Name_____ Date_____

Chapter 1 Providing Safe Food

1. A foodborne _____ is a disease transmitted to people through food.

2. An illness is considered an _____ when:
    - _____ or more people have the same symptoms after eating the same food
    - An _____ is conducted by state and local regulatory authorities
    - The outbreak is _____ by laboratory analysis

3. Challenges to Food Safety include: (list 3)
    a.
    b.
    c.
4. Costs of a foodborne illness to an operation:
    a.
    b.
    c.
    d.
    e.
    f.
5. Biological contaminants include:
    a.
    b.
    c.
    d.
6. Chemical contaminants include:
    a.
    b.
    c.
7. Name 3 Physical hazards:
    a.
    b.
    c.
8. Five risk factors for foodborne illness:
    a. Purchasing food from _____ sources
    b. Failing to _____ food correctly
    c. _____ food at incorrect temperatures
    d. Using _____ equipment
    e. Practicing poor _____ _____

9. Time-temperature abuse:
    a. When food has stayed too long at temperatures good for pathogen _____

Name_____ Date_____

b. It has not been _____or _____at correct temperatures
c. It is not _____or _____enough to kill pathogens
d. It is not _____correctly

10. Cross-contamination:
    a. When pathogens are _____from one surface or food to another
11. Name 3 ways cross-contamination can occur.
    a.
    b.
    c.
12. Name 3 ways Poor personal hygiene can cause a foodborne illness
    a.
    b.
    c.
13. Name TCS foods.
    a.
    b.
    c.
    d.
    e.
    f.
    g.
    h.
14. These people have a higher risk of getting a foodborne illness:
    a.
    b.
    c.
15. The _____inspects all food except meat, poultry, and eggs. The agency also regulates food transported across state lines. In addition, the agency issues the *FDA Food Code*, which provides recommendations for food safety regulations.
16. The _____regulates and inspects meat, poultry, and eggs. It also regulates food that crosses state boundaries or involves more than one state.
17. Agencies such as the _____and the U. S. Public Health Service (PHS) conduct research into the causes of foodborne illness outbreaks.
18. _____ and _____ regulatory authorities write or adopt code that regulates retail and foodservice operations.

Name_____ Date_____

Chapter 2 Forms of Contamination

1. **How can People can contaminate food?**
   a.
   b.
   c.
2. What is the difference between a microorganism and a pathogen?

3. **Four types of pathogens can contaminate food and cause foodborne illness:**
   a.
   b.
   c.
   d.
4. Bacteria need six conditions to grow. Name them:

F

A

T

T

O

M

5. Bacteria grow best in food that is _____ to _____ _____ so a range of ____ to _____ is where they grow best.
6. Bacteria grow rapidly between _____ and _____ (5˚C and 57˚C) which is known as the _____ _____ _____.
7. **Bacteria**: *Salmonella* Typhi (SAL-me-NEL-uh TI-fee) Source: _____

Food Linked with the Bacteria	Prevention Measures
• •	• _____food handlers diagnosed with an illness caused by *Salmonella* Typhi from the operation • Wash _____ • Cook food to _____ _____ _____

8. *Salmonella* Typhi lives only in _____.

Name_____ Date_____

9. People with _____ _____carry the bacteria in their bloodstream and intestinal tract.
10. How long do bacteria live in a human after symptoms have ended? _____
11. **Bacteria**: *Shigella* spp. (shi-GEL-uh) **Source**: _____

Food Linked with the Bacteria	**Prevention Measures**
Food easily contaminated by hands, such as _____containing TCS food (potato, tuna, shrimp, macaroni, chicken)	_____ food handlers diagnosed with an illness caused by *Shigella* spp. from the operation Exclude food handlers who have _____from the operation
Food that has made contact with contaminated _____, such as produce	_____hands
	Control _____inside and outside the operation

12. Why are flies a concern with Shigella spp.?
13. **Bacteria**: Enterohemorrhagic and shiga toxin-producing *Escherichia coli* (ess-chur-EE-kee-UH-KO-LI) **Source**: Intestines of _____; infected _____

Food Linked with the Bacteria	**Prevention Measures**
• Ground _____ (raw and undercooked) • Contaminated _____	• _____food handlers who have diarrhea or have been diagnosed with a disease from the bacteria • Cook food, especially ground beef, to _____ internal temperatures • Purchases produce from _____, _____suppliers • Prevent cross-contamination between _____meat and _____

14. **Viruses: the _____cause of foodborne illness.**

Name_____ Date_____

Location:

a. Carried by _____ beings and _____
b. Require a living _____ to grow
c. Do not grow in _____
d. Can be _____ through food and remain infectious in food

15. **Sources:**

_____, _____, or any _____ surface

a. Typically occur through _____- _____ routes
b. Not destroyed by normal _____temperatures
c. Good _____ _____ must be practiced when handling food and food-contact surfaces
d. Quick removal and cleanup of _____ is important

16. **Virus**: Hepatitis A (HEP-a-TI-tiss)) **Source**: _____

Food Linked with the Virus	**Prevention Measures**
• _____food • _____from contaminated water	• _____staff who have been diagnosed with hepatitis A from the operation
	• Exclude staff who have _____from the operation
	• _____hands
	• Avoid _____contact with _____food
	• Purchase _____from approved, reputable suppliers

17. **Virus**: Norovirus (NOR-o-VI-rus) **Source**: _____

Food Linked with the Virus	**Prevention Measures**
• _____food • _____ from contaminated water	• _____staff who have been diagnosed with Norovirus from the operation

Name_____ Date_____

	• _____staff who have diarrhea and vomiting from the operation
	• Wash _____
	• Avoid _____contact with ready-to-eat food
	• Purchase _____from approved, reputable suppliers

18. **Parasites:**
    a. Require a _____ to live and reproduce
    b. **Source:**
    c. _____, _____, and food processed with contaminated _____, such as produce
    d. **Prevention:**
    e. Purchase food from approved, reputable _____
    f. Cook food to required minimum internal _____
    g. _____ that will be served raw or undercooked must be frozen correctly by the manufacturer
19. **Fungi:**
    a. **_____, _____, _____**
    b. Some molds and mushrooms produce _____
    c. _____ moldy food, unless mold is a natural part of the food
    d. Purchase _____ from approved, reputable suppliers
20. **Biological Toxins**

    Origin:

    a. Naturally occur in certain _____, _____, and _____

    Seafood toxins:

    b. Produced by _____ found on certain fish
    c. _____, _____, _____ _____
    d. _____, produced when fish is time-temperature abused

    Occur in certain large fish that eat smaller fish that have consumed the toxin

    e. _____, _____, _____, _____
    f. _____ toxin is an example

21. **Biological Toxins**
    a. Toxins cannot be _____by cooking or freezing.

