-equipped van that has hot and cold compartments. Which of the following conditions might give you reason to question the safety of the meals?

- a. The temperature of the first cold meal delivered registered at 35°F
- b. The total time for the delivery route was more than two hours
- c. The temperature of the last hot meal delivered registered at 120°F
- d. The temperature of the last hot meal delivered registered at 145°F

20. Which step in the flow of food is the first step where hazards can be controlled?

- a. Receiving
- b. Storing
- c. Preparing
- d. Serving

21. Which serving method is most likely to protect the safety of the food being served?

- a. Using a coffee cup to ladle soup into individual serving bowls
- b. Using a drinking glass to scoop ice cubes out of the icemaker storage compartment
- c. Using your bare hands to give the client a roll
- d. Using stainless steel tongs to serve salad

22. The best way to measure the internal temperature of roast beef is to:

- a. Insert a calibrated, bi-metallic stemmed thermometer into two places in the thickest part of the roast
- b. Leave a plastic digital thermometer in the roast throughout the cooking process
- c. Check the temperature of the oven to make sure it is heated properly
- d. Insert a time-temperature indicator (TTI) into the roast and note the color change

23. Which is not an acceptable cooling method?

- a. Stirring stew as it sits in an ice water bath
- b. Placing a large pot of spaghetti sauce directly from the stove into the refrigerator
- c. Cutting a cooked roast into smaller sections
- d. Dividing a large pot of chili into smaller pans

24. If stored foods have passed their expiration dates, you should:

- a. Freeze the food for later use
- b. Cook and serve the food at once
- c. Discard the food
- d. Leave the food in the refrigerator for later use

25. Due to an ordering mistake, you only have one usable cutting board available for food preparation. You have just sliced some chicken breasts for cooking and now need to prepare a green salad. What process could you do to the cutting board to make it safe for preparing the salad?

- a. Wipe it with a sanitizing cloth and dry it with a paper towel
- b. Scrub it using hot, potable water and a detergent, and then rinse, sanitize and air-dry
- c. Rinse it under very hot water and allow it to air-dry
- d. Turn it over and use the reverse side

26. Which of the following is not a safe method for thawing a frozen brisket of beef?

- a. Let it sit at room temperature for five hours
- b. Put it in a microwave set on automatic defrost
- c. Immerse it in 70°F running water for two hours
- d. Let it sit in the refrigerator overnight

27. Which of the following symptoms do not require a food handler to be excluded from working with or around food?

- a. Fever
- b. Hives
- c. Diarrhea
- d. Jaundice

28. Which of the following is the proper procedure for washing your hands before turning off the faucet?

- a. Run hot water, moisten hands and apply soap, rub hands together for at least 15 seconds, apply sanitizer, dry hands with a single-use paper towel
- b. Run cold water, moisten hands and apply soap, rub hands together for at least 15 seconds, dry hands with a cloth towel
- c. Run hot water, moisten hands and apply soap, rub hands together for at least 15 seconds, dry hands with a single-use paper towel
- d. Run cold water, moisten hands and apply soap, rub hands together for at least 15 seconds, apply sanitizer, dry hands with a single-use paper towel

29. Which of the following is a safe and acceptable way to thaw a frozen twenty-pound turkey?

- a. Gradual thawing at room temperature
- b. Rapid thawing in boiling water
- c. Gradual thawing under hot running water
- d. Gradual thawing under refrigeration

30. Which one of the following agencies enforces food safety in a restaurant?

- a. The FDA
- b. The Centers for Disease Control and Prevention (CDC)
- c. The state or local public health authority
- d. The USDA

31. What is the first action an establishment should take to ensure food is safe?

- a. Do not use fresh fruits and vegetables that have been chemically treated while growing
- b. Purchase foods from approved suppliers only and inspect items upon arrival
- c. Keep high-acid foods separate from other types of foods
- d. Store foods only in clean containers

32. Which of the following are not highly-susceptible to severe infections from foodborne pathogens?

- a. Young children
- b. Teenagers
- c. Dialysis patients
- d. Elderly individuals

33. When working in the kitchen or other sanitary area, an example of when you must wash your hands is:

- a. Before unloading the dishwasher
- b. After filling out food inventory sheets
- c. After logging temperatures in food storage areas
- d. All of the above

34. TCS stands for:

- a. Temperature Coding for Safety
- b. Time and Temperature Control for Safety
- c. Temperature Compliance Standards
- d. Time and Temperature Control for Sanitation

35. TCS Foods are also called:

- a. Potentially Hazardous
- b. Patiently Harmful
- c. Potentially Harmful
- d. Partially Hazardous

36. An example of a physical contaminant is:

- a. Wild mushroom
- b. Pesticide
- c. Salmonella
- d. None of the above

37. Hash brown potatoes are a popular item on your center's breakfast menu.

They are served from a steam table. How can you ensure that the potatoes are safe to eat?

- a. Every two hours, measure the internal temperature of the potatoes with a thermometer
- b. Every two hours, record the temperature reading on the steam table's thermostat
- c. Every hour, add fresh hot potatoes to those already in the steam table and stir
- d. Every hour, turn up the heat on the steam table

Indicate whether the following statements are true or false:

38. Raw chicken may be stored under prepared salad.

- a. True
- b. False

39. You can wash your gloves instead of changing them between each task.

- a. True
- b. False

40. It is okay to cut mold off a piece of fruit before using it in the meal.

- a. True
- b. False

41. External temperature gauges and thermostats always accurately reflect the internal temperature of food storage areas.

- a. True
- b. False

42. Food must not be reheated using a steam table.

- a. True
- b. False

43. It is acceptable to use hand sanitizer instead of washing your hands because it is faster.

- a. True
- b. False

44. Dishwashing machines always wash and rinse at the proper temperature. So, that is something that doesn't have to be monitored.

- a. True
- b. False

45. Food donated from a client may not be used in the prepared meal.

- a. True
- b. False