1. The two biggest hazards when prepping food are cross-contamination and
2. cross-contact.
3. chemical intoxication.
4. physical contamination.
5. time-temperature abuse.
6. A food handler took out a hotel pan of tuna salad to make two dozen tuna sandwiches. What error was made?
7. There was no error.
8. Too much tuna salad was taken out at one time.
9. Too much time was spent in the temperature danger zone.
10. The tuna salad was exposed to the temperature danger zone.
11. What guidelines should be followed when using additives during food preparation?
12. Additives should only be used to alter the appearance of food.
13. Sulfites should only be added to produce that will be eaten raw.
14. Additives must be approved by the regulatory authority.
15. Colored overwraps should be used to enhance the appearance of food.
16. Food that has become unsafe should be thrown out unless
17. it can be safely reconditioned.
18. there are no visible signs of spoilage.
19. a foodborne illness is unlikely.
20. it has been approved by the regulatory authority.
21. When preparing protein salads, such as tuna or egg salad, never use leftover TCS ingredients that have been held longer than
22. 2 days.
23. 3 days
24. 5 days
25. 7 days.
26. How should pooled eggs be handled to keep them safe?
27. Cook them right after mixing them.
28. Make additional batches in the same container.
29. Store them at an air temperature of 45°F (7°C) or lower.
30. Leave them at room temperature for 4 hours or less.
31. Why are overloading fryer baskets a food safety risk?
32. It risks burning the food and producing carcinogens.
33. It reduces oil temperature resulting in undercooked food.
34. It can transfer allergens to the fryer oil more easily.
35. It can result in cross-contamination due to splatter.
36. What guidelines should be followed when handling ice to keep it safe?
37. Store ice scoops in the ice machine.
38. Only handle ice with bare hands after handwashing.
39. Use a glass to scoop ice.
40. Never use ice as an ingredient if it was used to cool food.
41. Which practice requires a variance?
42. Packaging food using a reduced oxygen method
43. Holding food without temperature control
44. Cooling food using the two-stage cooling method
45. Reheating food that was previously cooked and cooled
46. Which method is a safe way to thaw food?
47. As part of the cooking process
48. Under running water at 125°F (52°C) or higher
49. Submerged in a sink of standing water at 70°F (21°C)
50. On the counter at room temperature
51. A food handler removes a frozen lasagna from the freezer and leaves in on a prep table to thaw overnight. Why is this method of thawing unsafe?
52. Dishes that thaw at room temperature need to be cut into smaller pieces first.
53. The dish is exposed to the temperature danger zone so pathogens can grow.
54. The dish’s temperature will decrease too rapidly.
55. Most foods need at least 18 hours to thaw at room temperature.
56. What must be immediately done to food after it is thawed in a microwave?
57. Hold it.
58. Cook it.
59. Cool it.
60. Freeze it.
61. When slacking food during preparation, the food should never go above what temperature?
62. 32°F (0°C)
63. 41°F (5°C)
64. 50°F (10°C)
65. 70°F (21°C)
66. What is the required minimum internal cooking temperature for seafood?
67. 135°F (57°C) or higher for 15 seconds
68. 145°F (63°C) or higher for 15 seconds
69. 155°F (68°C) or higher for 17 seconds
70. 165°F (74°C) or higher for <1 second
71. What is the required minimum internal cooking temperature for poultry?
72. 135°F (57°C) or higher for 15 seconds
73. 145°F (63°C) or higher for 15 seconds
74. 155°F (68°C) or higher for 17 seconds
75. 165°F (74°C) or higher for <1 second
76. What is the required minimum internal cooking temperature for ground beef?
77. 135°F (57°C) or higher for 15 seconds
78. 145°F (63°C) or higher for 15 seconds
79. 155°F (68°C) or higher for 17 seconds
80. 165°F (74°C) or higher for <1 second
81. What is the required minimum internal cooking temperature for rice that will be hot-held for service?
82. 135°F (57°C)
83. 145°F (63°C)
84. 155°F (68°C)
85. 165°F (74°C)
86. What is the required minimum internal cooking temperature for a pork roast?
87. 135°F (57°C) or higher for 15 seconds
88. 145°F (63°C) or higher for 4 minutes
89. 155°F (68°C) or higher for 17 seconds
90. 165°F (74°C) or higher for <1 second
91. What temperature must meat be cooked to if it will be cooked in a microwave?
92. 135°F (57°C)
93. 145°F (63°C)
94. 155°F (68°C)
95. 165°F (74°C)
96. Eggs were placed in a covered dish and cooked in a microwave oven. Half-way through cooking, the eggs were stirred, and once finished were left to stand for 30 seconds before being checked with a thermometer in two places. What mistake was made?
