

Sample Test Questions

Multiple Choice

1. Which of the following is the best way to tell whether food from a bulging can is safe to eat?
 - (a) Taste a small amount to look for off flavors.
 - (b) Smell the food without tasting to look for undesirable or off aromas.
 - (c) Look for discoloration of the food.
 - (d) None of these. Bulging cans should simply be regarded as unsafe and should be disposed of.
2. Pathogens are most specifically _____ bacteria.
 - (a) harmless
 - (b) beneficial
 - (c) undesirable
 - (d) disease-causing
3. All bacteria are _____.
 - (a) harmless
 - (b) beneficial
 - (c) undesirable
 - (d) none of these
4. Bacteria _____.
 - (a) multiply by splitting in half
 - (b) can double in number every 15 to 30 seconds
 - (c) can multiply to a million in less than 30 minutes
 - (d) all of these
5. Which of the following conditions can affect the growth of bacteria?
 - (a) food and moisture
 - (b) acidity and alkalinity
 - (c) temperature, air, and time
 - (d) all of these
6. The temperature range of the Food Danger Zone is _____.
 - (a) between 40° and 140° F ° (4° to 60°C)
 - (b) a factor that affects the growth of only anaerobic bacteria
 - (c) the range of temperature in which bacterial growth is slowest
 - (d) all of these
7. Which of the following is not one of the three principles of food protection from bacteria?
 - (a) Kill bacteria.
 - (b) Stop bacteria from growing.
 - (c) Keep bacteria from spreading.
 - (d) Promote the locomotion of bacteria.

8. Which pair of phrases makes the following sentence true when inserted in the blanks?
Intoxication is caused by _____, and infection is caused by _____.
(a) poisons produced by bacteria, bacteria that attack the body
(b) bacteria that attack the body, poisons produced by bacteria
(c) physical contamination, metals (e.g., lead, copper, and zinc)
(d) metals (e.g., lead, copper, and zinc), physical contamination
9. Which of the following is both an intoxication and caused by anaerobic bacteria?
(a) botulism
(b) hepatitis
(c) trichinosis
(d) salmonella
10. Which of the following source → food-borne disease combinations is correct?
(a) shellfish → trichinosis
(b) pork → infectious hepatitis
(c) poultry → streptococcal infections
(d) food workers → staphylococcus food poisoning
11. Physical contamination may _____.
(a) not be toxic
(b) cause injury or discomfort
(c) result from pieces of glass, metal shavings, stones, soil, insect parts, or hair
(d) all of these
12. “TCS Foods” is another term for _____.
(a) foods that are totally cooked, convenient, and safe
(b) foods with a low water activity (a_w)
(c) foods containing potential allergens
(d) potentially hazardous foods
13. Which pair of words or phrases makes the following sentence true when they are inserted in the blanks? _____ food should be kept at a temperature of _____.
(a) Hot, 140°F (60°C) or higher
(b) Frozen, 40°F (4°C) or lower
(c) Refrigerated, 0°F (-18°C) or lower
(d) all of these
14. Which of the following types of food should be refrigerated at the lowest temperature?
(a) fish and seafood
(b) poultry and meat
(c) egg, milk, and cream
(d) raw vegetables and fruit

15. The purpose of the seven-step Hazard Analysis Critical Control Point system (or HACCP) is to _____ any dangers of food contamination.
- (a) control
 - (b) identify
 - (c) monitor
 - (d) all of these
16. The purpose of double-breasted jackets is to _____.
- (a) give a stylish, professional appearance to food workers
 - (b) protect the wearer from spilled or splattered hot foods or fat
 - (c) give food workers extra buttons on which to hang small utensils
 - (d) both protect the wearer from spilled or splattered hot foods or fat and give food workers extra buttons on which to hang small utensils
17. On the basis of the following four statements, which food worker is least likely to cut him/herself or another person in the kitchen.
- (a) John: "When I drop a knife, I try to catch it before it can land on my foot and cut it."
 - (b) Mary: "When I wash my knives, I never soak them by putting them in the sink and covering them with water."
 - (c) Luke: "I don't like to use very sharp knives because I am more likely to cut myself with a sharp knife than a dull one."
 - (d) Ruth: "When I walk from one part of the kitchen to another with my knife, I hold it in front of me with the blade pointed away from me so that everyone can see I am carrying a knife."
18. Which of the following is a potential hazard in the kitchen?
- (a) loose, untucked apron strings
 - (b) lifting with back muscles instead of leg muscles
 - (c) plugging in a piece of equipment with its switch "on"
 - (d) all of these
19. Which of the following combinations of types of fires is paired correctly with its possible sources?
- (a) Class A — wood, paper, cloth, and ordinary combustibles
 - (b) Class B — switches, motors, and electrical equipment
 - (c) Class C — grease, oil, gasoline, and solvents
 - (d) all of these
20. To call a food contaminated means that _____.
- (a) the food contains harmful bacteria.
 - (b) the food contains poisonous chemicals.
 - (c) the food contains a harmful substance that was not originally in the food.
 - (d) the food is guaranteed to make the eater sick.

