

FOOD HANDLER MOCK TEST

Question 1: What does the Food Information Law (Allergens) say?:

- A. That we must inform our customers about possible allergens in our products.
- B. That food should indicate its country of origin.
- C. That the name of the products must be written in several languages.

Question 2: Which of the following statements regarding the training of food handlers is correct?:

- A. It is mandatory for people working with food.
- B. It allows you to produce safe food.
- C. The two previous answers are correct.

Question 3: We know that you have to wash your hands in certain cases:

- A. When you enter the toilet.
- B. When leaving the toilet it is mandatory to wash your hands.
- C. When I have a quick break.

Question 4: If the cool chain is broken:

- A. Damage will occur that will affect the refrigeration chambers.
- B. There will be irreversible damage to the food.
- C. Nothing will happen if I freeze the food afterwards.

Question 5: Cross-contamination is caused by:

- A. Store lettuce and stewed meat together in the same chamber.
- B. Cut vegetables and then meat on the same board.
- C. The two previous answers are cases of cross-contamination.

Question 6: The garbage can should have certain characteristics:

- A. It must have a bag that we can reuse.
- B. It must have a lid and a pedal so you can open it without using your hands.
- C. May be used to store food when they are clean and empty.

Question 7: Of the following workers, who is a food handler?:

- A. A waiter.
- B. A food transporter.
- C. Both are considered food handlers.

Question 8: What should a worker do in case of having symptoms of COVID-19?:

- A. Nothing, as long as the symptoms are mild.

- B. Do not go to work and notify his/her company and health authorities as soon as possible.
- C. Both answers are correct.

Question 9: A Foodborne disease is caused by:

- A. Eating a lot of food.
- B. Eating cheap food.
- C. Eating food in bad condition.

Question 10: If we apply the HACCP (Hazard Analysis Critical Control Points) system correctly:

- A. We will obtain safer food.
- B. We will obtain better looking food.
- C. We will obtain more food.
- D. We will obtain more cooked food.

Question 11: The Hot Food Zone is:

- A. 50°C / 122°F and above.
- B. 55°C / 131°F and above.
- C. 60°C / 140°F and above.
- D. 70°C / 158°F and above.

Question 12: Potentially hazardous food that is in the Temperature Danger Zone must be disposed of after:

- A. 30 minutes.
- B. 1 hour.
- C. 2 hours.
- D. 4 hours.

Question 13: What is the purpose of sanitizing:

- A. To reduce the number of microorganisms to a safe level.
- B. To remove detergent from items being cleaned.
- C. To remove all visible dirt, soil, residues and allergens.
- D. To remove all rotten foods.

Question 14: Which is a common method for sanitizing:

- A. Chemical sanitizing.
- B. Detergent sanitizing.
- C. Cold water sanitizing.
- D. Liquid sanitizing.

Question 15: Food Handlers must stop working if they have which symptoms (select all that apply):

- A. Knee pain
- B. Headache
- C. Fever.
- D. Joint pain.

Question 16: Which of the following statements is true? After touching raw ground beef, it is important to:

- A. Wipe your hands on a sanitizer wipe cloth.
- B. Use hand sanitizer.
- C. Wash your hands.
- D. Dip your hands in a bucket of sanitizer.

Question 17: When must you double hand wash?:

- A. After sneezing or coughing
- B. After touching raw meat
- C. After eating
- D. A and C.

Question 18: What is proper hand washing?:

- A. Using soap, running water and scrubbing 15-20 seconds
- B. Using sanitizer, running water and scrubbing for 15-20 second
- C. Using soap, running water and scrubbing for 5-10 seconds
- D. Using sanitizer, running water and scrubbing for 5-10 seconds.

Question 19: It is okay to wear disposable gloves if:

- A. You wear a pair of gloves to handle money and food.
- B. You wash your hands first and discard gloves between activities.
- C. You discard the gloves every few hours or at least once a day.
- D. You blow into the gloves first to make them easier to put on.

Question 20: When you have a sore throat or diarrhea, you should:

- A. Go to work and tell your coworkers to be careful around you.
- B. Call your boss and report that you are sick.
- C. Take medicine to stop the symptoms and go to work.
- D. Not tell anyone and continue working.

Question 21: The best way to check the temperature of food is to:

- A. Use an infra-red thermometer.
- B. Use an oven thermometer.

- C. Use a food thermometer.
- D. Use a refrigerator thermometer.

Question 22: Preparing food several hours in advance can make food unsafe because:

- A. Bacteria can grow if the food temperatures are wrong.
- B. Foods can lose their flavor, color and general quality.
- C. Foods can lose their nutritional value.
- D. Refrigerators can only hold so much food.

Question 23: Ice used to keep food cold on a salad bar or food display needs to be:

- A. Level with the top of the food inside the pan or dish.
- B. Underneath the entire length of the food container.
- C. Melting to show it is working at keeping the food cold.
- D. Used in beverages to help limit food waste.

Question 24: Which of the following statements is true:

- A. A clean container that once held detergent may be used to store most types of foods.
- B. A brand new bus tub designed to hold dishes may be used to store most types of foods.
- C. A brand new garbage container may be used to store most types of foods.
- D. A food-grade container may be used to store most types of foods.

Question 25: Opened containers of sour cream, chives and butter:

- A. May be used at one customer's table and then taken to another table.
- B. Must be returned to the kitchen and refrigerated between customers.
- C. Must be discarded after a customer has used it.
- D. None of the above.

Question 26: The most important reason to wash, rinse and sanitize cutting boards is to:

- A. Eliminate odors and tastes from getting into other foods.
- B. Make the cutting board look better and last longer.
- C. Prevent contamination from one food to another.
- D. Prevent flavors and garlic or onion juices from getting onto other foods.

Question 27: What is the coldest temperature that hot food must be kept at on the steam table to keep food safe?:

- A. Hot – 140°F.
- B. Hot – 130°F.
- C. Hot – 120°F.
- D. Hot – 165°F.

