1. What is the main reason for food handlers to avoid scratching their scalps?
2. Transferring a food allergen
3. Spreading pathogens to the food
4. Getting food in their hair
5. Causing toxic-metal poisoning
6. A food handler has a wound on their finger. Can the wound cause a foodborne illness?
7. No, because the immune system will stop any infection.
8. No, because the finger is less prone to infection then other areas.
9. Yes, because all wounds can contaminate food and cause illness.
10. Yes, because a wound that contains pathogens can contaminate food.
11. What is a carrier?
12. Bacteria that carry dangerous pathogens
13. A seafood parasite that attaches itself to fish
14. Someone with a compromised immune system
15. Someone who carries pathogens without getting sick
16. What is jaundice?
17. Reddening of the face
18. Swelling of the lips
19. Tingling in the face
20. Yellowing of the skin
21. When washing hands, what is the minimum time that food handlers should scrub hands and arms with soap?
22. 5 seconds
23. 8 seconds
24. 10 seconds
25. 18 seconds
26. What should the temperature of the water be when washing hands?
27. Hot
28. Cold
29. Warm
30. Lukewarm

\*This item has been updated to reflect 2022 FDA *Food Code* revisions.

1. A food handler wet his hands with warm running water, applied soap, and scrubbed them for 15 seconds. Then, he rinsed them in warm running water and dried them on a cloth side towel. What did he do wrong?
2. Wet hands with warm, running water
3. Dried hands on a side towel
4. Rinsed hands with warm, running water
5. Scrubbed hands for only 15 seconds
6. Approximately how long should the whole handwashing process take?
7. 5 seconds
8. 10 seconds
9. 15 seconds
10. 20 seconds
11. After handling dirty dishes, a server washes their hands in the three-compartment sink. Is this acceptable?
12. Yes, hands can be washed in any sink.
13. Yes, those sinks are designated for handwashing.
14. No, those sinks don’t always have handwashing soap.
15. No, hands should only be washed in a designated handwashing sink.
16. When should food handlers wash their hands?
17. Before starting a new task
18. After applying hand antiseptics
19. After putting on single-use gloves
20. After handling ready-to-eat food
21. After which activity must food handlers wash their hands?
22. Clearing tables
23. Putting on gloves
24. Serving customers
25. Applying hand antiseptic
26. What must food handlers do after touching their body or clothing?
27. Wash their hands.
28. Rinse their gloves.
29. Change their aprons.
30. Use a hand antiseptic.
31. What is the purpose of a hand antiseptic?
32. To sterilize skin surfaces
33. To kill all pathogens on the hands
34. To reduce pathogens to safe levels
35. To reduce the conditions for pathogen growth
36. Hand antiseptics should be used
37. before handwashing.
38. after handwashing.
39. in place of handwashing.
40. during handwashing.
41. After washing her hands, a food handler applied a hand sanitizer, rubbed the sanitizer in, and immediately continued chopping vegetables on a cutting board. What did she do wrong?
42. She did not let the sanitizer dry.
43. She failed to rinse off the sanitizer.
44. She should not have washed her hands first.
45. She should not have rubbed the sanitizer into her hands.
46. How should food handlers keep their fingernails?
47. Short and unpolished
48. Long and unpolished
49. Long and painted with nail polish
50. Short and painted with nail polish
51. Why should food handlers not wear false fingernails?
52. They are hard to keep clean.
53. They transfer chemicals to food.
54. They hold more pathogens than natural nails.
55. They become toxic when in contact with sanitizer.
56. What should a food handler do when working with an infected cut on their finger?
57. Stay away from food and prep areas.
58. Wash hands and cover the cut with a bandage.
59. Apply ointment and bandage the cut with an impermeable cover.
60. Cover the cut with an impermeable cover and wear a single-use glove.
61. If a food handler has a wound on their arm, they cannot prepare food until they
62. apply antibacterial ointment.
63. cover the wound with any type of bandage.
64. cover the wound with an impermeable cover.
65. cover the wound with a dry, durable, tight-fitting bandage.
66. Which food item may be handled with bare hands?
67. Sliced cheese for sandwiches
68. Boiled egg slices for salad
69. Chopped carrots for stew
70. Parsley for garnish
71. Which food can be handled with bare hands?
72. Baked potatoes
73. Cheese for a pizza
74. Croutons for a salad
75. Salt to season an already cooked dish
76. A cook wore single-use gloves while forming raw ground beef into patties. The cook continued to wear them while slicing hamburger buns. What mistake was made?
77. The cook did not wear reusable gloves while handling the raw ground beef and hamburger buns.
78. The cook did not clean and sanitize the gloves before handling the hamburger buns.
79. The cook did not wash hands before putting on the same gloves to slice the hamburger buns.
80. The cook did not wash hands and put on new gloves before slicing the hamburger buns.
81. A food handler who spends an entire shift forming hamburger patties should change gloves
82. after 1 hour, because the gloves may quickly build up pathogens.
83. every 4 hours during continual use, and more often if needed.
84. at the end of the shift.
85. every 6 hours, to avoid wasting gloves.
86. Single-use gloves do not need to be worn when
87. washing produce.
88. applying a garnish to a dish.
89. adding spices to already cooked food.
90. arranging food on the plate.
91. When using single-use gloves in an operation, a food handler should
92. wash and reuse them.
93. purchase only latex gloves.
94. provide a one-size-fits-all glove.
95. provide gloves made from non-latex materials.
96. What should food handlers do after prepping food and before using the restroom?
97. Wash their hands.
98. Take off their hats.
99. Change their gloves.
100. Take off their aprons.
101. Where should personal items, like a coat, be stored in the operation?
102. On a shelf, above food
103. On a shelf, below food
104. Away from food
105. In the kitchen, away from guests
106. What must always be worn when in a food prep area?
107. Apron
108. Chef coat
109. Side towel
110. Hair restraint
111. What is the only jewelry that may be worn on the hands or arms while handling food?
112. Plain-band ring
113. Medical ID bracelet
114. Leather-band watch
115. Diamond ring
116. Food handlers must remove jewelry from the
117. Hands
118. Ears
119. Face
120. Mouth

