1. Using one set of cutting boards for raw poultry and another set of cutting boards for ready-to-eat food reduces the risk of
2. cross-contamination.
3. time-temperature abuse.
4. physical contamination.
5. toxic-metal poisoning.
6. What is the purpose of color-coded equipment?
7. It indicates the level of risk for each product.
8. It helps keep equipment separate.
9. It indicates the cooking temperature of each product.
10. It provides a visual cue for the preparation order of products.
11. How can the risk of cross-contamination be reduced when prepping different types of food on the same prep table?
12. Prep raw and ready-to-eat food at the same time.
13. Prep raw and ready-to-eat food at different times.
14. Prep ready-to-eat food after raw food.
15. Clean and sanitize the table after you are done using it.
16. An operation has decided to purchase cut lettuce for salads rather than cutting the lettuce themselves. What is the benefit of doing this?
17. To prevent temperature abuse
18. To prevent cross-contamination
19. To reduce the cost of a salad
20. To reduce the focus on proper personal hygiene
21. What must be done after completing each prep task to reduce the risk of cross-contamination?
22. Food must be put away as quickly as possible.
23. Aprons must be replaced with clean ones.
24. Surfaces must be cleaned and sanitized.
25. Food temperatures must be checked with a clean thermometer.
26. What is the temperature range of the Temperature Danger Zone?
27. 0°F to 32°F (-18°C to 0°C)
28. 32°F to 120°F (0°C to 49°C)
29. 41°F to 135°F (5°C to 57°C)
30. 60°F to 150°F (16°C to 66°C)
31. Pathogens grow most rapidly at temperatures between
32. 41°F and 45°F (5°C to 7°C).
33. 45°F and 60°F (7°C to 16°C).
34. 70°F and 125°F (21°C to 52°C).
35. 120°F and 135°F (49°C to 57°C).
36. Pathogens are likely to grow well in a meat stew that is
37. below freezing temperature.
38. at refrigeration temperatures.
39. between 41°F and 135°F (5°C and 57°C).
40. cooked to the correct internal temperature.
41. Food is being temperature abused when it is
42. held at the wrong temperature.
43. taken out of the cooler.
44. reheated rapidly.
45. cooked to a higher temperature than required.
46. Food must be thrown out after remaining in the temperature danger zone for
47. 1 hour.
48. 2 hours.
49. 3 hours.
50. 4 hours.
51. Which action can help prevent time-temperature abuse?
52. Regularly recording temperatures
53. Performing self-inspections
54. Proper cleaning and sanitizing
55. Purchasing from approved suppliers
56. Limiting the amount of food that can be removed from a cooler when prepping it can help prevent
57. cross-contamination.
58. cross-contact.
59. time-temperature abuse.
60. thermal energy transfer.
61. Which thermocouple probe should be used to check the temperature of a pork roast?
62. Air
63. Surface
64. Immersion
65. Penetration
66. What do time-temperature indicators do?
67. Measure temperature through a probe with a sensor at the end
68. Measure the length of time that food should be cooked
69. Show if food has been cross-contaminated during preparation
70. Show if food has been time-temperature abused during shipment
71. Which temperature measuring device is designed for measuring surface temperatures?
72. Infrared Thermometer
73. Time-Temperature Indicator
74. Thermistor
75. Bimetallic Stemmed Thermometer
76. An infrared thermometer must
77. be held close to the food.
78. touch the surface of the food.
79. be used to take readings through metal.
80. be used when taking air temperatures.
81. Which thermocouple probe would be used to check the temperature of a grill?
82. Air
83. Surface
84. Immersion
85. Penetration
86. Which thermocouple probe would be used to check the temperature of a pot of soup?
87. Air
88. Surface
89. Immersion
90. Penetration
91. When using the ice-point technique to calibrate a thermometer, to what temperature should the thermometer be adjusted?
92. 0°F (-18°C)
93. 32°F (0°C)
94. 41°F (5°C)
95. 212°F (100°C)
96. What is the calibration nut on a bimetallic stemmed thermometer used for?
97. Keeping it accurate
98. Marking its sensing area
99. Measuring air temperature
100. Measuring temperatures through glass
101. When calibrating a thermometer by placing it in boiling water, what temperature should it be adjusted to if the location is at sea level?
102. 110°F (43°C)
103. 165°F (74°C)
104. 180°F (82°C)
105. 212°F (100°C)
106. When checking the internal temperature of food, where should the thermometer be inserted?
107. In the thinnest part of the food
108. In the thickest part of the food
109. On the bottom of the food
110. On the top of the food
111. Thermometers that measure the temperature of food must be accurate to
112. +/- 1°F or +/- 0°C.
113. +/- 2°F or +/- 1°C.
114. +/- 3°F or +/- 2°C.
115. +/- 4°F or +/- 3°C.
116. When should thermometers be calibrated?
117. before use
118. after use
119. during use
120. before and after use
121. How long does it take a bimetallic stemmed thermometer’s reading to steady after it is inserted into food?
122. 5 seconds
123. 10 seconds
124. 15 seconds
125. 30 seconds
126. Which action can help prevent time-temperature abuse?
127. Hold hot items on a steam table whenever possible.
128. Give each food handler their own thermometer.
129. Avoid opening the walk-in coolers to keep a stable temperature.
130. Reheat food that has spent more than an hour in the temperature danger zone
131. How far into the food should you insert the stem of a bimetallic stemmed thermometer to get an accurate reading?
132. Up to the dimple
133. Up to the tip of the probe
134. Up to the calibration nut
135. Up to the indicator head
136. Which is an example of corrective action for time-temperature abuse?
137. A food handler checks and records the temperature of hot-held food every hour.
138. A manager trains food handlers to calibrate different thermometers.
139. A stockpot of soup has been left on a prep table overnight, so a food handler throws it away.
140. A restaurant requires suppliers to place temperature-recording devices in their delivery trucks.
141. What’s the most basic way a food handler can prevent cross-contamination?
142. Monitor and log all food deliveries.
143. Clean and sanitize every piece of equipment at the start of each shift.
144. Keep raw and ready-to-eat food away from each other.
145. Designate separate prep tables for specific types of food.
146. A food handler has been tasked with marinating raw chicken and chopping kale for a salad. If the food handler has access to only one prep table, what should they do to prevent cross-contamination?
147. Prep the chicken before prepping the kale.
148. Prep the chicken and kale at the same time but hold separately until service.
149. Wash and dry equipment in between prepping each item.
150. Use separate equipment for each item.