Question 28: What is the warmest temperature that cold food must be kept at on the salad bar to keep food safe?:

- A. Cold - 51°F.
- B. Cold – 65°F.
- C. Cold - 41°F.
- D. Cold - 55°F.

Question 29: What temperature must food reach when reheating food before placing on a steam table or buffet line?:

- A. Reheat – 155°F.
- B. Reheat – 140°F.
- C. Reheat – 165°F.
- D. Reheat – 160°F.

Question 30: What is the coldest temperature that ground beef must reach before it can be served?:

- A. Ground Beef – 155°F.
- B. Ground Beef – 150°F.
- C. Ground Beef – 140°F.
- D. Ground Beef – 130°F.

Question 31: What is the coldest temperature that chicken must reach before it can be served?:

- A. Chicken – 160°F.
- B. Chicken – 165°F.
- C. Chicken – 155°F.
- D. Chicken – 140°F.

Question 32: What is the coldest temperature that other meat and fish must reach before it can be served?:

- A. Other meats and fish - 130°F.
- B. Other meats and fish - 104°F.
- C. Other meats and fish - 145°F.
- D. Other meats and fish - 140°F.

Question 33: Why is Food Safety Important?:

- A. To prevent and stop foodborne illness and contaminants from getting into food and creating an outbreak.
- B. No loss of sales or business.
- C. To maintain a good reputation for the business.
- D. All of the above.

Question 34: Identify the 5 most common risk factors to keeping food safe:

- A. Purchasing ingredients from safe sources, holding foods at the wrong temperatures, poor hygiene practices, using contaminated tools & equipment, improper cooking of foods.
- B. Purchasing ingredients from unsafe sources, holding foods at the wrong temperatures, poor hygiene practices, using contaminated tools & equipment, improper cooking of foods.
- C. Purchasing ingredients from unsafe sources, holding foods at the wrong temperatures, poor hygiene practices, using contaminated tools & equipment, properly cooking foods.
- D. Purchasing ingredients from unsafe sources, holding foods at the right temperatures, poor hygiene practices, using contaminated tools & equipment, improper cooking of foods.

Question 35: When a food service worker avoids personal behaviors that can contaminate food, they are:

- A. Spreading foodborne illnesses.
- B. Managing inventory.
- C. Practicing proper personal hygiene.
- D. On time and ready for work.

Question 36: Which of the following is the proper technique to wash hands:

- A. Wet hands and arms, apply soap, scrub hands and arms for 30 seconds, rinse hands and arms, dry hands and arms.
- B. Wet hands and arms, apply soap, scrub hands and arms for 10-15 seconds, rinse hands and arms, dry hands and arms.
- C. Apply soap, wet hands and arms, scrub hands and arms for 10-15 seconds, rinse hands and arms, dry hands and arms.
- D. Wet hands and arms, apply soap, scrub hands and arms for 10-15 seconds, dry hands and arms.

Question 37: A foodborne illness can be caused by cross-contamination when (check all that apply):

- A. Contaminated ingredients are discarded and not used.
- B. Foods touch contaminated surfaces right before being served.
- C. Foods are properly stored, cooked, handled and served.
- D. Dirty unwashed towels are used to clean food-contact surfaces.

Question 38: Cross-Contamination is:

- A. Plating different foods on the same plate.
- B. Is making sure that foods are stored correctly.
- C. The spread of bacteria or pathogens from one tool, food item or surface to another.
- D. The time it takes to put away a delivery.

Question 39: The temperature zone of 41 degrees F to 135 degrees F is known as:

- A. The Temperature In-Zone.
- B. The Temperature Danger Zone.
- C. The Temperature Safety Zone.
- D. The Temperature Food Zone.

Question 40: Food that has been held in the Temperature Danger Zone has been subjected to:

- A. Time-Temperature Abuse.
- B. Danger-Temperature Abuse.
- C. Time-Temperature Zone.
- D. Zone-Temperature Abuse.

Question 41: An example of proper sanitization is:

- A. Not washing dishes, to save water.
- B. Washing, rinsing and sanitizing all food contact surfaces between use and as needed.
- C. Keeping sanitizing towels on the table next to the sanitizing solution.
- D. Using hot soapy water instead of sanitizing solution.

Question 42: Food contact surfaces can be sanitized by which methods (check all that apply):

- A. Scrubbing with hot soapy water.
- B. Immersing in water at least 171 degrees F for 30 seconds.
- C. Using an approved chemical solution of: chlorine, iodine or quats.
- D. Using floor cleaner.

Question 43: How could a salad be contaminated?:

- A. When it contains unrefrigerated, cooked rice
- B. When it includes a dressing made with raw eggs
- C. When the vegetables are not washed
- D. All of the above.

Question 44: Freezing food at -18 degrees C (0 degrees F) will:

- A. Kill bacteria.
- B. Stop bacteria from growing.
- C. Slow down bacterial growth.
- D. Remove toxins in the food.

Question 45: Which of the following is an example of a disease-causing parasite?:

- A. Typhoid fever.
- B. Salmonella.
- C. Trichinella spiralis.