21. Some diseases result when bacteria that get into the body, grow, and multiply. The illness is caused by the poisons that these bacteria produce when they grow. Such a disease is called
- (a) an intoxication.
 - (b) an infection.
 - (c) a toxin-mediated infection.
 - (d) none of these.
22. Facultative bacteria are bacteria that
- (a) grow only in air.
 - (b) grow with or without the presence of air.
 - (c) can't be killed by heat.
 - (d) none of these.
23. Which of the following is not classified as a potentially hazardous food?
- (a) flavored vinegar
 - (b) a garlic and oil mixture
 - (c) cooked pasta
 - (d) whole shell eggs
24. Which of the following is caused by a virus?
- (a) salmonella poisoning
 - (b) hepatitis A
 - (c) botulism poisoning
 - (d) *E. coli* poisoning
25. Which of the following statements is not true about the use of disposable gloves in food preparation?
- (a) Disposable gloves serve as a barrier between hands and ready-to-eat foods.
 - (b) Using disposable gloves enables a food worker to handle both raw ingredients and ready-to-eat foods at the same time.
 - (c) Hands must be washed thoroughly before putting on disposable gloves.
 - (d) Some health departments require food workers to use disposable gloves whenever they are handling ready-to-eat foods.
26. Frozen foods are best defrosted_____.
- (a) at room temperature
 - (b) under refrigeration
 - (c) in the microwave at least a day in advance
 - (d) in a warm place
27. An allergen is _____.
- (a) a food that triggers a reaction by a person's immune system
 - (b) a food that is not absorbed by the digestive system
 - (c) a potentially hazardous food
 - (d) a product that contains a chemical hazard

28. Which of the following is not a chemical sanitizer used in food service?
- (a) chlorine
 - (b) iodine
 - (c) fluorine
 - (d) quats
29. Foods should be cooked to the minimum internal cooking temperature in order to _____.
- (a) kill any harmful microorganisms the food may contain
 - (b) eliminate allergens
 - (c) eliminate chemical hazards
 - (d) make sure that the food won't become contaminated after it is cooked
30. Between the time it is received and the time it is served, a food should be left in the Food Danger Zone for no more than _____.
- (a) one hour
 - (b) three hours
 - (c) four hours
 - (d) none of these. Food should never be left in the Food Danger Zone.
31. Which of the following statements about thawing frozen foods is true?
- (a) Frozen foods may be thawed in a microwave if they are to be cooked or served immediately.
 - (b) Frozen foods may be thawed under running water that is at a temperature of 70°F (21°C).
 - (c) Frozen foods may be thawed in a refrigerator that is set at 40°F (4°C).
 - (d) all of these
32. A food that has been cooked and then cooled may be reheated by heating it to a temperature of at least _____.
- (a) 135°F (57°C)
 - (b) 141°F (60.5°C)
 - (c) 165°F (74°C)
 - (d) 180°F (82°C)

True/False

33. Food containing disease-causing bacteria is likely to smell or taste spoiled.
34. Keeping a supply of insecticides is a good way to avoid cockroach infestation.
35. Removable, immersible parts of large equipment should be cleaned and sanitized like pots and pans.
36. Large, stationary equipment such as tabletops cannot be placed in the sink like pots and pans, so they should be cleaned thoroughly but not sanitized.
37. If both raw and cooked meats must be in the same refrigerator, store the cooked meats on the higher shelves and raw meats on the lower shelves.

38. To prevent trichinosis, pork products should be cooked to an internal temperature of 135°F (57°C) or higher.
39. Botulism is a food-borne disease usually caused by such foods as potato salad or custard-filled pastries left out of the refrigerator too long.
40. Most bacteria that cause food-borne disease are spread by food workers.
41. Cooked foods usually do not carry disease-causing bacteria because bacteria have been killed by the high cooking temperatures.
42. Silverware should be towel-dried to avoid water spots.

Answers to Test Questions

Multiple Choice

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|------|-------|-------|-------|-------|
| 1. d | 8. a | 15. d | 22. b | 29. a |
| 2. d | 9. a | 16. b | 23. a | 30. c |
| 3. d | 10. d | 17. b | 24. b | 31. d |
| 4. a | 11. d | 18. d | 25. b | 32. c |
| 5. d | 12. d | 19. a | 26. b | |
| 6. a | 13. a | 20. c | 27. a | |
| 7. d | 14. a | 21. c | 28. c | |

True/False

33. F
34. F
35. T
36. F
37. T
38. F
39. F
40. T
41. F
42. F