1. Which type of food best supports the growth of bacteria?
2. Fats
3. Sugars
4. Starches
5. Proteins
6. Which food best supports the growth of bacteria?
7. Butter
8. Cooked rice
9. Loaf of bread
10. Chocolate cake
11. Bacteria grows best at which pH level?
12. 0
13. 2
14. 7
15. 12
16. Which food has the most available moisture for bacteria to grow?
17. Food with an aw of 0.0
18. Food with an aw of 0.2
19. Food with an aw of 0.5
20. Food with an aw of 1.0
21. Is vacuum-packed food safe from the growth of bacteria?
22. Yes, because the vacuum always destroys bacteria.
23. Yes, because all bacteria need oxygen to grow.
24. No, because bacteria can grow without oxygen.
25. No, because the vacuum increases the food’s water activity.
26. What are the two conditions for bacterial growth that you can control?
27. Oxygen and acidity
28. Acidity and moisture
29. Temperature and moisture
30. Time and temperature
31. What is the temperature range of the temperature danger zone?
32. 0°F to 41°F (-18°C to 5°C)
33. 31°F to 60°F (-1°C to 16°C)
34. 41°F to 135°F (5°C to 57°C)
35. 60°F to 165°F (16°C to 74°C)
36. In what temperature range does bacteria grow most rapidly?
37. 0°F to 38°F (-18°C to 3°C)
38. 41° to 65°F (5°C to 18°C)
39. 70° to 125°F (21°C to 52°C)
40. 126°F to 165°F (54°C to 74°C)
41. Which food is in the temperature danger zone?
42. Meat received at 40°F (4°C)
43. Chicken stored at 45°F (7°C)
44. Soup held at 140°F (60°C)
45. Chili cooked to 165°F (74°C)
46. Jaundice is a symptom of which foodborne illness?
47. *Shigellosis*
48. Hepatitis A
49. *Hemorrhagic* *colitis*
50. *Norovirus*
51. Which is a “Big Six” pathogen?
52. *Salmonella Typhi*
53. *Campylobacter jejuni*
54. *Staphylococcus aureus*
55. *Clostridium Botulinum*
56. Where is Shiga toxin-producing *Escherichia coli* found?
57. Cattle
58. Water
59. Poultry
60. Dirt
61. Bloody diarrhea is a common symptom associated with which pathogen?
62. *Shigella* spp.
63. *Listeria monocytogenes*
64. *Clostridium botulinum*
65. *Staphylococcus aureus*
66. A guest became ill with nausea and vomiting after eating shrimp, chicken, rice, and vegetables. Which food was the likely cause of the illness?
67. Shrimp
68. Chicken
69. Rice
70. Vegetables
71. A guest became ill with a high fever and a rash after eating at a salad bar. Which pathogen is the likely cause of the illness?
72. *Vibrio vulnificus*
73. *Anisakis simplex*
74. *Salmonella* Typhi
75. *Clostridium perfringens*
76. A guest became ill with vomiting and diarrhea a few hours after eating a lobster dinner. Which pathogen is the likely cause of the illness?
77. *Vibrio vulnificus*
78. *Giardia duodenalis*
79. Hepatitis A
80. Norovirus
81. Which bacteria is commonly linked to cooked rice dishes?
82. *Shigella* spp.
83. *Salmonella*
84. *Bacillus cereus*
85. *Vibrio vulnificu*s
86. Which is a basic characteristic of a virus?
87. Is destroyed by freezing
88. Grows in food
89. Requires a living host to grow
90. Originates in cattle
91. What types of food are commonly associated with yeast?
92. Fatty
93. Acidic
94. Alkaline
95. Proteins
96. Which pathogen is one of the leading causes of foodborne illness?
97. Norovirus
98. *Clostridium botulinum*
99. *Listeria monocytogenes*
100. *Campylobacter jejuni*
101. Which parasite is linked to berries and lettuce?
102. *Anisakis simplex*
103. *Giardia duodenalis*
104. *Cryptosporidium parvum*
105. *Cyclospora cayetanensis*
106. People with this illness may cough up worms
107. *Anisakiasis*
108. *Giardiasis*
109. *Cyclosporiasis*
110. *Cryptosporidiosis*
111. What are the most common symptoms of a foodborne illness?
112. Diarrhea, vomiting, fever, nausea, abdominal cramps, and dizziness
113. Diarrhea, vomiting, fever, nausea, abdominal cramps, and headache
114. Diarrhea, vomiting, fever, nausea, abdominal cramps, and jaundice
115. Diarrhea, vomiting, fever, nausea, abdominal cramps, and tiredness
116. Parasites are commonly linked with
117. rice.
118. poultry.
119. seafood.
120. canned food.
121. What is the most important measure to take for preventing *shigella* spp. from causing a foodborne illness?
122. Practicing good personal hygiene
123. Preventing cross-contamination
124. Preventing time-temperature abuse
125. Purchasing from approved, reputable suppliers
126. What is the most important measure to take for preventing hepatitis A from causing a foodborne illness?
127. Practicing good personal hygiene
128. Preventing cross-contamination
129. Preventing time-temperature abuse
130. Purchasing from approved, reputable suppliers
131. What is the most important measure to take for preventing *Nontyphoidal* *Salmonella* from causing a foodborne illness?
132. Practicing good personal hygiene
133. Preventing cross-contamination
134. Preventing time-temperature abuse
135. Purchasing from approved, reputable suppliers
136. Handwashing is an important measure for preventing which pathogen from causing a foodborne illness?
137. *Campylobacter jejuni*
138. *Listeria monocytogenes*
139. *Clostridium botulinum*
140. *Staphylococcus aureus*
141. When cutting away mold from hard cheese, how much does the FDA recommend removing around the affected area?
142. ½ inch
143. 1 inch
144. 2 inches
145. 3 inches
146. Which pathogens are linked to Aflatoxins?
147. bacteria
148. viruses
149. parasites
150. mold
151. Which toxin causes an illness with neurological symptoms such as the reversal of hot and cold sensations?
152. Histamine
153. Ciguatoxin
154. Domoic acid
155. Brevetoxin
156. A guest experienced a tingling in the mouth and face after eating oysters. What is the likely illness?
157. Ciguatera fish poisoning
158. Amnesic shellfish poisoning
159. Paralytic shellfish poisoning
160. Neurotoxic shellfish poisoning
161. Which fish are associated with ciguatoxin?
162. Tuna
163. Grouper
164. Mackerel
165. Mahi Mahi
166. What causes most foodborne illnesses associated with wild mushrooms?
167. Being stored for too long after being harvested
168. Being mistaken for edible ones when harvested
169. Not being stored at the correct temperature
170. Not being cooked at the correct temperature
171. Which plant food is toxic when undercooked?
172. Raw kidney beans
173. Fresh asparagus
174. Raw edamame
175. Raw sweetcorn
176. Scombroid poisoning can be prevented by
177. purchasing fish from approved, reputable suppliers.
178. cooking fish to the right internal temperature.
179. making sure food handlers wash their hands.
180. preventing cross-contamination.