D. Ecolab 01.57H7.

Question 46: A hot potentially hazardous food should be held at:

- A. 60 degrees C (140 degrees F).**
- B. 49 degrees C (120 degrees F).**
- C. 74 degrees C (165 degrees F).**
- D. 21 degrees C (70 degrees F).**

Question 47: If you must prepare 200 ham sandwiches for later service, you should:

- A. Make them all at one time, and then refrigerate them.**
- B. Make them all at one time, then cover and leave them on the counter.**
- C. Make several at a time, then cover and leave them on the counter.**
- D. Make several at a time, then cover and refrigerate them.**

Question 48: A Salmonella foodborne infection can be caused by:

- A. Poultry.**
- B. Turtles.**
- C. Dirty hands.**
- D. All of the above.**

Question 49: If a customer has a food allergy and asks for the ingredients of a specific menu item, you should:

- A. Advise the customer that the information is confidential.**
- B. Tell them the ingredient list.**
- C. Ask the customer for written proof that they have food allergies.**
- D. Advise them to eat something else.**

Question 50: A foodborne intoxication such as Staphylococcus can be caused by:

- A. Infected cuts, burns or boils.**
- B. Toxins produced by the bacteria.**
- C. Coughing and sneezing into food.**
- D. All of the above.**

Question 51: The Food Premises regulation is a:

- A. Provincial legislation.**
- B. Guideline for the foodservice industry.**
- C. A municipal by-law.**
- D. Federal legislation.**

Question 52: Which one of the following procedures should you do when reheating food?:

- A. Reheat food no more than three times.
- B. Reheat casseroles in hot-holding equipment.
- C. Reheat food to at least 74 degrees C (165 degrees F) for at least 15 seconds within two hours.
- D. Reheat day-old beef soups and stews to 68 degrees C (155 degrees F) for at least 15 seconds.

Question 53: The HACCP (Hazard Analysis Critical Control Point) system of self-monitoring is used to analyze the hazards of your food processing or preparation. Which one of the following processes are considered hazardous if not done properly:

- A. Reheating.
- B. Cooling.
- C. Cooking.
- D. All of the above.

Question 54: In a package of fresh fish, a large solid mass of ice on the fish means it was:

- A. Thawed and refrozen.
- B. Properly packed.
- C. More expensive.
- D. Raised commercially.

Question 55: Food that contains moulds that are not a natural part of it should be:

- A. Saved, since the food is okay if you scrape the mould.
- B. Discarded.
- C. Cook to 165 degrees F (74 degrees C) for 10 minutes.
- D. Frozen.

Question 56: Which of the following foods is a potentially hazardous food?:

- A. Cooked rice.
- B. Strawberry jam.
- C. Crackers.
- D. Bread.

Question 57: Typical viruses are:

- A. Larger than bacteria.
- B. Smaller than bacteria.
- C. The cause of bread mould.
- D. Able to be seen with the naked eye.

Question 58: Why do you refrigerate potentially hazardous foods?:

- A. To slow down the reproduction of bacteria what may be in them.
- B. To destroy any pathogens.

- C. To prevent them from becoming contaminated with bacteria.
- D. All of the above.

Question 59: When a shipment of food arrives, employees should:

- A. Inspect all foods right away before storing them.
- B. Inspect only the potentially hazardous foods.
- C. Put everything away and inspect it later.
- D. Stack it neatly on the dock and inspect it within 12 hours.

Question 60: Which conditions do bacteria need to live and grow?:

- A. Moisture.
- B. Warm temperature.
- C. High protein food.
- D. All of the above.

Question 61: People who are very young or already weak or ill are seriously threatened by foodborne illness because of they:

- A. Cannot fight off the disease very well.
- B. Cannot take strong medicine.
- C. Cannot tell the doctor what is wrong with them.
- D. Are unable to file lawsuits.

Question 62: Under the FIFO method, foods are used:

- A. In the order in which they were received (first in, first out).
- B. In relation to size.
- C. By selecting the newest foods first.
- D. By the cost of the food.

Question 63: The purpose of refrigeration is to:

- A. Make food taste better.
- B. Put bacteria to sleep.
- C. Slow down bacterial growth.
- D. Kill bacteria.

Question 64: Foodborne illness is expensive because of:

- A. Loss of customers.
- B. Lawsuits from those who are ill.
- C. Fines issued through the courts.
- D. All of the above.

Question 65: Modified atmosphere foods (MAP) are foods that:

- A. Are always safer than natural ingredients.
- B. Must be purchased from licensed producers.
- C. Are cooked by broiling.
- D. Contain less oxygen than other kinds of foods.

Question 66: The critical control points are:

- A. The length of time you must wash your hands.
- B. The specific ways the hazards in your recipe can be eliminated, prevented or reduced.
- C. Types of thermometers.
- D. The log book in which you keep all your records.

Question 67: Dirt, broken glass, and staples from packing are classified as:

- A. Chemical hazards
- B. Physical hazards
- C. Bacterial hazards.
- D. Virus hazards.

Question 68: Most pathogenic bacteria will be destroyed by:

- A. Refrigeration.
- B. Removing them from oxygen.
- C. Drying.
- D. Heat.

Question 69: The temperature range of the Danger Zone is:

- A. Between 27 degrees C and 100 degrees C (80 degrees F and 212 degrees F).
- B. Between 15 degrees C and 80 degrees C (60 degrees F and 180 degrees F).
- C. Between 4 degrees C and 60 degrees C (40 degrees F and 140 degrees F).

Question 70: Pathogenic bacteria can cause:

- A. Mould to grow.
- B. Foodborne illness.
- C. Break to rise.
- D. Dirt to grow.

Question 71: Sanitizing utensils is important because:

- A. It makes the dishes clean.
- B. It removes fingerprints.
- C. It will reduce the transfer of pathogenic micro-organisms.
- D. None of the above.

Question 72: Reject any poultry that has:

- A. A product temperature lower than 40 degrees F (4 degrees C).
- B. A USDA stamp.
- C. Green or purple blotches.
- D. Been packed in self-draining crushed ice.

Question 73: In a HACCP system, what is the key measure of training success?:

- A. Price per entree.
- B. On-the-job performance in food safety.
- C. Employee obedience.
- D. Number of employees to number of managers.

Question 74: Which one of the following practices will help to prevent foodborne illness?:

- A. Washing your hands frequently.
- B. Wearing an apron.
- C. Stop smoking.
- D. Wearing a hairnet.

Question 75: Seeing a cockroach in daylight usually means you:

- A. Are a very good cook.
- B. Have a large number of cockroaches.
- C. Have no rodents.
- D. Have very few cockroaches.

