Sample Quiz for Food Handlers

1. Bacteria can grow in potentially hazardous foods. These foods must be kept out of the danger zone. Which of the following are not potentially hazardous foods?
   a. Tofu
   b. Raw beef
   c. Cut tomatoes
   d. Cooked vegetables
   e. Uncooked pasta

2. Chemicals, medications, and other hazardous substances should be stored:
   a. On top of the ice machine unit
   b. Anywhere in the kitchen, as long as they are not in use
   c. In a designated area, below and separate from food, utensils, etc.
   d. On the top shelf, above food, utensils, etc.

3. Potentially hazardous foods must be cooled from 135°F to _____ °F within 2 hours. And then the food must reach 41°F within an additional ____ hours.
   a. 70°F; 4 hours
   b. 80°F; 2 hours
   c. 70°F; 2 hours
   d. 80°F; 4 hours

4. Within a two hour time period, leftovers must be reheated to a minimum internal temperature of______.
   a. 130°F
   b. 135°F
   c. 155°F
   d. 165°F

5. Potentially hazardous food must be kept out of the danger zone. The danger zone is between:
   a. 0°F - 135°F
   b. 41°F - 135°F
   c. 41°F - 150°F
   d. 50°F - 120°F

6. Food handlers’ hands must be washed for a total of 20 seconds with soap and water and then dried with a paper towel after:
   a. Handling raw meat, fish, poultry, or eggs
   b. Touching nose, wiping face, eating
   c. Using the restroom and again when re-entering the kitchen
   d. All of the above
   e. Only after touching your face
7. The proper steps for dishwashing (3-compartment sink or in-place cleaning) are:
   a. Wash – rinse – sanitize – towel-dry
   b. Wash – rinse – sanitize – air-dry
   c. Wash – sanitize – rinse – air-dry
   d. Rinse – wash – sanitize – air-dry

8. When handling “ready-to-eat” foods (sandwiches, salads, etc.), food handlers can use:
   a. Gloves
   b. Utensils
   c. Clean, bare hands
   d. All of the above
   e. a and b

9. You can thaw frozen food ______________.
   a. Out on the counter
   b. In the sink under cool, running water
   c. In a sink of standing water
   d. On top of the mop sink

10. Hamburgers and ground meat must be cooked to an internal temperature of ________.
    a. 140°F
    b. 145°F
    c. 155°F
    d. 165°F

11. Chicken and other poultry must be cooked to an internal temperature of ________.
    a. 140°F
    b. 145°F
    c. 155°F
    d. 165°F

12. Hand sinks can be used to:
    a. Wash hands
    b. Fill up water pitchers
    c. Dump ice
    d. Rinse off knives
    e. All of the above
13. When harmful substances or micro-organisms are transferred from hands, food-contact surfaces, wiping cloths, chemical containers onto food or food surfaces, it is called:
   a. Safe food handling
   b. Cross contamination
   c. Botulism
   d. Waste removal

14. When a food handler’s gloves are dirty, he or she should:
   a. Keep working
   b. Wash the gloves off in the handsink
   c. Dry the gloves on a paper towel
   d. Throw away the gloves, wash hands and put on a new pair of gloves

15. People who have symptoms of illness (diarrhea, vomiting, fever) **are not allowed** to work in the kitchen handling food and clean utensils.
   a. True
   b. False

16. After washing hands with soap and warm water, it is acceptable to dry your hands on your pants or on a cloth towel.
   a. True
   b. False

17. Keeping the lids off containers until they are 41°F and stirring the food will help rapidly cool hot foods.
   a. True
   b. False

18. If you have a cut on your finger or hand, just put a bandage on the cut and then you are ready to work with food or wash dishes.
   a. True
   b. False

19. It is okay to use bare hands when cutting bread or putting chips in a basket for customers because you don’t have to touch the food for very much time.
   a. True
   b. False

20. Cold foods like eggs, meats and dairy must be kept at 45°F or below.
   a. True
   b. False
Answers
1. E
2. C
3. A
4. D
5. B
6. D
7. B
8. E
9. B
10. C
11. D
12. A
13. B
14. D
15. A
16. B
17. A
18. B
19. B
20. B