

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) What type of hazard is pieces of broken glass found in a container of salad dressing?

- A) biological hazard B) pest infection C) chemical hazard D) physical hazard

Answer: D

2) How can you detect if food is contaminated?

- A) bitter taste B) visible mold C) "off" odors D) none of the above

Answer: D

3) What is one method to sanitize food service dishes and equipment?

- A) hand-washing in a three-compartment sink
B) immersing in 171°F water for 30 seconds
C) washing the items with an approved detergent
D) scraping and spraying with hot water to remove soil

Answer: C

4) In which circumstances should food handlers wash their hands?

- A) after clearing a table of dirty dishes
B) after handling raw foods
C) after smoking
D) A and C
E) all of the above

Answer: E

5) What is the range of the temperature danger zone?

- A) 41°F-125°F B) 70°F-125°F C) 60°F-140°F D) 41°F-135°F

Answer: D

6) Which of the following is NOT a leading cause of food-borne illnesses?

- A) parasites B) fungi
C) pathogenic bacteria (pathogens) D) putrefactive bacteria (putrefactives)

Answer: D

7) What is HACCP a system for?

- A) supervising kitchen employees B) standardizing recipes
C) controlling the flow of food D) maintaining sanitary conditions

Answer: D

8) What is salmonella?

- A) intoxication B) bacterial infection
C) toxin-mediated infection D) toxin

Answer: B

9) What should you do immediately when an infestation of cockroaches occurs?

- A) contact a licensed pest control operator
- B) ignore it, as they do not pose a major health hazard
- C) clean and disinfect all exposed surfaces
- D) purchase and apply pesticides yourself

Answer: A

10) Which of the following is NOT a potentially hazardous food?

- A) garlic in oil
- B) custard
- C) cut melon
- D) none of the above

Answer: D

11) Bacteria thrive under which of the following conditions?

- A) a protein food is between 60°F and 120°F
- B) neutral PH (acid/alkali balance)
- C) moisture is present
- D) all of the above

Answer: D

12) What is Escherichia coli 0157:H7?

- A) infection
- B) toxin-mediated infection
- C) intoxication
- D) toxin

Answer: B

13) What will destroy norovirus?

- A) freezing
- B) sanitizing solution
- C) cooking to high temperatures
- D) all of the above

Answer: C

14) Which of the following are NOT potentially hazardous foods?

- A) chopped tomatoes
- B) ice cream
- C) cooked creamed potatoes
- D) crackers

Answer: D

15) What is NOT the proper way to use disposable safety gloves when handling food?

- A) rinse off the gloves when switching from making sandwiches to making salads
- B) change gloves after 4 hours of continual use
- C) wash hands before putting on gloves
- D) change gloves when switching from handling poultry to another task

Answer: A

16) Which of the following describes an abnormal response to a food or additive?

- A) critical control point
- B) HACCP
- C) allergen
- D) food intolerance

Answer: D

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

17) Frozen foods should be thawed slowly at room temperature.

Answer: True ☒ False

18) Food service workers are the primary cause of food-borne illnesses.

Answer: ☒ True ☐ False

19) Bacteria can thrive in an environment that is low in pH, such as lemon juice.

Answer: True ☒ False

20) Most food-borne illnesses go undiagnosed because the symptoms may not appear for a week or more.

Answer: ☒ True False

21) Roasts, ham and ground beef should all be cooked to an internal temperature of 145°F.

Answer: True ☒ False

22) Side towels are one of the most common causes of cross-contamination.

Answer: ☒ True False

23) The correct ratio for preparing a sanitizing solution is 1 tablespoon of bleach per gallon of water.

Answer: ☒ True False

24) Facultative bacteria can survive with or without oxygen.

Answer: ☒ True False

25) Viruses, such as hepatitis A, can infect any food, not only potentially hazardous foods.

Answer: ☒ True False

26) Anisakiasis is an illness that could be caused by consuming sushi.

Answer: ☒ True False

27) Potentially hazardous foods usually contain an animal product such as milk, eggs, poultry, seafood or meat.

Answer: ☒ True False

28) Store cooked foods above raw foods in the walk-in or refrigerator.

Answer: ☒ True False

29) Thaw foods under running water or at room temperature if the foods will be prepared and served immediately.

Answer: True ☒ False

30) A pathogen is any organism that causes a disease.

Answer: ☒ True False

31) Discard foods that have a bitter taste as well as surface mold because these are signs that the food has been infected with botulism.

Answer: True ☒ False

32) To promote sustainability, run dishwashers every fifteen minutes even if they are not full.

Answer: True ☒ False

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

33) What does FIFO stand for?

Answer: first in first out

34) What is the time-and-temperature principle?

Answer: keep hot foods hot and cold foods cold

35) What food-borne illness is transmitted through milk products and deli meats?

Answer: listeria

36) What is the common name for bovine spongiform encephalopathy (BSE)?

Answer: mad cow disease

37) What virus is spread by food-service workers' poor personal hygiene?

Answer: norovirus virus

38) What is the minimum internal temperature to which food should be reheated food before serving or placing it in a steam table for holding?

Answer: 165°F

39) What is the difference between aerobic bacteria and anaerobic bacteria?

Answer: answer will vary, aerobic bacteria thrive on oxygen and anaerobic bacteria cannot survive in the presence of oxygen

40) What safety measure can be employed by chefs when tasting foods they are preparing in the kitchen?

Answer: two-spoon tasting method

41) What does FAT TOM stand for?

Answer: Food, Acidity, Time, Temperature, Oxygen and Moisture (water activity)

42) List the eight foods that account for 90 percent of all food-allergic reactions.

Answer: Milk and milk products; eggs; fish; crustacean shellfish; tree nuts; peanuts; wheat; soybeans

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

43) What is cross-contamination?

Answer: the transfer of biological, physical and chemical contaminants from one food to another

44) What two safe food handling measures should you take after fabricating whole chickens?

Answer: thorough hand washing and washing and sanitizing all objects involved in food processing, including cutting boards and knives

45) What are the three critical control points when preparing beef stock?

Answer: cooling the cooked stock, storing it and reheating it

46) What are four examples of safe behavior in a professional kitchen?

Answer: answers will vary, including any personal safety guidelines listed in the section entitled "Personal Safety"

47) What five conditions do bacterial intoxications and infections need to thrive?

Answer: food, a comfortable temperature, moisture, proper pH, the proper atmosphere and time