

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 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 your hands?**
 - a. Your apron
 - b. Single-use paper towels
 - c. A common cloth
 - d. All of the above

2. **Which item of personal apparel would most likely cause food to become unsafe?**
 - a. Earrings
 - b. A dark-colored shirt
 - c. A baseball-type cap
 - d. A pair of athletic shoes

3. **Why do people who live with chronic illnesses have a high risk of contracting a foodborne illness?**
 - a. They are likely to eat food prepared in large quantities while they are in the hospital
 - b. Their internal disease-fighting systems are 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

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

- 5. Your center is closed Sunday and Monday. Tuesday morning, you open the center and notice that the refrigerator is not running. When you check the internal thermometer, it reads 50°F. What should you do with the fresh ground beef in the refrigerator?**
- Cook and serve it within two hours
 - Freeze it right away
 - Discard it
 - Re-chill it immediately to below 40°F
- 6. Which of the following is not a common characteristic of potentially hazardous foods?**
- They are moist
 - They are dry
 - They are neutral or slightly acidic
 - They are high in protein
- 7. To what does the acronym FAT-TOM refer?**
- The major types of microorganisms that can cause foodborne illness
 - The conditions that support the growth of microorganisms
 - Human health hazards associated with foods that are high in fat and sodium
 - The federal agency responsible for monitoring food safety
- 8. 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
- 9. Food handlers should wash their hands before starting work and after**
- Every hour on the job
 - Handling raw food products
 - Handling ready-to-eat foods
 - Every two hours on the job
- 10. When a food product touches something that contains harmful microorganisms**
- A physical hazard occurs
 - Cross contamination occurs
 - A chemical hazard occurs
 - Good food safety practices are being used
- 11. 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

- 12. A manager notices that a cook has an open cut on his finger and is about to season and pound veal cutlets for the evening's special. The manager should**
- Make sure that the veal 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
- 13. When you are receiving a delivery of food for your establishment, it is important that you**
- Refrigerate it before checking it
 - Check it before accepting it
 - Put it with other recent deliveries
 - Take it out of its original packaging before storing it
- 14. When the hanging thermometer in your refrigerator has fallen on the floor. What action should you take?**
- Purchase a new thermometer
 - Re-hang the thermometer in a safer place in the refrigerator
 - Replace the thermometer with a bi-metallic probe thermometer
 - Check the accuracy of the thermometer and recalibrate or replace if necessary
- 15. 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
- 16. Food handlers are prohibited from smoking in food storage and food preparation areas because smoking can contaminate food by**
- The smoke and pollutants dispersed in the air
 - Burning holes in their plastic gloves
 - Raising the temperature of the room
 - Transferring saliva from the mouth to the hands
- 17. At what storage temperature would ground beef most likely become unsafe?**
- 0°F
 - 30°F
 - 41°F
 - 60°F
- 18. When using the ice-point method to calibrate a thermometer, what temperature should the thermometer read if correctly calibrated?**
- 0°F
 - 12°F
 - 32°F
 - 40°F

- 19. Which is the most important rule of food safety?**
- Consult an sanitarian twice a year
 - Wash hands often
 - Do not smoke near foods
 - Wear gloves at all times
- 20. All of the following are acceptable ways to protect food on display at a self-serve, hot-food bar except**
- Providing long-handled spoons, forks and tongs for service
 - Adding replacement foods to foods already on display
 - Issuing fresh plates to customers when they return to the food bar
 - Installing properly designed food shields
- 21. You supply home-delivered, boxed meals to elderly people in your community. The meals, one hot and one cold meal daily, are prepared in a senior center kitchen. The van driver takes you to the clients' homes in a specially-equipped van. Which of the following conditions might have you reason to question the safety of the meals?**
- The temperature of the first cold meal delivered registered at 35°F
 - The total time for the delivery route was more than two hours
 - The driver didn't wash her hands before starting on the route
 - The temperature of the last hot meal delivered registered at 135°F
- 22. Which procedure is the safest for dispensing ice cubes for beverage service?**
- From an ice bucket with clean hands
 - From the ice maker storage bin with a clean, sanitary metal or plastic scoop
 - From the ice maker storage bin with a clean drinking glass
 - From an ice bucket with a handled cup
- 23. Which of the following does not represent a potential food-safety problem for a self-service lunch buffet?**
- A bowl of macaroni salad that has been sitting on a table at room temperature from 11:00 a.m. to 3:30 p.m.
 - A chafing dish of chicken a la king served at a temperature of 120°F
 - Vegetable soup served from a large bowl
 - A platter of fresh vegetables presented directly on ice
- 24. Which step in the flow of food is the first step where hazards can be controlled?**
- Receiving
 - Storing
 - Preparing
 - Serving
- 25. Which serving method is most likely to protect the safety of the food being served?**
- Using stainless steel tongs to serve hot rolls directly to the customers at the table
 - Using a clean coffee cup to ladle soup into individual serving bowls

