

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

