

# Practice Test

This test shows you what you might see on the food handler certification test. You can use the book to look up the answers. The certification test is made up of 32 questions and you will need to know the learning outcomes listed on pages 3-9 of this book to obtain your certification.

**Choose only one answer per question.**

1. Which of the following statements is true? After touching raw ground beef, it is important to:
  - A. Wipe your hands on a sanitizer wipe cloth
  - B. Use hand sanitizer
  - C. Wash your hands
  - D. Dip your hands in a bucket of sanitizer
  
2. When must you double hand wash?
  - A. After sneezing or coughing
  - B. After touching raw meat
  - C. After eating
  - D. A and C

3. What is proper hand washing?
  - A. Using soap, running water and scrubbing 15-20 seconds
  - B. Using sanitizer, running water and scrubbing for 15-20 second
  - C. Using soap, running water and scrubbing for 5-10 seconds
  - D. Using sanitizer, running water and scrubbing for 5-10 seconds
  
4. It is okay to wear disposable gloves if:
  - A. You wear a pair of gloves to handle money and food
  - B. You wash your hands first and discard gloves between activities
  - C. You discard the gloves every few hours or at least once a day
  - D. You blow into the gloves first to make them easier to put on
  
5. When you have a sore throat or diarrhea, you should:
  - A. Go to work and tell your coworkers to be careful around you
  - B. Call your boss and report that you are sick
  - C. Take medicine to stop the symptoms and go to work
  - D. Not tell anyone and continue working

6. The best way to check the temperature of food is to:
- A. Use an infra-red thermometer
  - B. Use an oven thermometer
  - C. Use a food thermometer
  - D. Use a refrigerator thermometer
7. Preparing food several hours in advance can make food unsafe because:
- A. Bacteria can grow if the food temperatures are wrong
  - B. Foods can lose their flavor, color and general quality
  - C. Foods can lose their nutritional value
  - D. Refrigerators can only hold so much food
8. Ice used to keep food cold on a salad bar or food display needs to be:
- A. Level with the top of the food inside the pan or dish
  - B. Underneath the entire length of the food container
  - C. Melting to show it is working at keeping the food cold
  - D. Used in beverages to help limit food waste

9. Which of the following statements is true:
- A. A clean container that once held detergent may be used to store most types of foods
  - B. A brand new bus tub designed to hold dishes may be used to store most types of foods
  - C. A brand new garbage container may be used to store most types of foods
  - D. A food-grade container may be used to store most types of foods
10. Opened containers of sour cream, chives and butter:
- A. May be used at one customer's table and then taken to another table
  - B. Must be returned to the kitchen and refrigerated between customers
  - C. Must be discarded after a customer has used it
  - D. None of the above
11. The most important reason to wash, rinse and sanitize cutting boards is to:
- A. Eliminate odors and tastes from getting into other foods
  - B. Make the cutting board look better and last longer
  - C. Prevent contamination from one food to another
  - D. Prevent flavors and garlic or onion juices from getting onto other foods

12. What is the coldest temperature that hot food must be kept at on the steam table to keep food safe?
- A. Hot - 140°F
  - B. Hot - 130°F
  - C. Hot - 120°F
  - D. Hot - 165°F
13. What is the warmest temperature that cold food must be kept at on the salad bar to keep food safe?
- A. Cold - 51°F
  - B. Cold - 65°F
  - C. Cold - 41°F
  - D. Cold - 55°F
14. What temperature must food reach when **reheating** food before placing on a steam table or buffet line?
- A. Reheat - 155°F
  - B. Reheat - 140°F
  - C. Reheat - 165°F
  - D. Reheat - 160°F

15. What is the coldest temperature that ground beef must reach before it can be served?
- A. Ground Beef - 155 °F
  - B. Ground Beef - 150 °F
  - C. Ground Beef - 140 °F
  - D. Ground Beef - 130 °F
16. What is the coldest temperature that chicken must reach before it can be served?
- A. Chicken - 160 °F
  - B. Chicken - 165 °F
  - C. Chicken - 155 °F
  - D. Chicken - 140 °F
17. What is the coldest temperature that other meat and fish must reach before it can be served?
- A. Other meats and fish - 130 °F
  - B. Other meats and fish - 104 °F
  - C. Other meats and fish - 145 °F
  - D. Other meats and fish - 140 °F

Answers:

- |       |       |       |       |
|-------|-------|-------|-------|
| 1. C  | 2. D  | 3. A  | 4. B  |
| 5. B  | 6. C  | 7. A  | 8. A  |
| 9. D  | 10. C | 11. C | 12. A |
| 13. C | 14. C | 15. A | 16. B |
| 17. C |       |       |       |