Name_____ Date_____

b. People will experience illness within _____
c. Neurological symptoms
d. _____ in extremities
e. Reversal of hot and cold sensations
f. _____ of the face and/or hives
g. Difficulty _____
h. _____ palpitations
i. The most important ways to prevent a foodborne illness are to purchase plants, mushrooms, and seafood from _____, _____suppliers and control _____and _____when handling raw fish.

22. **Chemical Contaminants**

Sources:

a. Certain types of kitchenware and equipment (items made from _____, _____, _____, and some types of _____pottery)
b. _____, sanitizers, polishes, machine lubricants, and pesticides
c. _____, first-aid products, and health and beauty products (hand _____, hairsprays, etc.)
d. Why are hand lotions not allowed to be used in a commercial restaurant?

Prevention of Chemical Contaminations:

e. Only use chemicals _____for use in foodservice operations
f. Purchase chemicals from approved, reputable _____
g. Store chemicals _____ from prep areas, food-storage areas, and service areas
h. Chemicals must be separated from food and food-contact surfaces by _____ and partitioning
i. Chemicals must _____ be stored above food or food-contact surfaces
j. Use chemicals for their intended _____ and follow manufacturer's directions

Prevention:

k. Only handle _____ with equipment and utensils approved for foodservice use
l. Make sure the manufacturers' labels on original chemical containers are _____
m. Keep _____ current, and make sure they are accessible to staff at all times
n. Follow the manufacturers' directions and local regulatory requirements when throwing out _____

23. **Physical Contaminants**

Sources:

a. Common objects that get into food
   i.
   ii.
   iii.
b. Naturally occurring objects such as
   i.
   ii.
   iii.

24. **Responding to a Foodborne-Illness Outbreak**

Name_____ Date_____

a. Gather _____
b. Notify _____
c. Segregate _____
    - Include a label with “Do Not Use” and “Do Not Discard” on it
d. _____information
e. Identify _____
f. _____ with authorities
g. Review _____

25. **Food Allergens**
    a. A protein in a food or ingredient some people are _____to
    b. These proteins occur _____
    c. When an enough of an allergen is eaten, an _____reaction can occur

    Allergy symptoms include:

    a.
    b.
    c.

    Common food allergens:

    a.
    b.
    c.
    d.
    e.

    Prevent Allergic Reactions BY:

    a. Be able to describe _____the dish is prepared
    b. Identify _____
    c. _____ simple menu items
    d. _____-_____ food to customers with food allergies

` **To Prevent Allergic Reactions Kitchen staff:**

    a. Avoid _____
        i. Do NOT cook different types of food in the same fryer _____
        ii. Do NOT put food on surfaces that have _____ allergens

26. Why should you not use the same parchment paper for peanut butter cookies as chocolate chip cookies?

Chapter 3 The Safe Food Handler

1. Food handlers can contaminate food when they:
    a. Have a foodborne _____
    b. Have _____ that contain a pathogen
    c. _____ or _____
    d. Have contact with a person who is _____
    e. _____ anything that may contaminate their hands and then don’t wash them
    f. Have _____ such as diarrhea, vomiting, or jaundice—a yellowing of the eyes or skin

Name_____ Date_____

2. Actions that can contaminate food include:
   1. 2. 3.
   4. 5. 6.
3. How to wash hands (should take at least 20 seconds):
   a. _____hands and arms. Use running water as hot as you can comfortably stand. It should be at least _____).
   b. Apply _____. Apply enough to build up a good lather.
   c. _____ hands and arms vigorously. Scrub them for ___ to ____seconds. Clean under fingernails and between fingers.
   d. _____ hands and arms thoroughly. Use running warm water.
   e. Dry hands and arms. Use a _____paper towel or hand dryer. Consider using a paper towel to turn off the _____ and open the restroom _____.
4. Name 4 times hands should be washed.
   a. c.
   b. d.
5. When can Hand antiseptics be used?
   a. _____ handwashing
   b. Must NEVER be used in place of _____
   c. Should be allowed to _____ before touching food or equipment
6. Hand Requirements for food handlers:
   a. Keep fingernails _____ and _____
   b. Do NOT wear _____ nails
   c. Do NOT wear nail _____
7. Why should nails be kept short?
8. Infected wounds or cuts:
   a. Contain _____
   b. Must be _____to prevent pathogens from contaminating food and food-contact surfaces
9. How a wound is covered depends upon where it is located:
   a. Cover wounds on the hand or wrist with an impermeable _____(i.e. bandage or finger cot) and then a single-use _____
10. Cover wounds on the arm with an impermeable cover, such as a _____
11. Cover wounds on other parts of the body with a dry, tight-fitting _____
12. Single-use gloves:
    a. Should be used when handling _____-_____-_____ food
    b. Except when _____ produce
    c. Except when handling _____ ingredients for a dish that will be cooked
    d. Must NEVER be used in place of _____
    e. Must NEVER be washed and _____
    f. Must fit _____
13. How to use gloves:
    a. _____ and _____ hands before putting gloves on
    b. Select the correct glove _____
    c. Hold gloves by the _____ when putting them on
    d. Once gloves are on, check for _____ or tears
    e. NEVER _____ into gloves
    f. NEVER _____ gloves to make them easier to put on
14. When to change gloves:

Name_____ Date_____

a. As soon as they become _____ or torn
b. Before beginning a _____ task
c. After an interruption, such as taking a _____
d. After handling _____ meat, seafood, or poultry and before handling _____ food
e. _____-_____ contact with _____-_____-_____food must be avoided:
    i. Some jurisdictions allow it but require
        1. Policies on staff health
        2. Training in handwashing and personal hygiene practices

15. NEVER handle ready-to-eat food with bare hands when you primarily serve a _____ population
16. Food handlers must:
    a. Wear a clean _____ or other hair restraint
    b. Wear clean _____ daily
    c. Remove _____ when leaving food-preparation areas
    d. Remove _____ from hands and arms before prepping food or when working around prep areas
17. Food handlers must NOT:
    a. _____, drink, smoke, or chew _____ or tobacco
18. When:
    a. _____ or _____ food
    b. Working in _____ areas
    c. Working in areas used to _____ utensils and equipment
19. If:
    a. The food handler has a sore _____ with a _____
        i. Then:
    b. _____ the food handler from working with or around food
    c. _____ the food handler from the operation if you primarily serve a high-risk population
    d. A _____ release from a medical practitioner is required before returning to work
20. If:
    a. The food handler has at least one of these symptoms _____ _____
        i. Then:
    b. Exclude the food handler from the operation
    c. Before returning to work, food handlers who vomited or had diarrhea must meet one of these requirements
    d. Have had no symptoms for at least _____ hours
    e. Have a _____ _____from a medical practitioner
21. If:
    a. The food handler has _____
        i. Then:
    b. Food handlers with jaundice must be reported to the regulatory _____
    c. Exclude food handlers who have had jaundice for less than _____from the operation