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1. Where should staff members eat, drink, chew gum, or use tobacco products?
2. Designated areas
3. Dishwashing areas
4. Outside the kitchen door
5. Where customers cannot see them
6. Is it acceptable for a server to eat a bowl of soup in the server station?
7. No, never when serving food.
8. No, because they are in full view of the public.
9. Yes, if they will not contaminate food.
10. Yes, if they will not contaminate equipment.
11. Is it acceptable for a cook to drink coffee from a mug while preparing food?
12. Yes, if they are not touching food with bare hands.
13. Yes, if the coffee cup is placed where it will not spill.
14. No, because the coffee cup is an uncovered container.
15. No, because there is always a chance the coffee will spill.
16. If food handlers are sick, they must
17. only work during slow periods.
18. tell their manager about their symptoms.
19. call the health department.
20. only work for short periods of time.
21. A food handler with a sore throat and a fever should be excluded from working in a daycare center because the children
22. will not receive the same level of service.
23. could make the food handler sicker.
24. are a high-risk population.
25. will refuse to eat.
26. What should a manager do with a food handler who has been vomiting caused by an infectious condition?
27. Inform the health department.
28. Exclude them from the operation.
29. Restrict them from working with or around food.
30. Allow them to work for short periods of time.
31. What action should a manager take when a food handler reports having diarrhea and being diagnosed with a foodborne illness caused by *Shigella* spp.?
32. Exclude the food handler from the operation.
33. Make sure the food handler washes hands often.
34. Make sure the food handler is supplied with disposable gloves.
35. Keep the food handler away from duties that involve food.
36. When can a food handler who has had diarrhea return to work?
37. When they have been symptom-free for 24 hours
38. When they feel strong enough to work
39. When no one else in their household has diarrhea
40. When the regulatory authority clears them
41. What should a manager do with a food handler who is sneezing and has a persistent runny nose?
42. Exclude the food handler from the operation.
43. Restrict them from working with exposed food.
44. Provide the food handler with a means to blow their nose.
45. Remind them to turn away from food when sneezing.
46. Which illness needs to be reported to the regulatory authority?
47. Hepatitis A
48. Influenza
49. Scombroid poisoning
50. Botulism