



Henry County Environmental Health

Food Handlers Training Class

Name: _____ Facility: _____

- 1) Food borne illnesses are diseases that are:
 - A) Carried or transmitted to people by food.
 - B) Caused by leftover food.
 - C) Cured by proper eating habits.
 - D) Transmitted to kitchen employees only.

- 2) Where can food be stored?
 - A) Under leaky or dripping pipes.
 - B) Stored six inches or higher off the floor.
 - C) Stored three inches off the floor.
 - D) Stored on the floor by the backed up floor drain.

- 3) Contamination is the:
 - A) Failure to cook/keep food to the proper temperature to kill bacteria.
 - B) Accidental mixing of uncomplimentary foods.
 - C) Unintended presence of harmful substances or bacteria in food.
 - D) All of the above

- 4) How often do you need to change your gloves and/or wash your hands?
 - A) You need to change your gloves often but no need to wash your hands as the gloves protect them.
 - B) You do not need to change gloves unless the gloves get damaged.
 - C) Most important rule of food service personal is always wash hands after breaks and using the restroom, for at least 20 seconds.
 - D) You need to use hand sanitizer and put on new gloves whenever the gloves get damaged or contaminated.

- 5) Cross-Contamination is the:
 - A) Transfer of harmful substances or bacteria to food from food or from a nonfood-contact surface, such as equipment, utensils, or hands to food.
 - B) Removal of certain bacteria from food by cooking it thoroughly.
 - C) Transferred by Human to Human.
 - D) Food borne illnesses.

- 6) The only acceptable ways to thaw foods are:
 - A) In the refrigerator
 - B) Under cold running water
 - C) In the microwave and as part of cooking process
 - D) All of the above

- 7) Thermometers are required in kitchens to:
 - A) Monitor temperatures of food in all cooling units, and check hot holding temperatures on steam table.
 - B) Check concentration of sanitizer solution.
 - C) Check if the temperature of the refrigerator was below 41° F. or above 130° F.
 - D) All of the above.

- 8) Which is the most effective food contact surface sanitizer?
 - A) Lysol
 - B) Soft Scrub
 - C) Bleach

- 9) Which is the correct way to wash your hands?
- A) Rinse hands with hot, running water and dry on a paper towel.
 - B) Wash hands with soap and warm water for at least 60 seconds and dry with a cotton towel.
 - C) Wash hands for at least 20 seconds by scrubbing with soap and warm water, rinsing, and drying with a paper towel.
 - D) Scrub hands in a sanitizer bucket and dry with a cotton towel.
- 10) Sanitary means:
- A) Washed with water.
 - B) Washed by a chemical solution.
 - C) Free of visible dirt.
 - D) Free of harmful levels of contamination.
- 11) Moist, high-protein foods which bacteria can grow most easily are classified as:
- A) Cold Food
 - B) Hot Food
 - C) Meat Product
 - D) Potentially hazardous foods.
- 12) Bacteria that cause food borne illness:
- A) Grows more slowly than other bacteria.
 - B) Produce illness-causing poisons.
 - C) Can be killed by cooling.
 - D) Begin in toxic waste.
- 13) If any chemical is transferred to a plastic spray bottle or a different container:
- A) The bottle or container should only be filled half way to prevent spillage.
 - B) The amount needs to be measured to track inventory.
 - C) Everything should be labeled.
 - D) All of above.
- 14) The best way to control cockroaches, mice, flies and other pests is:
- A) Apply pesticide every day.
 - B) Just sweep the floor.
 - C) Pour chlorine in the sink drain.
 - D) To keep the establishment and garbage area clean.
- 15) When using ice to keep foods cold, the food container must be surrounded by ice to the level of the food. Which is the best way to tell if the food is staying cold enough?
- A) Lift the containers to see if the ice is melted.
 - B) Put lids on the food containers.
 - C) Use a thermometer to check the temperature of the ice.
 - D) Use a thermometer to check the temperature of the food.
- 16) When storing cleaner or pesticides you should:
- A) Keep them above the food.
 - B) Always apply them.
 - C) Store separate from food.
 - D) Throw out equipment the pesticides may have touched.
- 17) Ice scoops should always be stored in:
- A) A clean covered container on top of the ice machine.
 - B) The ice machine.
 - C) A clean used can or jar.
 - D) Beside the glasses.