Name_____ Date_____

d. Food handlers must have a written release from a medical practitioner _____approval from the regulatory authority before returning to work

22. If:
    a. The food handler has been diagnosed with a _____ _____ caused by one of these pathogens and has symptoms
    b. _____ A
    c. _____ Typhi
    d. _____ and _____ toxin-producing _____
    e. _____
    f. _____ spp.
        i. Then:
    g. _____the food handler from the operation
    h. Work with the food handler's medical practitioner _____ the local regulatory authority to decide when the person can go back to work

Chapter 4 The Flow of Food

1. To keep food safe throughout the flow of food:
    a. Prevent _____
    b. Prevent _____ abuse
2. STEPS include:

3. Preventing Cross-Contamination
        i. Separate equipment:
    a. Use separate _____ for each type of food
        i. Clean and sanitize:
    a. _____ and _____ all work surfaces, equipment, and utensils after each task
4. Prep food at different times:
    a. _____ raw meat, fish, and poultry at different times than ready-to-eat food (when using the same prep table)
5. Buy prepared food:
    a. Buy food items that don't require much _____ or _____
6. Preventing Time-Temperature Abuse
        i. Time-temperature control:
    b. Food held in the range of _____ (5°C to 57°C) has been time-temperature abused
7. Food has been time-temperature abused whenever it is handled in the following ways
    a. _____ to the wrong internal temperature
    b. _____ at the wrong temperature
    c. Cooked or _____ incorrectly
8. Avoid time-temperature abuse:
    a. Monitor _____ and _____

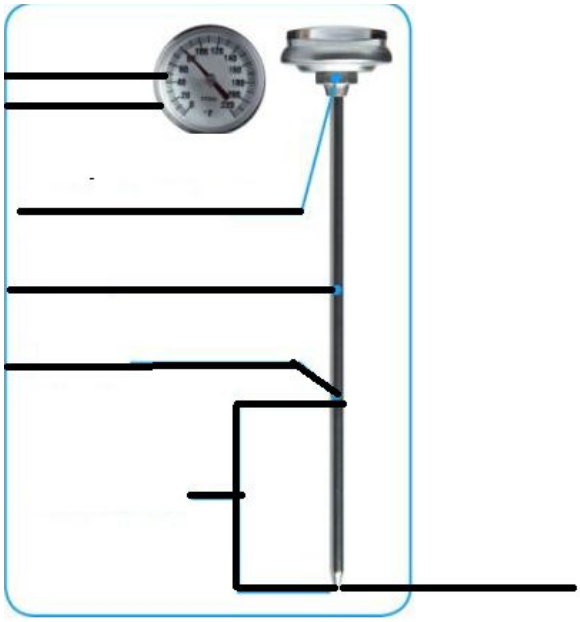
Name_____ Date_____

b. Make sure the correct kinds of _____ are available
c. Regularly _____ temperatures and the times they are taken
d. _____ the time that food spends in the temperature danger zone
e. Take corrective _____ if time-temperature standards are not met

9. Monitoring Time and Temperature
    i. Bimetallic stemmed thermometer:

a. Can check temperatures from _____(–18˚C to 104˚C)
b. Measures temperature through its metal _____
c. _____ _____ is used to adjust the thermometer to make it accurate

10. Label a Bi-Metallic Stem Thermometer



11. Thermocouples and thermistors:
    a. Measure temperature through a metal _____
    b. Display temperatures _____
    c. Come with interchangeable _____
        i. _____ probe
        ii. _____ probe
        iii. _____ probe
        iv. _____ probe
    d. Have a sensing area on the tip of their _____
12. Infrared (laser) thermometers:
    a. Used to measure the _____ temperature of food and equipment
    b. Hold as _____ to the food or equipment as possible

Name_____ Date_____

   c. Remove anything _____ the thermometer and the food, food package, or equipment
   d. Follow _____' guidelines
13. **Time-temperature indicators (TTI):**
   a. Monitor both _____ and _____
   b. Are attached to _____ by the supplier
   c. A _____ change appears on the device when time-temperature abuse has occurred
14. Maximum registering tape:
   a. Indicates the highest _____ reached during use
   b. Used where temperature readings cannot be _____ observed
15. When using thermometers:
   a. _____, _____, _____, and _____ thermometers before and after using
   b. _____ them before each shift to ensure accuracy
   c. Make sure thermometers used to measure the temperature of food are accurate to _____
   d. Only use _____ thermometers if they are enclosed in a shatterproof casing
16. Insert the thermometer stem or probe into _____ part of the product (usually the center)
17. Take _____ than one reading in different spots
18. Wait for the thermometer reading to _____ before recording the temperature

Chapter 5 General Purchasing and Receiving Principles

1. Purchase food from approved, reputable suppliers:
   a. Have been _____
   b. Meet all applicable _____, _____, and _____ laws
   c. Arrange deliveries so they arrive:
   d. When staff has enough time to do _____
   e. When they can be correctly _____
2. Receiving principles:
   a. Make specific staff responsible for receiving
   b. _____ them to follow food safety guidelines
   c. Provide them with the right _____
   d. Have enough trained staff available to receive food promptly
   e. _____ delivery trucks for signs of contamination
   f. Visually check food items and check _____
   g. _____ items promptly after receiving
3. Key drop deliveries:
   a. Supplier is given _____ access to the operation to make deliveries
4. Deliveries must meet the following criteria
   a. Be _____ upon arrival at the operation

Name_____ Date_____

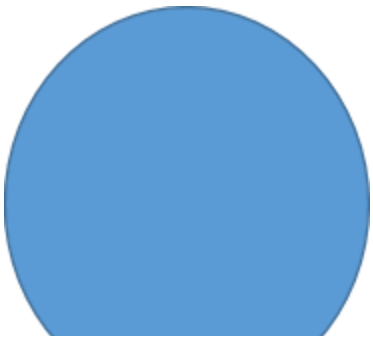
b. Be from an _____ source
c. Have been placed in the correct storage location to maintain the required _____
d. Have been protected from _____ in storage
e. Is NOT _____
f. Is honestly _____