Question 76: Moist, high protein foods on which bacteria can grow most easily are called:

- A. Require pasteurization
- B. Unfit for children, elderly and hospital patients
- C. Potentially hazardous foods
- D. Contaminated.

Question 77: PH is a measure of:

- A. Acidity.
- B. Bacterial growth.
- C. Cleanliness.
- D. Temperature.

Question 78: In the Danger Zone bacteria double in number every:

- A. Every day.
- B. Never.
- C. Every hour.

D. 20 minutes.

Question 79: Washrooms must have the following items:

- A.** An exhaust fan removing air to the outside.
- B.** Hot and cold running water.
- C.** Soap in a dispenser and paper towels.
- D.** All of the above.

Question 80: Which one of the following procedures is the most important in the control of *Clostridium perfringens*?:

- A.** Do not thaw frozen meat at room temperature.
- B.** Thoroughly wash vegetables that will be used in soups and stews.
- C.** Prevent bacterial growth in cooked foods through proper chilling, holding and reheating.
- D.** Supervise the personal hygiene habits of all employees.

Question 81: The organisms which cause most food borne illness outbreaks are:

- A.** Moulds.
- B.** Viruses.
- C.** Bacteria.
- D.** Parasites.

Question 82: If you have hot food that you want to refrigerate:

- A.** Put food in the refrigerator to cool.
- B.** Leave food out on the stove overnight.
- C.** Cool food in ice water, place in shallow containers then refrigerate it.
- D.** First cool food in the freezer.

Question 83: Salmonella is an example of a type of:

- A.** Parasite.
- B.** Physical hazard.
- C.** Virus.
- D.** Bacteria.

Question 84: The word pathogenic means:

- A.** Disease causing.
- B.** Something rotten.
- C.** Something you observe through a microscope.
- D.** A certain bacteria.

Question 85: In recent years, the possibility of food becoming contaminated has increased because of:

- A. People experimenting with all kinds of new foods.
- B. Decrease in overall quality of food.
- C. Lack of federal, provincial and municipal legislation.
- D. Increased handling of food all along the chain of supply - from production to the final customer.

Question 86: How long should your hands be washed with soap and hot water?:

- A. 1 minute.
- B. 2 minutes.
- C. 20 seconds.
- D. 5 minutes.

Question 87: What method is best for ensuring meat is properly cooked?:

- A. You should smell the meat.
- B. You should use a meat thermometer.
- C. You should cut it open.
- D. You should use a timer.

Question 88: How many hours can food be left out?:

- A. 3 hours.
- B. 5 hours.
- C. 12 hours.
- D. 2 hours.

Question 89: If foods are not properly canned, what can they contain?:

- A. Anthrax.
- B. Pollen.
- C. Mold.
- D. Botulism.

Question 90: What is the maximum temperature deli meats should be stored at?:

- A. 40 degrees Fahrenheit.
- B. 51 degrees Fahrenheit.
- C. 60 degrees Fahrenheit.
- D. 212 degrees Fahrenheit.

Question 91: How should you thaw out meat or poultry from the freezer?:

- A. You should leave it on the counter.

- B. You should put it in a bowl of water.
- C. You should thaw it in the refrigerator or the microwave.
- D. You should thaw it in the oven.

Question 92: Where should eggs be kept?:

- A. Refrigerator.
- B. Pantry.
- C. Countertop.
- D. Freezer.

Question 93: What should you do with bulging or dented canned goods?:

- A. They are fine to use.
- B. You should throw them out.
- C. You should check the expiration.
- D. You should give them to a charity.

Question 94: How many U.S. citizens die from food borne illness every year?:

- A. 3000.
- B. 12.
- C. 100.
- D. 500.

Question 95: Can you rid poultry or seafood of bacteria by washing it?:

- A. Yes, if you use soap.
- B. Yes, if it's frozen.
- C. Yes, if it's fresh.
- D. No, you cannot.

Question 96: Which of the following human foods should a dog never eat?:

- A. Chocolate.
- B. Apple.
- C. Banana.
- D. Potato chips.

Question 97: What should you do after washing fruits and vegetables?:

- A. Eat them.
- B. Pat them dry.
- C. Wax them.
- D. Dip them in vinegar.

Question 98: What is the minimum internal temperature pork should be cooked to?:

- A. 98.6 degrees Fahrenheit.
- B. 212 degrees Fahrenheit.
- C. 32 degrees Fahrenheit.
- D. 145 degrees Fahrenheit.

Question 99: How many days can raw beef be kept in the refrigerator?:

- A. 2 days.
- B. 7 days.
- C. 14 days.
- D. 10 days.

Question 100: How long can boiled eggs stay in the refrigerator?:

- A. 1 week.
- B. 1 month.
- C. 1 year.
- D. 1 day.

Question 101: What temperature should a chicken breast be cooked to?:

- A. 212 degrees Fahrenheit.
- B. 180 degrees Fahrenheit.
- C. 110 degrees Fahrenheit.
- D. 90 degrees Fahrenheit.

Question 102: How many known foodborne illnesses are there?:

- A. 10.
- B. 5.
- C. 200.
- D. 12.

Question 103: What part of the cherry should you never eat?:

- A. Stem.
- B. Leaves.
- C. Pulp.
- D. Pit.

Question 104: What part of the rhubarb is inedible?:

- A. Leaves.
- B. Stems.
- C. All of it.

D. Flowers.

Question 105: What percentage of meat contains drug resistant bacterias?:

- A. 100%.
- B. 15%.
- C. 10%.
- D. 25%.

Question 106: What temperature should you cook leftovers to?:

- A. 165 degrees Fahrenheit.
- B. 212 degrees Fahrenheit.
- C. 90 degrees Fahrenheit.
- D. 180 degrees Fahrenheit.

Question 107: At what temperature does liquid freeze?:

- A. 212 degrees Fahrenheit.
- B. 32 degrees Fahrenheit.
- C. 0 degrees Fahrenheit.
- D. 40 degrees Fahrenh.

