

## Practice Food Handlers Exam

The following 25 questions represent a sampling of the types of questions that have been found in nationally recognized safe food handlers' certification exams. The nationally recognized exams are multiple choice and you must score 75% correct to pass the exam. For more information on safe food handling certification training courses contact your local health department.

1. Food borne infections occur when people eat?

- A. Live, pathogenic microorganisms
- B. Poisons produced by microorganisms
- C. Strong Chemicals
- D. Food with a pH of 8.5

2. The minimum concentration of iodine sanitizer at room temperature is?

- A. 150 ppm
- B. 50 ppm
- C. 125 ppm
- D. 12.5 ppm

3. What is Listeriosis?

- A. A virus
- B. An infection
- C. A parasite
- D. An intoxication

4. How Should raw meats and poultry be stored?

- A. On the bottom refrigerator shelf to avoid cross contamination
- B. At a temperature of 45 degrees or lower to preserve freshness
- C. In plastic wrap so that they don't touch other foods
- D. Within 3 hours of receiving to minimize contamination

5. What is the best method for calibrating a bi-metal stemmed thermometer?

- A. Place the thermometer in room temperature water for 20 minutes
  - B. Run it under very hot water, then read the dial to be sure it has moved
  - C. Place the stem in ice-water slush then turn nut so that the dial reads 33 degrees F
  - D. A good thermometer is calibrated by the manufacturer and never needs to be recalibrated
- Run it under very hot water, then read the dial to be sure it has moved

6. What is a cross-connection?

- A. When water pressure drops, causing a problem
  - B. Hot and cold water pipes that have been mislabelled
  - C. An air gap that is 3 times the diameter of the faucet
  - D. A way through which contaminants from drains, sewers or waste pipes can enter a potable water supply
- An air gap that is 3 times the diameter of the faucet

7. Which of the following would be the most dangerous?

- A. An ant in boiling hot soup
- B. Ground beef stored above ready-to-eat foods in the refrigerator
- C. A hair in a cup of soup
- D. A baked potato that has mold on it

8. From a sanitation perspective, which of the following are considered the most hazardous to a food service establishment?

- A. Ants
- B. Mice
- C. Bees
- D. Fruit Flies

9. Which of the following statements concerning Hand sanitizers is true?

- A. Can be used as a replacement for hand washing
- B. Can also be used to clean dishware
- C. Only work on clean hands
- D. Neutralize all food contaminants under the fingernails

10. What is a sign that a shipment of fish is of unacceptable quality?

- A. The fish is packed in crushed, self draining ice
- B. Fingerprint does not stay visible on the fish
- C. No fishy odor is detected
- D. The eyes are sunken and cloudy

11. What is the best reason to air dry dishes and utensils is?

- A. To give the sanitizer time to break down the biofilms
  - B. The air acts as an additional sanitizer
  - C. To keep employees from touching them
  - D. To avoid contaminating them with unsanitary towels
- The air acts as an additional sanitizer

12. What is the minimum cooking temperature for ground turkey?

- A. 120 degrees F
- B. 140 degrees F

- C. 150 degrees F
- D. 165 degrees F

13. What does HACCP stands for?

- A. Hazard Actions Critical Concepts Plan
- B. Hazard Analysis Critical Control Point
- C. Hazard Analysis Control Center Plan
- D. Hazard Actions Cautious Control Points

14. If a customer spills hot food on the floor, what is the first thing you should do?

- A. Clean it up
- B. Bring the customer a replacement meal
- C. Get signs to place around the area to prevent accidents
- D. Have a co-worker stand by the spill to warn people

15. What is the most potentially hazardous pH level for foods?

- A. 3.1-7
- B. 4.6-10
- C. 1.-3.5
- D. 10.2-14

16. Which of the following is a virus?

- A. Salmonella
- B. Listeria monocytogens
- C. Ciguatera
- D. Hepatitis A

17. How is Staphylococcus aureus most often transmitted?

- A. Unwashed bundles of grapes
- B. Time/temperature abused crisp bacon
- C. A food handler with an uncovered sore on his hand Undercooked rice
- D. Undercooked rice

18. Which of the following statements about Bacterial spores are true?

- A. May survive correct minimum cooking and freezing temperatures
- B. Are of no concern to food service managers
- C. Are completely removed by thorough washing of vegetables
- D. Are always destroyed by cooking and freezing

19. Which of the following foods is potentially hazardous?

- A. A washed apple
- B. Commercial mayonnaise
- C. Fresh, raw seed sprouts

D. Refrigerated Ketchup

20. Which of the follow is NOT an approved thawing method?

A. In a microwave, then placed immediately on a stove

B. Under cold, running water at 70 degrees F

C. In a covered sanitary pan at 75 degrees F

D. In a refrigerator at 37 degrees

21. Which is the correct way to wash your hands?

A. Rinse hands with hot, running water and dry on a paper towel.

B. Wash hands with soap and warm water for at least 60 seconds and dry with a cotton towel.

C. Wash hands for at least 20 seconds by scrubbing with soap and warm water, rinsing, and drying with a paper towel.

D. Scrub hands in a sanitizer bucket and dry with a cotton towel.

22. What is the most important thing you can do to keep harmful germs out of the foods you prepare?

A. Wash your hands thoroughly and frequently and use glove whenever necessary.

B. Keep children out of the kitchen.

C. Remove all jewellery prior to working with food.

D. Make sure you wear a hair net.

23. When cooling potentially hazardous foods you should:

A. Put foods into large containers and cover tightly with lids.

B. Use shallow, uncovered pans to cool food in the refrigerator.

C. Use an ice bath and stir product to cool rapidly.

D. Answers B and C are correct.

24. Potentially hazardous food should not be kept the “Danger Zone” for more than how many hours?

A. 2 hours.

B. 4 hours.

C. 8 hours.

D. 10 hours.

25. Which of the following is not likely to cause food borne illness?

A. Raw onions left in the “Danger Zone” for 5 hours.

B. Fish delivered at 65° F.

C. Cooked potatoes that took 8 hours to cool to 41° F.

D. All of the above are likely to cause food borne illness.

### Food Handler Exam Answers

1. A

2. D

3. B
4. A
5. C
6. D
7. B
8. B
9. C
10. D
11. A
12. D
13. B
14. D
15. B
16. D
17. C
18. A
19. C
20. B
21. C
22. A
23. D
24. B
25. A

As previously mentioned, for more information on food safety certification you will need to contact your local health department directly. The following is a list of web links for some of the States and Canadian Provinces Health Departments.

**[Main On-Line Directory of ALL County Health Departments in the USA:](#)**

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