5. Rejecting deliveries:
   a. Separate _____ items from accepted items
   b. Tell the delivery person what is _____ with the item
   c. Get a signed _____ or credit slip before giving the rejected item to the delivery person
   d. _____ the incident on the invoice or receiving document
6. Recalls:
   a. Identify the _____ food items
   b. _____the item from inventory, and place it in a secure and appropriate location
   c. Store the item _____from food, utensils, equipment, linens, and single-use items
   d. _____ the item in a way that will prevent it from being placed back in inventory
   e. Inform _____not to use the product
   f. Refer to the _____ _____ or _____notice to determine what to do with the item
7. Checking the temperature of meat, poultry, and fish-
   a. Insert the thermometer stem or probe into the _____ part of the food (usually the center)
8. Checking the temperature of ROP food (MAP, vacuum-packed, and *sous vide* food):
   a. Insert the thermometer stem or probe between _____ packages
   b. As an alternative, fold packaging _____ the thermometer stem or probe
9. Checking the temperature of other packaged food:
   a. Open the package and insert the thermometer stem or probe _____ the food
10. Temperature criteria for deliveries:
    a. **Cold TCS food:** Receive at _____ F (5°C) or lower unless otherwise specified
    b. **Live shellfish:** Receive oysters, mussels, clams, and scallops at an air temperature of _____ F (7°C) and an internal temperature no greater than _____ F (10°C)
    c. Once received, the shellfish must be cooled to _____ F (5°C) or lower in _____hours
    d. **Shucked shellfish:** Receive at 45°F (7°C) or lower
    e. Cool the shellfish to _____ F (5°C) or lower in within _____hours
11. Temperature criteria for deliveries:
    a. **Shell eggs:** Receive at an air temperature of _____ F (7°C) or lower
    b. **Milk:** Receive at _____ °F (7°C) or lower
    c. Cool the milk to _____ °F (5°C) or lower in four hours
    d. **Hot TCS food:** Receive at _____ °F (57°C) or higher
    e. **Frozen food:** Receive frozen _____
12. Temperature criteria for deliveries:
    a. Reject frozen food if there is evidence of _____and _____
    b. Fluids or water _____ in case bottoms or on packaging
    c. Ice _____ or frozen liquids on the food or packaging
13. Reject packaged items with:
    a. _____, holes, or punctures in packaging; reject cans with swollen ends, rust, or dents

Name_____ Date_____

b. Bloating or _____(ROP food)
c. Broken cartons or _____
d. _____ and discolored packaging
e. _____, dampness, or water stains
f. Signs of _____ or pest damage
g. _____ use-by/expiration dates
h. Evidence of _____

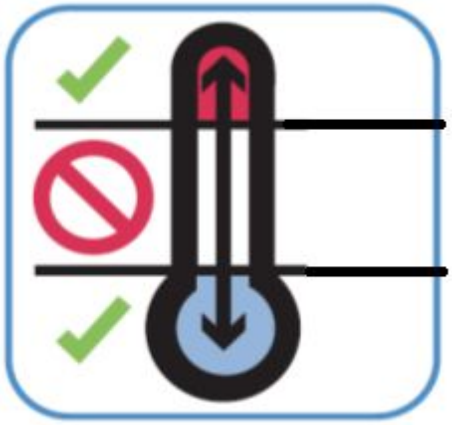
14. Required documents:
    a. Shellfish must be received with shell stock identification tags
    b. _____ indicate when and where the shellfish were harvested
    c. Must be kept on file for _____ from the date the last shellfish was used from its delivery container
15. Required documents:
    a. Fish that will be eaten _____ or partially cooked
    b. Documentation must show the fish was correctly _____ before being received
    c. Keep documents for _____ from the sale of the fish
16. Farm raised fish
    a. Must have documentation stating the fish was raised to _____
    b. Keep documents for _____ from the sale of the fish
17. Receiving and Inspecting: Assessing food quality:
    a. **Appearance:** Reject food that is _____ or has an abnormal color
    b. **Texture:** Reject meat, fish, or poultry if
    c. It is _____, sticky, or dry
    d. It has soft flesh that leaves an _____ when touched
18. **Odor:** Reject food with an abnormal or unpleasant _____
19. Labeling food for use on-site:
    a. All items not in their _____ containers must be labeled
    b. Food labels should include the common _____ of the food or a statement that clearly and accurately identifies it
    c. It is not necessary to label food if it clearly will not be mistaken for another _____.
20. Labeling food packaged on-site for retail sale:
    a. Common _____ of the food or a statement clearly identifying it
    b. _____ of the food
    c. If the item contains two or more _____, list the ingredients in descending order by weight
    d. List of artificial _____ and flavors in the food including chemical preservatives
    e. Name and place of business of the _____, packer, or distributor
    f. Source of each major food _____ contained in the food
21. Date marking:
    a. Ready-to-eat TCS food must be marked if held for longer than _____
    b. Date mark must indicate when the food must be sold, eaten, or thrown out
    c. Create a label for potato salad that was prepared today.



Name_____ Date_____

22. Date marking:
    a. Ready-to-eat TCS food can be stored for only _____ days if it is held at 41°F (5°C)
    or lower
    b. The count begins on the day that the food was _____ or a commercial container was opened
    c. For example, potato salad prepared and stored on October 1 would have a discard date of _____ on the label
23. **If:**
    a. A commercially processed food has a use-by date that is less than _____days from the date the container was opened
24. **Then:**
    a. The container should be marked with this _____ date
    As long as the date is based on food safety
    b. When combining food in a dish with different use-by dates, the discard date of the dish should be based on the _____ prepared food
25. Consider a shrimp and sausage jambalaya prepared on December 4
    a. The shrimp has a use-by date of _____ The sausage has a use-by date of December 10
    b. The use-by date of the jambalaya is _____
    c. What is the date to be listed on the left overs?
    d. _____
26. Temperatures:
    a. Store TCS food at an internal temperature of _____ or lower or _____ (57°C) or higher
    b. Store frozen food at temperatures that keep it _____
    c. Make sure storage units have at least one air temperature measuring device; it must be accurate to _____
    d. Place the device in the _____ part of refrigerated units, and the _____ part of hot-holding units
27. Label the Temperature Danger Zone on the thermometer:

Name_____ Date_____



28. Temperatures:
    a. Do NOT _____ coolers or freezers
    b. Prevents _____
    c. Makes unit work _____
    d. Frequent _____ of the cooler lets warm air inside, which can affect food safety
    e. Use open _____
    f. Lining shelving restricts _____
    g. Monitor food temperatures regularly
    h. _____ sample food temperatures
    i. Rotate food to use the oldest inventory first:
    j. One way to rotate products is to follow _____ which stands for:
    k. Identify the food item's _____ or expiration date
    l. Store items with the _____ use-by or expiration dates in front of items with later dates
    m. Once shelved, use those items stored in _____ first
    n. Throw out food that has passed its manufacturer's use-by or _____ date
29. Preventing cross-contamination:
    a. Store all items in _____ storage areas
    b. Store items away from walls and at least _____ inches (15 centimeters) off the floor
    c. Store single-use items (e.g., sleeve of single-use cups, single-use gloves) in _____ packaging
    d. Store food in durable _____ intended for food
    e. Use containers that are durable, leak proof, and able to be sealed or covered
    f. NEVER use empty food containers to store _____;
    g. NEVER put food in empty _____ containers
    h. Keep all storage areas _____ and _____
    i. Clean up _____ and leaks immediately
    j. Clean dollies, _____ , transporters, and trays often
    k. Store food in containers that have been _____ and _____
    l. Store dirty _____ in clean, nonabsorbent containers or washable laundry bags
    m. _____ or cover food
    n. Store _____ meat, poultry, and seafood separately from ready-to-eat food
    o. If this is not possible, store ready-to-eat food _____ raw meat, poultry, and seafood
    p. This will prevent juices from raw food from _____onto ready-to-eat food
30. Store food items in the following top-to-bottom order

