

## Test Your Food Safety Knowledge

This test is intended to help you determine your food safety knowledge, and provide you information on important food safety principles. It is not part of the certified food handler program. For information on the certified food handler program, please visit our website: [http://www.sonoma-county.org/health/eh/food\\_handler.htm](http://www.sonoma-county.org/health/eh/food_handler.htm).

Please choose the **BEST** answer to the questions

1. Food handlers must always wash their hands
  - a. Before starting work
  - b. Switching between handling raw and ready-to-eat food
  - c. After going to restrooms
  - d. All of the above
  
2. The presence or growth of microorganism is a type of
  - a. Physical hazard
  - b. Chemical hazard
  - c. Biological hazard
  - d. Acidic hazard
  
3. Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to prevent rapid bacterial growth
  - a. 145° F
  - b. 135° F
  - c. 160° F
  - d. 180° F
  
4. Potentially hazardous cold foods must be maintained at an internal temperature of \_\_\_\_\_ or lower to prevent rapid bacterial growth
  - a. 32° F
  - b. 45° F
  - c. 41° F
  - d. 36° F
  
5. Which of the following procedures describes the **correct** steps to follow when using a manual 3-compartment sink to wash dishes and utensils?
  - a. Pre-scrape and pre-flush, wash, rinse, sanitize, and air dry
  - b. Pre-scrape and pre-flush, wash, rinse, sanitize, and towel dry
  - c. Pre-scrape and pre-flush, rinse, sanitize, wash, and air dry

- d. Pre-scrape and pre-flush, rinse, wash, sanitize, and towel dry
6. The only correct way to ensure the proper strength of a chemical sanitizer is to
- a. Measure it using correct test strips
  - b. Change the solution every 8 hours
  - c. Change the solution at the end of each work shift
7. The **most** important reason for having food handlers wear hair restraints is to
- a. Prevent food from getting into food handlers' hair
  - b. Prevent food handlers from contaminating their hands by touching their hair
  - c. Keep the food handlers' hair neat and in place
  - d. Prevent hair falling into food items
8. Which of these conditions requires immediate corrective action?
- a. Packaged food items are stored at least 6 inches above the floor
  - b. Ice is being used to cool beef stew in a shallow pan
  - c. Raw meats are stored on a shelf above ready-to-eat egg salads in walk-in cooler
  - d. Raw fish are stored above the raw chicken in walk-in freezer
9. Which of the following conditions in an outside garbage disposal area needs to be corrected immediately?
- a. Plastic container used to hold garbage
  - b. Containers without covers
  - c. Containers placed on a hard surface
  - d. A shared container with another restaurant
10. Bacteria grow best in the temperature zone known as the "danger zone," which includes temperatures between:
- a. 0° F and 100° F
  - b. 32° F and 220° F
  - c. 41° F and 135° F
  - d. 41° F and 220° F
11. Foods that contain protein or carbohydrate, water activity of .085 or above, and a PH of 4.6 or above are called \_\_\_\_\_ foods.
- a. Spoiled
  - b. Not required to refrigerate
  - c. Non-hazardous
  - d. Potentially hazardous

12. After cutting raw chicken, what should be done before the cutting board is used for slicing onions for a salad?
- Clean the cutting board with a wet wiping cloth
  - Turn the board over and use the other side
  - Rinse the board with running water
  - Wash, rinse, and sanitize the board prior to slicing the onions
13. Which of the following is **not** an approved method to thaw potentially hazardous foods?
- In a microwave oven
  - During cooking process
  - Under cool running water
  - On a clean counter, at the room temperature
14. Which of the following is approved for food-contact surfaces?
- Lead
  - Copper
  - Stainless steel
  - Galvanized metal
15. When sanitizing with hot water in a manual dishwashing unit, the temperature of the water in the final rinse must be maintained at no less than:
- 161° F
  - 171° F
  - 181° F
  - 191° F
16. Some signs of rodent infestation include:
- Rub marks along the walls
  - Small eggs cases
  - Seeing bug zappers in a restaurant
  - Larva in flour and sugar
17. If a customer chokes on a piece of food, which of the following immediate actions can help?
- Find a doctor immediately
  - Cardiopulmonary resuscitation
  - Heimlich maneuver
  - Mouth-to-mouth breathing

18. The best type of fire extinguisher to use in a kitchen contains:
- Type K chemicals
  - Red fire extinguisher with pressure gauge
  - Chemicals that are safe for use near food
  - Clean cold water
19. Foods that are decomposed or produced under unsanitary conditions are:
- Mislabeled
  - Potable
  - Can be consumed within expiration date
  - Adulterated
20. Which of the following statements is **false** regarding food safety?
- Failure to correct critical violations can result in possible closure of the food establishments.
  - Food establishments that have a manager or employee who is certified in food safety receive no inspections from local health departments.
  - Food safety managers should conduct periodic self-inspections to assure food safety practices.
  - A routine inspection can be done any time during regular or reasonable business hours.
21. Wiping cloths stored submerged in a bucket of sanitizing solution are for:
- Wiping spills only
  - Washing hands if the hand sinks are too far away
  - Sanitizing the blade of utensils such as knives
  - Maintaining moisture on the wiping cloth
22. What is the best course of action when an environmental health specialist (health inspector) attempts to inspect your facility?
- Pretend you are closed.
  - Tell him/her your manager is not available, so the inspection cannot be performed.
  - Greet and accompany the inspector during an inspection.
  - Challenge the inspector during the entire inspection for irrelevancy of the food regulations.

Answers: 1:d, 2:c, 3:b, 4:c, 5:a, 6:a, 7:b, 8:c, 9:b, 10:c, 11:d, 12:d, 13:d, 14:c, 15:b, 16:a,  
17:c, 18:c, 19:d, 20:b, 21:a, 22:c