Question 108: Which group is most at risk for a foodborne illness?:

- A. Athletes.
- B. Farmers.
- C. Children.
- D. Mothers.

Question 109: What is it called when a food is taken off the market due to contamination?:

- A. Clearance.
- B. Recall.
- C. Removal.
- D. Garbage.

Question 110: How often should you clean your cutting board?:

- A. After every meal.
- B. After cutting beets.
- C. After it looks dirty.
- D. After every food.

Question 111: How warm does fish need to be in Fahrenheit?:

- A. 180 degrees.

- B. 32 degrees.
- C. 145 degrees.
- D. 212 degrees.

Question 112: When reheating sauces, how hot should they go?:

- A. Sauces should boil.
- B. Sauces should make steam.
- C. Sauces should warm to the touch.
- D. You don't need to reheat sauces.

Question 113: Where should you leave food to marinate?:

- A. They should be left in the oven.
- B. They should be left in the freezer.
- C. They should be left in the refrigerator.
- D. They should be left on the counter.

Question 114: How many cutting boards should every kitchen have?:

- A. 5.
- B. 10.
- C. 1.
- D. 2.

Question 115: How many days worth of water should you store for emergencies?:

- A. 3.
- B. 1.
- C. 10.
- D. 14.

Question 116: Which bacteria is a concern when consuming unpasteurized products?:

- A. Listeria.
- B. Norovirus.
- C. Influenza.
- D. Pneumonia.

Question 117: How many teaspoons does the average can of soda contain?:

- A. 23.
- B. 12.
- C. 10.
- D. 4.

Question 118: Where should cleaning agents be kept in the kitchen?:

- A. They should be kept under the sink.
- B. They should be kept on the counter.
- C. They should be kept in a different room.
- D. They should be kept in a dark cupboard.

Question 119: How should you clean up minor spills in the kitchen?:

- A. Paper towels.
- B. Dishtowels.
- C. Sponges.
- D. Bleach.

Question 120: How long will food keep in a freezer with no electricity?:

- A. 12 hours.
- B. 48 hours.
- C. 72 hours.
- D. 36 hours.

Question 121: The three types of contamination are:

- A. Numerical, physical and biological.
- B. Physical, chemical and biological.
- C. Chemical, pharmaceutical and biological.

Question 122: Which of the following do bacteria need to grow:

- A. Neutral acidity, food (protein), moisture.
- B. Food (protein), light, neutral acidity.
- C. Light, a quiet environment, moisture.

Question 123: What are some examples of high-risk foods:

- A. Meat, eggs, dairy.
- B. Shellfish, leafy greens.
- C. Cooked rice.
- D. All of the above (A, B and C).

Question 124: Which of the following are high-risk customer groups:

- A. Teenagers, farmers, shoppers,
- B. Sick people, pregnant women, children, elderly people,
- C. None of the above.
- D. All of the above.

Question 125: Common allergens include:

- A. Nuts, eggs.
- B. Watermelon.
- C. Shellfish, soy.
- D. A and C.

Question 126: If you suspect a customer is suffering an allergic reaction, you must:

- A. Tell them to go home and rest.
- B. Tell them to consult with a doctor.
- C. Induce vomiting.
- D. Tell your manager or supervisor, check if they have an Allergy Action Plan, call 911.

Question 127: Food Handlers must always wash their hands after:

- A. Handling raw food.
- B. Handling money.
- C. Visiting the restroom.
- D. Coughing or sneezing.
- E. All of the above.

Question 128: Food Handlers must stop working if they have which symptoms:

- A. Sore throat.
- B. Vomiting.
- C. Diarrhea.
- D. All of the above.

Question 129: How hot should the inside of a hamburger be before you take it off the grill?:

- A. 100 degrees Fahrenheit (38 degrees Celsius).
- B. 160 degrees Fahrenheit (71 degrees Celsius).
- C. 210 degrees Fahrenheit (99 degrees Celsius).

Question 130: How much of a time window do you have between leaving the grocery store and refrigerating your food?:

- A. 30 minutes.
- B. Two hours.
- C. Three hours.
- D. Twelve hours.

Question 131: What's the highest safe temperature for your refrigerator?:

- A. 32 degrees Fahrenheit (0 degrees Celsius).
- B. 36 (2.2 degrees Celsius).

C. 40 degrees Fahrenheit (4 degrees).

Question 132: How hot can an electric stove burner coil get?:

- A. 750 degrees Fahrenheit (399 degrees Celsius)
- B. 1,000 degrees Fahrenheit (538 degrees Celsius)
- C. 1,250 degrees Fahrenheit (677 degrees Celsius).

Question 133: What should you NOT do if there's a grease fire in the kitchen?:

- A. Dump as much water on it as you can.
- B. Smother it.
- C. Douse it with a fire extinguisher.

Question 134: What's the safest place to defrost food?:

- A. In the microwave.
- B. On the counter.
- C. In the refrigerator.
- D. In the water.

Question 135: Why should you avoid microwaves when warming baby bottles?

- A. Because the radiation levels are too high for infants
- B. Because it might create hot spots
- C. Because the bottle could explode.
- D. Because the microwaves can be damaged.

Question 136: Which of these foods can you use to heal a burn?

- A. Butter.
- B. Bananas.
- C. Honey.
- D. Milk.

Question 137: True or False: Microwaving food in plastic containers can cause carcinogens to leak into the food:

- A. True.
- B. False.

Question 138: You should check the temperature of food when (select all that apply):

- A. Cooling, reheating.
- B. Disposing of leftovers.
- C. Thawing, cooking.
- D. A and C.

Question 139: Which is a common method for sanitizing:

- A. Hot water sanitizing
- B. Detergent sanitizing
- C. Cold water sanitizing.
- D. Drying.

Question 140: True or False: If there's just a little mold on top of something you just dug out of the refrigerator, you can scrape it off and eat the rest:

- A. True.
- B. False.
- C. depends.