Name_____ Date_____

a. _____ food
b. _____
c. Whole cuts of _____ and _____
d. Ground _____ and ground _____
e. Whole and ground _____
f. This storage order is based on the minimum internal cooking _____ of each food

31. Food should be stored in a _____, _____ location away from dust and other contaminants:
32. To prevent contamination, NEVER store food in these areas
    a. _____ rooms or dressing rooms
    b. _____ or garbage rooms
    c. _____ rooms
    d. Under unshielded sewer lines or leaking _____ lines
    e. Under _____

Chapter 6: The Flow of Food Preparation

1. When prepping food:
    a. Only _____ as much food from the cooler as you can prep in a short period of time
        - This limits _____ abuse
    b. Return prepped food to the _____ or cook it as quickly as possible
    c. Make sure workstations, cutting boards, and utensils are _____ and _____
2. Food and color additives:
    a. Only use additives approved by your local regulatory authority
    b. NEVER use more _____ than are allowed by law
    c. NEVER use additives to alter the _____ of food
    d. Do NOT sell produce treated with _____ before it was received in the operation
    e. NEVER add sulfites to produce that will be eaten _____
3. Present food honestly:
    a. Do NOT use the following to misrepresent the appearance of food
        - Food _____ or color additive
        - Colored _____
        - Lights _____
    b. Food not presented honestly must be _____ _____
4. Food must be thrown out in the following situations
    a. When it is handled by staff who have been _____ or excluded from the operation due to illness
    b. When it is contaminated by hands or bodily _____ from the nose or mouth
    c. When it has exceeded the _____ and _____ requirements designed to keep food safe

Name_____ Date_____

5. Four methods for thawing food:
    a. Thaw food in a cooler, keeping its temperature at _____ F (5°C) or lower
    b. Submerge food under running water at _____ F (21°C) or lower
    c. NEVER let the temperature of the food go above _____ F (5°C) or lower for longer than four hours
    d. Thaw food in a microwave, only if cooked _____ after thawing
    e. Thaw as part of the _____ process
6. Produce:
    a. Make sure produce does not touch _____ exposed to raw meat, seafood, or poultry
    b. Wash it thoroughly under running water before
        - _____
        - _____
        - _____ with other ingredients
    c. Produce can be washed in water containing ozone to sanitize it
        - Check with your local regulatory _____
    d. When soaking or storing produce in standing water or an ice-water slurry, do not mix
        - Different _____
        - _____ batches of the same item
    e. Refrigerate and hold sliced melons, cut tomatoes, and cut leafy greens at _____ F (5°C) or lower
    f. Do NOT serve raw seed _____ if primarily serving a high-risk population
7. Eggs and egg mixtures:
    a. Handle _____ eggs (if allowed) with care
    b. Cook _____ after mixing or store at 41°F (5°C) or lower

Clean and sanitize containers between _____
Consider using _____ shell eggs or egg products when prepping dishes that need little or no cooking

8. Eggs for high-risk populations:
    a. Use _____ shell eggs if eggs will be pooled
    b. Use pasteurized eggs or egg products when serving raw or undercooked dishes
    c. Unpasteurized shell eggs can be used if the dish will be cooked all the way through (i.e., _____, _____)
9. Salads containing TCS food:
    a. Make sure leftover TCS ingredients (i.e., pasta, chicken, potatoes) have been handled safely by ensuring that they were _____, _____ , and _____ correctly
    b. Stored for less than _____ days at 41°F (5°C) or lower
10. Ice:
    a. NEVER use _____ as an ingredient if it was used to keep food cold
    b. Transfer ice using _____ and _____ containers and scoops
    c. NEVER hold ice in containers that held
        -

Name_____ Date_____

-
-
-

d. Store ice scoops _____ ice machines in a clean, protected location
e. NEVER use a _____ to scoop ice or touch ice with hands

11. You need a variance if prepping food in these ways:
    a. Packaging fresh _____on-site for sale at a later time, unless the juice has a warning label
    b. _____ food to preserve it but not to enhance flavor
    c. Using food _____ or components to preserve or alter food so it no longer needs time and temperature control for safety
    d. _____ food
    e. Packaging food using a _____(ROP) method
    f. _____ seeds or beans
    g. Offering _____ shellfish from a display tank
    h. _____ _____ animals for personal use (i.e. dressing a deer)
12. When cooking TCS food, the internal portion must:
    a. Reach the required minimum _____ temperature
    b. Hold that temperature for a specific amount of _____
13. When checking temperatures:
    a. Pick a thermometer with a probe that is the correct _____ for the food
    b. Check the temperature in the _____ part of the food
        - Take at least _____ readings in different locations
14. Minimum internal cooking temperature:
15. _____ F (74°C) for 15 seconds

16. Minimum internal cooking temperature: _____ F (68°C) for 15 seconds

Name_____ Date_____

17. Minimum internal cooking temperature: _____ F (63°C) for 15 seconds

18. Minimum internal cooking temperature: _____ F (63°C) for 4 minutes

19. Minimum internal cooking temperature: _____ F (57°C)

20. Guidelines for microwave cooking:
    a. _____ food to prevent the surface from drying out
    b. _____ or stir it halfway through cooking so heat reaches the food more evenly
    c. Let it _____ for at least two minutes after cooking to let the food temperature even out
    d. Check the temperature in at least _____ places to make sure the food is cooked through
21. Minimum internal cooking temperature in a microwave: _____ F (57°C)

Name_____ Date_____

22. If partially cooking meat, seafood, poultry, or eggs or dishes containing these items:
    a. NEVER cook the food longer than _____ during initial cooking
    b. _____ the food immediately after initial cooking
    c. _____ or refrigerate the food after cooling it
    d. Heat the food to at least _____ (74˚C) for 15 seconds before selling or serving it
    e. _____ the food if it will not be served immediately or held for service
23. If your menu includes raw or undercooked TCS items, you must:
    a. Note it on the menu next to the items
        - _____ the item
        - Place a _____ at the menu bottom indicating the item is raw, undercooked, or contains raw or undercooked ingredients
    b. Advise customers who order this food of the increased risk of foodborne illness
        - Post a notice in the _____
        - Provide this information using _____, table tents, or signs
24. The FDA advises against offering these items on a children's menu if they are raw or undercooked:
    a. _____
    b. _____
    c. _____
    d. _____
25. In Operations That Mainly Serve High-Risk Populations NEVER serve:
    a. Raw seed _____
    b. Raw or undercooked _____, _____, or _____
    c. Over-easy _____
    d. Raw _____ on the half shell
    e. _____ hamburgers
26. Cooling requirements:
    a. _____ to _____ within _____ hours
    b. _____ to _____ within _____ hours
27. If you cool food from 135˚F to 70˚F (57˚C to 21˚C) in less than two hours:
    a. Use the remaining time to cool it to 41˚F (5˚C) or lower
    b. The total cooling time cannot be longer than six hours