- 18) A hand washing sink must be properly stocked and available so food service workers may wash their hands. What must be at hand washing sinks at all times?
- A) Hot and cold running water, soap, and paper towels.
 - B) Hot running water, nailbrush, paper towels, and hand sanitizer.
 - C) Hot and cold running water, nailbrush, and single-use paper towels.
 - D) Hot running water, soap, and hand sanitizer.
- 19) The most important rule of food-service personal hygiene is that employees must:
- A) Have a body check twice a year.
 - B) Completely give up smoking.
 - C) Wear gloves at all times.
 - D) Wash their hands often.
- 20) A manager is required by law to report if an employee has a:
- A) Common head cold.
 - B) Small cut that is properly bandaged.
 - C) Contagious disease that may be spread when working with food.
 - D) Car accident.
- 21) The definition of a ready-to-eat food: food products that are prepared in advance and can be ingested immediately. Which of the following is an example of a ready-to-eat food?
- A) Uncooked beans
 - B) Sandwiches
 - C) Pancake batter
 - D) Raw chicken
- 22) Why is it important to keep dumpster lids closed?
- A) To inhibit workers having access to dumpster
 - B) To promote an odor free environment
 - C) To prevent entrance of rodent
- 23) If labeled food has passed its expiration date:
- A) Freeze the food below 41°F
 - B) Cook and serve it immediately
 - C) Discard the food
 - D) Leave it on the shelf for use later.
- 24) Germs cannot grow or multiply rapidly at what temperatures?
- A) Colder than 41° F and hotter than 140°F
 - B) Hotter than 41° F and colder than 130°F
 - C) Colder than 130° F and hotter than 41°F
 - D) Hotter than 45° F and colder than 165°F
- 25) An acceptable, safe way to thaw frozen food is to:
- A) Place it on the counter or in the sink overnight. .
 - B) Place it in the refrigerator.
 - C) Immerse it in the sanitizer bin.
 - D) All of the above are correct.
- 26) When open food is left at the dining table:
- A) You may reuse it unless the customer took a bite of it.
 - B) You should not serve it to a customer but employees may eat it.
 - C) You should donate it to a shelter.
 - D) When in doubt, throw it out.

- 27) Food was left in the refrigerator overnight. What temperature should it be heated to?
- A) Reheat the food to 140°F before it is served.
 - B) Reheat the food to 165° F before it is served.
 - C) Reheat the food to 175°F before it is served.
 - D) Reheat the food to 180°F before it is served.
- 28) How many times can you re-use a plastic plate?
- A) Three times, as long as you wash between uses.
 - B) Two times, as long as you wash and sanitize between uses
 - C) One time, then throw away.
 - D) Use until it wears out.
- 29) What is the Golden Rule of food safety?
- A) Wash you hands
 - B) Reheat all foods to 165°F
 - C) When in doubt, throw it out
 - D) All of the above
- 30) If you wanted to serve leftovers, what temperature must it be reheated to?
- A) 130° F.
 - B) 145° F.
 - C) 155° F.
 - D) 165° F.
- 31) A proper way to thaw frozen chicken is:
- A) Let it thaw at room temperature or the counter.
 - B) Thaw it in a sink at room temperature.
 - C) Place it in the refrigerator.
 - D) Let in thaw in stagnant warm or hot water.
- 32) When the EPHS inspector arrives for an inspection what should you do?
- A) Run away and hide.
 - B) Call other restaurants, alerting them to “inspector in the area”.
 - C) Answer any questions that they have for you.
 - D) Avoid eye contact.
- 33) What types of foods support rapid bacterial growth?
- A) Frozen lemonade and orange juice.
 - B) Moist / high protein.
 - C) Dry cereals.
 - D) Any food cooked on a Tuesday.
- 34) Which of the following foods would be approved for use in your establishment?
- A) Homemade food.
 - B) Potentially hazardous foods that arrive at your establishment at room temperature.
 - C) Any food that is from an approved source, properly labeled, and in proper condition.
 - D) Any meat product that is packaged and labeled but does not have a valid mark of inspection.
- 35) Hot foods on a steam table have to be held at what temperature?
- A) 130° F.
 - B) 140° F.
 - C) 155° F.
 - D) 165° F.