- c. Using a drinking glass to scoop ice cubes out of the icemaker storage compartment
- d. Using a teaspoon to scoop a serving of ice cream out of a five gallon tub

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

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

27. You place chicken salad from a buffet bar in an ice-water bath to cool after you find that its temperature is 55°F instead of 41°F or below. This is an example of

- a. Monitoring
- b. Corrective action
- c. A hazard analysis
- d. Verification

28. 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

29. Poultry, stuffed meats and casseroles should be cooked without interruption to a minimum internal temperature of

- a. 140°F
- b. 150°F
- c. 165°F
- d. 170°F

30. Which buffet setup practice demonstrates the FIFO principle?

- a. Bowls of washed salad greens are put out for consumption one at a time
- b. Dated single-serve containers of milk are offered for consumption in order by date
- c. A bowl of carrot and raisin salad is refilled as needed throughout the day
- d. A basket of sliced bread is replaced every hour throughout the day

31. Hash brown potatoes are a popular item on your hotel's breakfast buffet. They are served in a chafing dish, which has its own heat source and an external dial thermometer. 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 chafing dish's external thermometer
- c. Every hour, add fresh hot potatoes already in the chafing dish
- d. Every hour, turn up the heat on the chafing dish to 165°F

- 32. You have only one ceramic cutting board available for food preparation. You have just sliced some chicken breasts for cooking and now need to prepare a green salad. What should you do to the cutting board before you use it for preparing the salad?**
- Scrub it using hot, potable water and a detergent, then sanitize
 - Dry it with a paper towel
 - Rinse it under very hot water
 - Turn it over and use the reverse side
- 33. You are making omelets to order for the Sunday brunch at the hotel where you work. How should you handle the eggs to ensure that you are serving safe omelets?**
- Keep all of the eggs in their shells. Take out only the number of eggs you expect to use and store them away from, but near, the stove
 - Keep all of the eggs in their shells next to your cooking station
 - Reserve one special bowl for cracking the eggs into before cooking
 - Crack all of the eggs at once into a large container
- 34. With a probe thermometer, you measure the temperature of the breast meat and the stuffing of a stuffed chicken. What would tell you that the chicken has been safely cooked?**
- Both temperatures read 155°F
 - The stuffing temperature reads 160°F
 - Both temperatures read 165°F
 - The meat temperature reads 170°F
- 35. Which of the following is not a safe method for thawing a frozen brisket of beef?**
- Let it sit at room temperature for five hours
 - Put it in a microwave set on automatic defrost
 - Immerse it in room temperature running water for one hour
 - Let it sit in the refrigerator overnight
- 36. In order to guarantee that foods in a refrigerator are being kept at 40°F or lower, maintain the air temperature in the refrigerator at**
- 26°F
 - 32°F
 - 38°F
 - 0°F
- 37. Food handlers should be excluded from working with or around food if they are experiencing which of the following symptoms?**
- Fever, itching, fatigue
 - Fever, vomiting, diarrhea
 - Vomiting, diarrhea, itching
 - Fatigue, vomiting, itching

38. Which of the following is the proper procedure for washing your hands?

- a. Run hot water, moisten hands and apply soap, run hands together, apply sanitizer, dry hands
- b. Run hot water, moisten hands and apply soap, run hands together, rinse hands, dry hands
- c. Run cold water, moisten hands and apply soap, rub hands together, rinse hands, dry hands
- d. Run cold water, moisten hands and apply soap, rub hands together, apply sanitizer, dry hands

39. Which of the following statements regarding foodborne intoxication is true?

- a. The symptoms of intoxication often appear days after exposure
- b. The medical treatment for intoxication can be painful
- c. Foodborne intoxication is more common than foodborne infection
- d. The symptoms of intoxication appear quickly within a few hours

40. 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

41. Which is not an acceptable cooling method?

- a. Using an ice paddle to stir stew that has been removed from the stove
- b. Cutting a cooked roast into smaller sections
- c. Dividing a large pot of chili into smaller pans
- d. Placing a large pot of spaghetti sauce directly from the stove into the refrigerator

42. You measure the temperature of foods being held in hot-holding equipment every hour. During one of your checks, you discover that the temperature of the beef stew has dropped to 120°F. If all other time-temperature procedures have been followed, which of the following corrective actions should you implement?

- a. Add new hot stew to the old batch and stir it briskly to raise the temperature
- b. Raise the temperature of the hot-holding equipment to reheat the stew
- c. Discard the stew and replace it with a fresh batch
- d. Return the stew to the stove and reheat it to 165°F

43. 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. State or local health departments
- d. The USDA

44. 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 buffet to the table
- d. Path that food travels through an establishment

45. Which action should an establishment take to prevent the contamination of food?

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