Example:

Name_____ Date_____

- If you cool food from 135˚F to 70˚F (57˚C to 21˚C) in one hour
- Then you have _____hours to get the food to 41˚F (5˚C) or lower

28. Before cooling food, start by reducing its size:
    a. Cut larger items into _____ pieces
    b. _____ large containers of food into smaller containers or shallow pans
    c. Place food in an _____ bath
    d. Stir it with an ice _____
    e. Place it in a _____ chiller
29. When storing food for further cooling:
    a. Loosely _____food containers before storing them
    b. Food can be left _____ if protected from contamination
    c. Storing uncovered containers _____ other food, especially raw seafood, meat, and poultry, will help prevent cross-contamination
30. Food reheated for immediate service:
    a. Can be reheated to any temperature if it was cooked and cooled _____
31. Food reheated for hot-holding:
    a. Must be reheated to an internal temperature of _____(74°C) for 15 seconds within two hours
    b. Reheat commercially processed and packaged ready-to-eat food to an internal temperature of at least _____(57°C)

Chapter 7: The Flow of Food Service

1. Food covers and sneeze guards:
    a. Cover food and install _____ guards to protect food from contaminants
    b. Covers protect food from _____ and help _____ food temperatures
2. Temperature:
    a. Hold TCS food at the correct temperature
        i. Hot food: _____ °F(57°C) or higher
    b. Cold food: _____ °F(5°C) or lower
        i. Check temperatures at least every _____ hours
        ii. _____ food not at 41°F (5°C) or lower
        iii. Check temperatures every _____ hours to leave time for corrective action
    c. NEVER use hot-holding equipment to _____ food unless it is designed for it
    d. Reheat food correctly, and then move it into a _____ unit
3. Cold food can be held without temperature control for up to _____ hours if:
    a. It was held at 41°F (5°C) or lower before removing it from refrigeration
    b. It does not exceed _____ °F (21°C) during service
    c. Throw out food that exceeds this temperature
    d. It has a label specifying
        i. _____ it was removed from refrigeration

Name_____ Date_____

e. Time it must be _____ _____
f. It is sold, served, or thrown out within _____ hours

4. Hot food can be held without temperature control for up to four hours if:
   a. It was held at _____ °F (57°C) or higher before removing it from temperature control
   b. It has a _____ specifying when the item must be thrown out
   c. It is sold, served, or thrown out within _____ hours
5. Prevent contamination when serving food:
   a. Wear _____ _____ whenever handling ready-to-eat food
   b. As an alternative use _____ , _____ , deli sheets, or other utensils
   c. Use clean and sanitized utensils for serving
   d. Use separate utensils for each _____
   e. Clean and sanitize utensils after each _____
   f. At minimum, clean and sanitize them at least once every _____ hours
6. Prevent contamination when serving food:
   a. Store serving utensils correctly between uses
   b. On a _____ and _____ food-contact surface
   c. In the food with the handle extended _____ the container rim
7. What makes these pictures incorrect?
   a.
   b.
   c.
   d.
   e.
8. If you preset tableware:
   a. Prevent it from being _____
   b. _____ or cover the items
   c. Table settings do not need to be wrapped or covered if extra settings:
   d. Are removed when guests are _____
   e. Are _____ and _____ after guests have left
9. NEVER re-serve:
   a. Food _____ by one customer to another customer
   b. _____ condiments
   c. Uneaten _____
   d. Plate _____
10. Generally, only unopened, prepackaged food in good condition can be re-served:
    a. _____ packets
    b. Wrapped _____ or breadsticks
11. Prevent time-temperature abuse and contamination:
    a. Use sneeze _____
       i. Must be located _____ " (36 cm) above the counter
       ii. Must extend _____ " (18 cm) beyond the food
    b. Identify all food items
       i. _____ food
       ii. Place salad dressing names on ladle _____
12. Prevent time-temperature abuse and contamination:
    a. Keep hot food at _____ °F (57°C) or higher
    b. Keep cold food at _____ °F (5°C) or lower
    c. Keep _____ meat, fish, and poultry separate from ready-to-eat food

Name_____ Date_____

d. Do NOT let customers _____ dirty plates or use dirty utensils at self-service areas
e. Stock food displays with the correct _____ for dispensing food
f. Do NOT use _____ as an ingredient if it was used to keep food or beverages cold

13. When labeling bulk food in self-service areas:
    a. Make sure the _____ is in plain view of the customer
    b. Include the manufacturer or processor label provided with the food
    c. As an alternative, provide the information using a _____ , _____ , or other labeling method
14. A label is not needed for bulk unpackaged food, such as bakery products, if:
    a. The product makes no claim regarding _____ or nutrient content
    b. No _____ requiring labeling exist
    c. The food is _____ or prepared on the premises
    d. The food is manufactured or prepared at another regulated food operation or processing plant owned by the _____ person
15. When delivering food off-site:
    a. Use _____ , food-grade containers designed to stop food from mixing, leaking, or spilling
    b. Clean the inside of delivery _____ regularly
    c. Check _____ food temperatures
    d. _____ food with a _____ _____ and _____ , and _____ and _____ instructions
    e. Make sure the service site has the correct utilities
    f. Safe _____ for cooking, dishwashing, and handwashing
    g. Garbage containers stored _____ from food-prep, storage, and serving areas
    h. Store _____ meat, poultry, and seafood, and ready-to-eat items separately
16. To keep vended food safe:
    a. Check product _____ _____ daily
    b. Refrigerated food prepped on-site and not sold in _____ days must be thrown out
    c. Keep TCS food at the correct _____
    d. Dispense TCS food in its _____ container
    e. _____ and _____ fresh fruit with edible peels before putting it in the machine

Chapter 8 Food Safety Management Systems

1. Food safety management system:
    a. Group of practices and procedures intended to _____ foodborne illness
    b. Actively controls _____ and _____ throughout the flow of food
2. These are the foundation of a food safety management system:
    a. b.
    c. d.
    e. f.
    g. h.
3. Active Managerial Control Focuses on controlling the five most common risk factors for foodborne illness:
    a. Purchasing food from _____ sources
    b. Failing to _____ food adequately
    c. _____ food at incorrect temperatures
    d. Using contaminated _____