Question 141: How long can frozen chicken remain fresh in its original packaging?:

- A. Six months.
- B. Two months.
- C. Expiration date on the packaging.
- D. One year.

Question 142: Which of the following is NOT a safe practice to prevent foodborne illnesses such as Salmonella and E.Coli?:

- A. Immediately washing hands after handling eggs or raw meat
- B. Immediately disposing of food that smells rancid.
- C. Using an unsealed wooden cutting board.
- D. Washing hands after using the toilet.

Question 143: Which of the following foods should NOT be stored in a freezer?:

- A. Fruit.
- B. Eggs.
- C. Bread.
- D. Cookies.

Question 144: What can you use to seal wooden cutting boards to prevent from nesting bacteria?

- A. Mineral oil.
- B. Vegetable oil.
- C. Olive oil.
- D. Sunflower oil.

Question 145: Which of the following is NOT a symptom of food poisoning?:

- A. Flu-like symptoms.
- B. Abdominal pain.

- C. Difficulty talking.
- D. Vomiting.

Question 146: What is the number one rule for using a sharp knife?:

- A. Chop fast for better results.
- B. Cut away from the body.
- C. Place the knife in the dishwasher with the handle down.
- D. Put the knife on the shelf.

Question 147: If your electricity goes down, how long will your full freezer stay frozen?:

- A. 12 hours.
- B. 24 hours.
- C. 48 hours.
- D. 2 hours.

Question 148: How long can you store fruits in the freezer if stored in a sealed container?:

- A. One day.
- B. One week.
- C. One month.
- D. One year.

Question 149: Bacteria breeds best when the temperature is:

- A. Between 40 to 140 degrees Fahrenheit (4 degrees to 60 degrees Celsius).
- B. Between 32 to 140 degrees Fahrenheit (0 degrees to 60 degrees Celsius).
- C. Between 40 to 132 degrees Fahrenheit (4 degrees to 56 degrees Celsius).

Question 150: Why should you avoid washing/rinsing poultry before cooking?:

- A. It washes away the flavor.
- B. It can spread bacteria.
- C. Wet poultry can cause oil splatters in the frying pan.
- D. It can spread smell.

Question 151: How long should you scrub your hands for, at a minimum?

- A. 10 seconds.
- B. 20 seconds.
- C. 30 seconds.
- D. 1 minute.

Question 152: Which of these would not be considered part of good hygiene in food handling?:

- A. Using hand sanitizer when you can't wash your hands.

- B. Using a paper towel to open the bathroom door after washing your hands.
- C. Using soap to lather your arms and hands.
- D. Drying your hands with a paper towel after washing them.

Question 153: The most dangerous temperature zone for storing prepared food is:

- A. 41° F to 135° F.
- B. Above 50° F.
- C. Above freezing.
- D. 32° F to 100° F.

Question 154: Olivia notices a small box of frozen chicken breasts on the counter that have been left out of the freezer and have begun to thaw. Which action should she take?:

- A. Tell the manager.
- B. Leave them as someone may have left them out to thaw.
- C. Cook them to a temperature over 135.
- D. Stick them back in the freezer.

Question 155: A customer orders his steak “rare.” What would be an appropriate cooked temperature?:

- A. 135 °F.
- B. 180 °F.
- C. 125 °F.
- D. 160 °F.

Question 156: Which of these is not true of hand washing?:

- A. Antibacterial soap must be used to wash hands.
- B. Hand scrubbing should take place for at least 10-15 seconds.
- C. Hot water should be used to wash hands.
- D. Using either a hand dryer or paper towel to dry hands is acceptable.

Question 157: Mike cut his finger at work 2 days ago and now it is oozing and infected. He should:

- A. Cover it with an impermeable cover such as a bandage or finger cot, and then wear a single-use glove on the affected hand.
- B. Place a bandaid, antibacterial ointment, and finger cot over his affected finger.
- C. Go to the urgent care center immediately.
- D. Tell a manager about the finger and not work in direct contact with food.

Question 158: Which parts must every food label contain?:

- A. Name of the food and expiration (use by) date.

- B. Potential allergies and expiration (use by) date.
- C. Name of food and potential allergies.
- D. Ingredients and expiration (use by) date.

Question 159: Although all food is in danger of becoming spoiled, which is not considered a “high-risk” food for bacterial contamination?:

- A. Melon.
- B. Bread.
- C. Eggs.
- D. Uncooked chicken.

Question 160: Which of these is not a time that a food handler should change gloves?:

- A. Before starting a new task.
- B. After handling ready-to-eat foods.
- C. If they are dirty or torn.
- D. Every four hours.

Question 161: Which list represents proper sanitation for a surface?:

- A. Sanitize the surface, clean the surface, rinse the surface, dry the surface with a towel.
- B. Clean the surface, sanitize the surface, rinse the surface, allow the surface to air-dry.
- C. Clean the surface, rinse the surface, sanitize the surface, allow the surface to air-dry.
- D. Clean the surface, rinse the surface, sanitize the surface, dry the surface with a towel.

Question 162: A soup bowl is washed but not rinsed properly, and there is still some soap on the bowl’s surface when soup is served to the next guest. Which type of food contamination would this be considered?:

- A. Physical.
- B. Biological.
- C. Sanitation.
- D. Chemical.

Question 163: At a minimum, how long should the entire hand-washing process take?:

- A. 45 seconds.
- B. 15 seconds.
- C. 60 seconds.
- D. 20 seconds.

Question 164: Which of these items is appropriate to wear when preparing food?:

- A. A plain wedding band on the finger.
- B. A medical alert bracelet on the wrist.

- C. Fingernail polish on trimmed and filed nails.
- D. Artificial nails.