97. They were placed in a covered dish.
98. They were stirred halfway through cooking.
99. They were left to stand for 30 seconds after cooking.
100. They were checked with a thermometer in two places.
101. What should be done if the menu includes TCS items that are raw or undercooked?
102. It must be noted on the menu.
103. Service staff must point it out to guests.
104. It must be posted on signs in the establishment.
105. It must be listed on the company website.
106. If an operation uses a reduced oxygen packaging method for fish, the fish must be
107. frozen before, during, or after packaging.
108. thawed before packaging.
109. thawed within 30 days after packing.
110. frozen no more than 14 days before packaging.
111. Which item would be safe to offer on a children’s menu?
112. Sushi
113. Grilled cheese
114. Eggs over easy
115. Medium rare hamburger
116. What do some regulatory authorities require food service operations to submit when applying for a variance?
117. A list of their suppliers
118. Receiving documents
119. A HACCP plan
120. A crisis management plan
121. When must a consumer advisory be provided for menu items containing TCS food?
122. When the item is raw or undercooked
123. When the item contains a potential allergen
124. When the operation provides only counter service
125. When the operation primarily serves a high-risk population
126. When partially cooking food, the initial cooking phase should not last longer than
127. 5 minutes.
128. 15 minutes.
129. 30 minutes.
130. 60 minutes.
131. What temperature must partially cooked food reach when it is reheated?
132. Between 135°F (57°C) and 70°F (21°C)
133. At least 145°F (63°C)
134. Up to 165°F (74°C)
135. Its required minimum internal temperature
136. A food handler is cooling chicken soup for dinner service. After two hours, the soup’s temperature has decreased from 135°F (57°C) to 80°F (27°C). What should the food handler do next?
137. Throw the soup away.
138. Continue cooling the soup.
139. Reheat the soup and cool it again.
140. Put the soup back into the holding unit.
141. Food being cooled must pass quickly through which temperature range to reduce pathogen growth?
142. 65°F to 20°F (18°C to -6°C)
143. 125°F to 70°F (52°C to 21°C)
144. 180°F to 130°F (82°C to 54°C)
145. 220°F to 195°F (104°C to 90°C)
146. What is the maximum cooling time for TCS food?
147. 1 hour
148. 2 hours
149. 4 hours
150. 6 hours
151. How does the density of food affect cooling?
152. The denser the food, the more slowly it will cool.
153. The denser the food, the more quickly it will cool.
154. Density does not affect cooling.
155. Density has only a small effect on cooling.
156. What is the first step in cooling a large pot of hot meat sauce?
157. Put the pot in the freezer to cool.
158. Put the pot in the walk-in cooler to cool.
159. Put the pot into a sink full of ice water.
160. Pour the meat sauce into several smaller containers.
161. When reheating turkey chili for hot holding, what is the minimum temperature that the chili must reach?
162. 135°F (57°C) for 15 seconds
163. 145°F (63°C) for 15 seconds
164. 155°F (68°C) for 15 seconds
165. 165°F (74°C) for 15 seconds
166. What temperature must TCS food for immediate service be reheated to?
167. Any temperature
168. 145°F (63°C) for 15 seconds
169. 155°F (68°C) for 15 seconds
170. 165°F (74°C) for 15 seconds
171. What temperature must commercially processed and packaged ready-to-eat food be reheated to?
172. Any temperature
173. 135°F (57°C)
174. 155°F (68°C) for 15 seconds
175. 165°F (74°C) for 15 seconds

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

1. Which food must not be served to residents in a nursing home?
2. Fresh fruit that has been washed in potable water.
3. A cake made with unpasteurized eggs that has been baked in-house.
4. Canned chick peas that have been drained, rinsed in potable water, and added to a salad.
5. Packaged, frozen vegetables that have not been cooked according to manufacturer's instructions.