Name_____ Date_____

e. Practicing poor personal _____

4. There are many ways to achieve active managerial control in the operation:
   a. _____ programs
   b. Manager _____
   c. Incorporation of _____ _____ _____ (SOPs)
   d. _____
5. **These are critical to the success of active managerial control:**
   a._____ critical activities in the operation
   b. Taking the necessary corrective _____ when required
   c. _____ that the actions taken control the risks factors
6. The FDA provides recommendations for controlling the common risk factors for foodborne illness:
   a. Demonstration of _____
   b. Staff health _____
   c. Controlling _____ as a vehicle of contamination
   d. _____ and _____ parameters for controlling pathogens
   e. Consumer _____
7. The HACCP approach:
   a. HACCP is based on identifying significant _____ , _____ , or _____ hazards at specific points within a product's flow through an operation
   b. Once identified, hazards can be _____ , _____ , or _____ to safe levels
8. To be effective, a HACCP system must be based on a written plan:
   a. It must be specific to each facility's _____ , _____ , _____ , _____ , and _____
   b. A plan that works for one operation may not work for another
9. The seven HACCP principles:
   1. _____ a hazard analysis
   2. Determine _____ _____ _____ (CCPs)
   3. Establish critical _____
   4. Establish _____ procedures
   5. Identify _____ _____
   6. _____ that the system works
   7. Establish procedures for _____ _____ and _____
10. Principle 1: Conduct a hazard analysis:
    - Identify _____ _____ in the food served by looking at how it is processed
    - Identify _____ food items and determine where hazards are likely to occur for each one; look for biological, chemical, and physical contaminants
11. Principle 2: Determine critical control points (CCPs):
    - Find points in the process where identified hazards can be _____ , _____ , or _____ to safe levels—these are the CCPs
    - Depending on the process, there may be more than _____ CCP
12. Principle 3: Establish critical limits:
    - For each CCP, establish _____ or _____ limits
    - These limits must be met to
      - _____ or _____ the hazard

Name_____ Date_____

- _____ it to a safe level

13. Principle 4: Establish monitoring procedures:
    - Determine the best way to check critical limits
        - Make sure they are _____ met
    - Identify _____ will monitor them and how often
14. Principle 5: Identify corrective actions:
    - Identify steps that must be taken when a critical limit is _____ met
    - Determine these steps in _____
15. Principle 6: Verify that the system works:
    - _____ if the plan is working as intended
    - _____ the plan on a regular basis using
        - _____ _____
        - _____
        - _____ _____
    - _____ if your plan prevents, reduces, or eliminates identified hazards
16. Principle 6: Verify that the system works:
    - _____ if the plan is working as intended
    - _____ the plan on a regular basis using
        - _____ _____
        - _____
        - _____ _____
    - _____ if your plan prevents, reduces, or eliminates identified hazards
17. These specialized processing methods require a variance and may require a HACCP plan:
    - _____ food as a method to preserve it (but not to enhance flavor)
    - Using food _____ or components such as vinegar to preserve or alter food so it no longer requires time and temperature control for safety
    - _____ food
    - _____ - _____ animals
    - These specialized processing methods require a variance and may require a HACCP plan:
    - _____ food as a method to preserve it (but not to enhance flavor)
    - Using food _____ or components such as vinegar to preserve or alter food so it no longer requires time and temperature control for safety
    - _____ food
    - _____ - _____ animals

Chapter 9 Safe Facilities and Pest Management

1. Floors, walls, and ceilings:
    a. Materials must be _____ and _____ for easier cleaning
    b. Must be regularly _____
2. Foodservice equipment must meet these standards if it will come in contact with food:
    a. _____, _____ , and corrosion resistant
    b. Easy to _____
    c. _____
    d. Resistant to _____
3. Floor-mounted equipment must be either:

Name_____ Date_____

a. Mounted on legs at least _____ inches (15 centimeters) high
b. _____ to a masonry base

4. Tabletop equipment should be either:
   a. Mounted on legs at least _____inches (10 centimeters) high
   b. _____to the countertop
5. Once equipment has been installed:
   a. It must be _____regularly
   b. Only _____people should maintain it
   c. Set up a maintenance _____with your supplier or manufacturer
   d. Check equipment regularly to make sure it is working _____
6. Dishwashers must be installed:
      i. So they are _____and _____located
   b. In a way that keeps utensils, equipment, and other food-contact surfaces from becoming _____
   c. Following _____ instructions
7. When selecting dishwashers make sure:
   a. The _____and _____used are approved by the local regulatory authority
   b. They have the ability to measure water _____, water _____, and cleaning and sanitizing chemical _____
   c. Information about the correct settings is posted on the machine
8. _____stations must be conveniently located and are required in:
   a. _____or directly _____to them
   b. _____-_____ areas
   c. _____areas
   d. _____areas
9. Handwashing sinks must be used _____ for handwashing.
10. Handwashing stations must have:
    a.
    b.
    c.
    d.
    e.
    f.
    g.
11. Acceptable sources of drinkable water:
    a. _____public water mains
    b. Regularly _____and maintained private sources
    c. Closed, _____water containers
    d. Water transport _____
12. Cross-connection:
    a. Physical link between safe water and dirty water from
       i. _____
       ii. _____
    b. Other _____sources
13. Backflow:
    a. _____of contaminants through a cross-connection into the drinkable water supply

Name_____ Date_____

b. _____:

14. A vacuum created in the plumbing system that sucks contaminants back into the water supply
    a. Can occur when high-water use in one area of the operation creates a _____
    b. A running _____in a mop bucket can lead to backsiphonage
15. Consider the following when installing and maintaining lighting:
    a. Different areas of the facility have different lighting _____ requirements
    b. Local jurisdictions usually require prep areas to be _____ than other areas
    c. All lights should have _____ _____ lightbulbs or protective covers
    d. Replace burned out bulbs with correct _____ bulbs
16. Ventilation systems:
    a. Must be cleaned and maintained to prevent _____ and _____ from building up on walls and ceilings
    b. Follow manufacturer's _____
    c. Meet _____ regulatory requirements
17. Garbage:
    a. Remove _____ from prep areas as quickly as possible
    b. Be careful not to contaminate food and food-contact surfaces
    c. Clean the _____ and _____ of containers frequently
    d. Clean them _____ from food-prep and storage areas
18. Indoor containers must be:
    a. _____ proof, _____, and _____ proof
    b. Easy to _____
    c. _____ when not in use
19. **Designated storage areas:**
    a. Store waste and recyclables _____ from food and food-contact surfaces
    b. Storage must not create a nuisance or a public health hazard
20. **Outdoor containers must:**
    a. Be placed on a smooth, durable, nonabsorbent surface
    b. _____ or _____
    c. Have _____ lids
    d. Be _____ at all times
    e. Have their _____ plugs in place
21. Imminent health hazard:
    a. A significant threat or _____ to _____
    b. Requires immediate _____ or _____ to prevent injury
22. Possible imminent health hazards:
    a. Electrical _____ _____
    b. _____
    c. _____
    d. _____ _____
23. How to respond to a crisis affecting the facility:
    a. Determine if there is a significant risk to the safety or security of your _____
    b. If the risk is significant _____ _____
    c. _____ the local regulatory authority
24. Decide how to correct the problem
    a. Establish _____ - _____ control