Question 165: Kendall is thirsty and wants to keep her beverage nearby. How and where can she store it?:

- A. Under no circumstances are personal drinks allowed in a food preparation area.
- B. The drink must be labeled and stored in a designated space in the food prep area.
- C. The drink must be in a covered container with a straw and stored in a non-food prep area.
- D. As long as the drink is properly covered and labeled, it may be kept in any location that is convenient.

Question 166: At minimum, how often should a thermometer be checked for accuracy?:

- A. Once per week.
- B. Once per shift.
- C. After each use.
- D. Once per day.

Question 167: Which of these is not considered to be a “toxic metal” when used in food preparation?:

- A. Brass.
- B. Stainless steel.
- C. Copper.
- D. Tin.

Question 168: Cutting boards used for food preparation should be made of:

- A. Wood or rubber.
- B. Hard-wood or heavy duty plastic.
- C. Any wood, as long as it can be washed.
- D. Soft wood.

Question 169: Which of these could cause cross-contamination when preparing food?:

- A. Using the same cutting board for dicing tomatoes and peppers.
- B. Using the same cutting board for preparing raw chicken and lettuce.
- C. Using the same cutting board for two different varieties of gluten-free bread.
- D. Using the same cutting board for different parts of chicken.

Question 170: What is the major source of bacteria in food?:

- A. Food storage.
- B. Food packaging.
- C. Humans.

D. Transportation of food.

Question 171: Which of these is not considered a PHF (Potentially Hazardous Food)?:

- A. Eggs.
- B. Bread.
- C. Chicken.
- D. Cheese.

Question 172: You can kill most bacteria in food by:

- A. Refrigerating.
- B. Freezing.
- C. Drying.
- D. None of these.

Question 173: The least likely of these foods to transport bacteria would be:

- A. A cold bologna sandwich.
- B. A glass of milk.
- C. A glass of water.
- D. An open-faced hot turkey sandwich with gravy.

Question 174: You went to a friend's picnic and contracted salmonella from some food you ate there. You must:

- A. Report it to health officials.
- B. Refrain from eating the type of food that was contaminated.
- C. Tell the manager at your restaurant job before returning to work.
- D. Stay out of work at your restaurant job for four days.

Question 175: Which of these would be considered a violation of food service safety practices?:

- A. Storing an ice cream scoop in a dipper well with running water.
- B. Refrigerating reconstituted dry milk.
- C. Providing customers with individual servings of butter.
- D. Pouring multiple cartons of milk into a large container for ease of service.

Question 176: The use of pasteurized eggs is required when preparing which of these dishes?:

- A. Boiled eggs, as in a chef's salad.
- B. Caesar salad and hollandaise sauce.
- C. Scrambled or fried eggs.
- D. Omelets.

Question 177: A food-service inspector arrives unannounced at your facility while your manager is away and you are in charge. Which of these would not be an appropriate response?:

- A. Ask for the inspector's identification and credentials before allowing them entry.
- B. Walk with the inspector as they inspect the facility.
- C. Refuse them entry until your manager returns.
- D. Take notes as they point out problems.

Question 178: Your facility wants to sell house-made, prepackaged items such as smoked salmon and cured meats. What must you first obtain?:

- A. ServSafe Food Safety certification.
- B. A variance.
- C. FDA (Food and Drug Administration) approval.
- D. An OSHA (Occupational Safety and Health Administration) exception amendment.

Question 179: You are cleaning a pan that contains baked-on lasagna. What is the best choice for the job?:

- A. Use a degreaser.
- B. Use a delimer.
- C. Soak it in water that is 171° F for 30 seconds.
- D. Use an abrasive cleaner.

Question 180: Karen takes coleslaw out of the refrigerator at noon to serve at a picnic wedding. Besides labeling the food with the time it was removed, what other precaution must be taken to ensure food safety?:

- A. Make sure the food is covered while it is sitting at room temperature.
- B. Place the food in an insulated container.
- C. Ensure that the temperature of the food is measured at least every 4 hours.
- D. Make provisions to keep the food at 41° or below.

Question 181: A restaurant offers six types of dressings at their self-serve station. How many ladles must they have?:

- A. Four.
- B. Eight.
- C. Six.
- D. One.

Question 182: What is the correct temperature that frozen food should be kept at?:

- A. 0 degrees C.
- B. 15 degrees C or lower.
- C. -18 degrees C or lower.

D. 20 degrees C or lower.

Question 183: Where should raw meat be stored in a refrigerator?:

- A.** At the top.
- B.** In the middle.
- C.** At the bottom, below all other food.
- D.** At the bottom, top of all other food.

Question 184: Which one of the following jewellery is acceptable for a food handler to wear?:

- A.** Plain wedding band.
- B.** Arm ring.
- C.** Bracelet .
- D.** A ring that is a symbol of religious faith.

Question 185: What is the ideal temperature for Pathogens to flourish?:

- A.** 10 degrees F.
- B.** 37 degrees F.
- C.** 55 degrees F.
- D.** 90 degrees F.

Question 186: How many times can you reheat leftovers?:

- A.** As many times as you like.
- B.** Twice.
- C.** Four times.
- D.** You should only reheat leftovers once.

Question 187: Which of the following meats are safe to eat when they are pink or raw?:

- A.** Chicken.
- B.** Pork.
- C.** Minced meat.
- D.** Lamb.

Question 188: What are the basic steps for washing hands?:

- A.** Wash thoroughly with water and dry.
- B.** Apply soap, wash thoroughly, rinse and use paper towels.
- C.** Apply soap, wash thoroughly.
- D.** Wash thoroughly, rinse and use paper towels.

Question 189: What is the reason for drying your hands after washing them?:

- A.** So that you don't drip water everywhere.

- B. Because germs and bacteria are more easily spread with wet hands.
- C. Your hands are slippery when wet, and you will not be able to hold kitchen utensils properly.
- D. Wet hands are not suitable for work.

Question 190: Which of the following is true about bacteria:

- A. Bacteria multiplies and grows faster in warm environments.
- B. Bacteria need air to survive.
- C. Every type of bacteria can give people food poisoning.
- D. By freezing food you can kill bacteria.