Name_____ Date_____

b. Clean and _____ surfaces
c. Verify water is _____
d. Reestablish physical _____ of the facility

25. Three rules of pest prevention:
    a. Deny pests _____ to the operation
    b. Deny pests _____, _____, and _____
    c. Work with a _____ pest control operator (PCO)
26. To keep pests from entering with deliveries:
    a. Check deliveries before they _____ the operation
    b. Refuse shipments if pests or signs of _____ (egg cases, body parts) are found
27. Make sure all of the points where pests can access the building are secure:
    a. Screen _____ and _____
    b. Seal _____ in floors and walls and around pipes
    c. Install _____ _____ (also called air doors or fly fans) above or alongside doors
28. Deny pests shelter:
    a. Throw out _____ quickly and correctly
    b. Keep containers _____ and in good condition
    c. Keep outdoor containers _____ covered
    d. Clean up _____ around containers immediately
    e. Store _____ correctly
    f. Keep recyclables in clean, pest-proof containers
    g. Keep containers as far away from the building as regulations allow
29. Deny pests shelter:
    a. Store food and supplies quickly and correctly
    b. Keep them away from walls and at least _____ inches (15 centimeters) off the floor
    c. Rotate products (FIFO) so pests cannot _____ and _____
    d. Clean the operation thoroughly
    e. Clean up food and beverage _____ immediately
    f. Clean break rooms after _____
    g. Keep cleaning tools and supplies _____ and _____
30. Contact your PCO immediately if you see these or any other pest-related problems:
    a. _____
    b. _____
    c. _____ on products, packaging, and the facility itself

Chapter 10: Cleaning and Sanitizing

1. Cleaners must be:
    a. _____ and noncorrosive
    b. _____ to use
2. Surfaces can be sanitized using:
    a. _____
        i. The water must be at least _____°(77°C)
        ii. Immerse the item for _____seconds
    b. Chemicals

Name_____ Date_____

i. _____
ii. _____
iii. _____

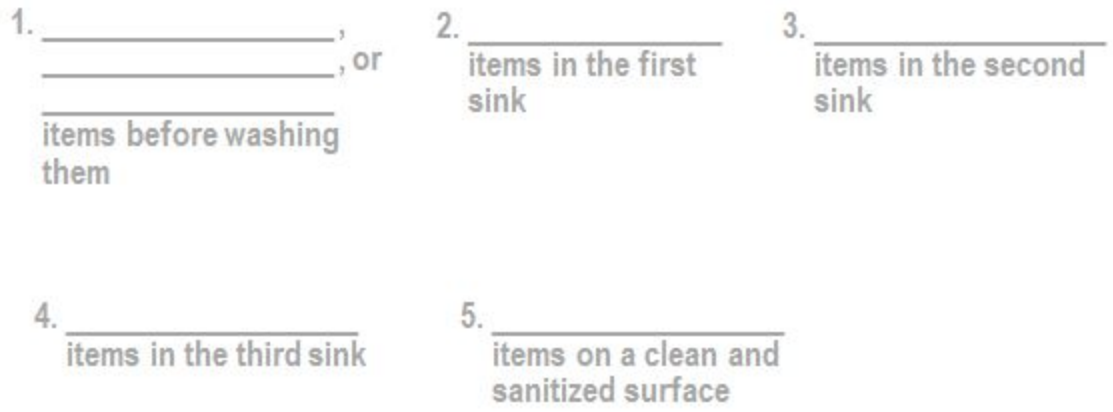
3. Concentration:
   a. Sanitizers should be mixed with water to the correct _____
   b. **Not enough sanitizer**
      May make the solution _____ and useless
   c. **Too much sanitizer**
      May make the solution too _____, unsafe, and corrode metal
4. How to clean and sanitize a surface:
   a. _____or remove food bits from the surface
   b. _____the surface
   c. _____ the surface
   d. _____ the surface
   e. Allow the surface to _____
5. Food-contact surfaces must be cleaned and sanitized:
   a. _____ they are used
   b. _____ working with a different type of food
   c. Any time a task was _____ and the items may have been contaminated
   d. After _____ hours if the items are in constant use
6. Cleaning and sanitizing stationary equipment:
   a. _____ the equipment
   b. Take the removable _____ off the equipment
   c. _____ or remove food from the equipment surfaces
   d. _____ the equipment surfaces
   e. _____ the equipment surfaces with clean water
   f. _____ the equipment surfaces
   g. Make sure the sanitizer comes in _____ with each surface
   h. Allow all surfaces to _____
   i. Put the unit back _____ correctly
7. High-temperature machines:
   a. Final sanitizing rinse must be at least _____ (82°C)
   b. 165°F (74°C) for stationary rack, single-temperature machines
   c. _____ - _____ machines:
   d. Clean and sanitize at much _____ temperatures
   e. Follow the temperature guidelines provided by the _____
8. Dishwasher Operation Guidelines:
   a. _____ the machine as often as needed
   b. _____, _____ , or _____ items before washing
   c. Use the correct dish racks
   d. NEVER _____ dish racks
   e. _____ all items
   f. Check the machine's water _____ and _____
9. Manual Dishwashing
   a. Setting up a three-compartment sink:
      i. _____ and _____ each sink and drain board
      ii. Fill the first sink with _____ and water at least _____ (43°C)
      iii. Fill the second sink with clean _____

Name_____ Date_____

iv. Fill the third sink with water and _____ to the correct concentration

b. Why should you provide a clock near the sink?

10. Steps for cleaning and sanitizing:



11. When storing clean and sanitized tableware and equipment:
    a. Store them at least _____ inches (15 centimeters) off the floor
    b. Clean and sanitize _____ and _____ before items are stored
    c. Store glasses and cups _____ down on a clean and sanitized shelf or rack
    d. Store flatware and utensils with handles _____
    e. _____ the food-contact surfaces of stationary equipment until ready for use
    f. Clean and sanitize _____ and _____ used to carry clean tableware and utensils
12. NEVER:
    a. Dump mop water or other liquid waste into _____ or urinals
    b. Clean tools in sinks used for
        i. _____
        ii. _____ _____
        iii. _____
13. Chemicals:
    a. Only purchase those _____ for use in foodservice operations
    b. Store them in their _____ containers away from food and food-prep areas
    c. If transferring them to a new container, label it with the _____ _____ of the chemical
    d. Keep _____ for each chemical
    e. When throwing chemicals out, follow Instructions on the _____
    f. _____ regulatory requirements
14. To create a master cleaning schedule, identify:
    a. _____ should be cleaned
    b. _____ should clean it
    c. _____ it should be cleaned
    d. _____ it should be cleaned