Question 191: The ideal temperature in your fridge should be?:

- A. 4 – 10 degrees C.
- B. 1 and 4 degrees C.
- C. 0 to 4 degrees C.
- D. -2 to 0 degrees C.

Question 192: Which one of the following foods is likely to contain the MOST bacteria?:

- A. Frozen raw chicken.
- B. Recently cooked chicken.
- C. An opened fizzy drink.
- D. Bottled mayonnaise.

Question 193: Whilst in a food preparation or serving environment, what is the best way to dry your hands after washing them?:

- A. Using paper towels.
- B. Damp towels.
- C. Just let them dry naturally.
- D. Just shake them dry naturally.

Question 194: How can you tell if food has enough bacteria to cause food poisoning?:

- A. It will smell.
- B. You can't, it will appear normal.
- C. It will have a different colour.
- D. It will taste different.

Question 195: Which of the following powers do Environmental Health Officers NOT have?:

- A. Authority to close down premises.
- B. The power of arrest.
- C. Authority to enter premises without appointment.
- D. The power to seize foods.

Question 196: It is important to prepare food safely because:

- A. It helps to prevent food poisoning.
- B. Prepared food looks better.
- C. Prepared food tastes better.
- D. For satisfaction.

Question 197: Which of the following does bacteria need to assist it to grow and multiply:

- A. Water.
- B. Food.
- C. Warm temperatures.
- D. All of the above.

Question 198: How do you know if a beef burger has been properly cooked and is safe to eat?:

- A. After cutting it in half and you see the inside as red you know it has been cooked properly.
- B. If you can see that it has been burnt then you know it is safe.
- C. If you can see the outside of the burger is evenly brown and when you cut it in the middle you can see that the meat is no longer pink.

Question 199: In a place of work, the best way to dry your hands after washing them is to:

- A. Use a cotton towel.
- B. Just shake excess water away.
- C. Use an air dryer.
- D. Use a paper towel.

Question 200: True or False: If a food is cooked on the outside it will also be cooked on the inside:

- A. True.
- B. False.

Question 201: True or False: It's okay to thaw perishable food like frozen chicken and beef on the kitchen counter or in the sink:

- A. True.
- B. False.

Question 202: True or False: Foods should be put away in the fridge or freezer within two hours:

- A. True.
- B. False.

Question 203: True or False: Milk and eggs can be stored in the refrigerator door:

- A. True.

B. False.

Question 204: True or False: One of the best ways to prevent contaminating foods is to wash your hands:

A. True.

B. False.

Question 205: True or False: You can tell if food is still safe to eat by smelling it:

A. True.

B. False.

Question 206: True or False: Keep raw foods and cooked foods separate:

A. True.

B. False.

Question 207: True or False: Fruits and vegetables should be washed, even if you're peeling them:

A. True.

B. False.

Question 208: True or False: The temperature at which you cook leftovers doesn't matter because it's already cooked.

A. True.

B. False.

Question 209: True or False: Steaks can be eaten rare:

A. True.

B. False.

Question 210: True or False: Pregnant women, infants, seniors and people with a weakened immune system are at greater risk of developing foodborne illness.

A. True.

B. False.

ANSWERS:

1) A. 2) A. 3) B. 4) B. 5) C. 6) B. 7) C. 8) B. 9) C. 10) A. 11) C. 12) C. 13) A. 14) A. 15) C. 16) C. 17) D. 18) A. 19) B. 20) B. 21) C. 22) A. 23) A. 24) D. 25) C. 26) C. 27) A. 28) C. 29) C. 30) A. 31) B. 32) C. 33) D. 34) B. 35) C. 36) B. 37) B & D. 38) C. 39) B. 40) A. 41) B. 42) B & C. 43) D. 44) B. 45) C. 46) A. 47) D. 48) D. 49) B. 50) D. 51) A.

52) C. 53) D. 54) A. 55) B. 56) A. 57) B. 58) A. 59) A. 60) D. 61) A. 62) A. 63) C. 64) D.
65) D. 66) B. 67) B. 68) D. 69) C. 70) B. 71) C. 72) C. 73) B. 74) A. 75) B. 76) C. 77) A.
78) D. 79) D. 80) C. 81) C. 82) C. 83) D. 84) A. 85) D. 86) C. 87) B. 88) D. 89) D. 90) A.
91) C. 92) A. 93) B. 94) A. 95) D. 96) A. 97) B. 98) D. 99) A. 100) A. 101) B. 102) C.
103) D. 104) A. 105) D. 106) A. 107) D. 108) C. 109) B. 110) D. 111) C. 112) A. 113) C.
114) D. 115) A. 116) A. 117) C. 118) C. 119) A. 120) B. 121) B. 122) A. 123) D. 124) B.
125) D. 126) D. 127) E. 128) D. 129) B. 130) B. 131) C. 132) B. 133) A. 134) C. 135) B.
136) C. 137) B. 138) D. 139) A. 140) C. 141) B. 142) C. 143) B. 144) A. 145) C. 146) B.
147) C. 148) C. 149) A. 150) B. 151) B. 152) A. 153) A. 154) A. 155) A. 156) A. 157) A.
158) A. 159) B. 160) B. 161) C. 162) D. 163) D. 164) A. 165) C. 166) B. 167) B. 168) B.
169) B. 170) C. 171) B. 172) D. 173) D. 174) A. 175) D. 176) B. 177) C. 178) B. 179) D.
180) D. 181) C. 182) C. 183) C. 184) A. 185) B. 186) D. 187) D. 188) B. 189) B. 190) A.
191) C. 192) C. 193) A. 194) A. 195) B. 196) A. 197) D. 198) C. 199) D. 200) B. 201) B.
202) A. 203) B. 204) A. 205) B. 206) A. 207) A. 208) B. 209) A. 210) A.

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