



# Food Safety Handler's Test



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This Food Safety Test aims to determine the knowledge of food handlers on basic and advanced food safety.

Choose the most suitable answer from the provided choices.

Refer to the Food Safety Test Answer key at the end of this document.

## 1. Different types of bacteria grow especially well in food that is

- Warm, moist, and near-neutral pH.
- Cool, dry, and alkaline.
- Cool, dry, and acidic.
- Very hot, wet, and neutral.

## 2. The temperature danger zone for raw and cooked foods is between

- 40°C to 140 °C (104°F to 284°F)
- 4°C to 60 °C (40°F to 140°F)
- 4°C to 175 °C (39°F to 347°F)
- None of the above

## 3. A foodborne illness often caused by contaminated raw chicken and eggs is

- Cholera
- Salmonellosis
- Legionellosis
- Gastrointestinal illness

## 4. Choose the best answer on how you can stop germs from growing in food.

- Keep it warm
- Put it in the refrigerator
- Keep it covered
- Cook the food well

## 5. What is the recommended temperature of a refrigerator to avoid producing hazardous foods?

- Below 15°C (59°F)
- Below 8°C (46°F)
- Below 5°C (41°F)
- Below 0°C (32°F)

## 6. The germs present in raw food and bacterial growth can be destroyed by thorough cooking:

- At 60°C (140°F)
- At 100°C (212°F)
- Between 40 and 50°C (104-122°F)
- Above 75°C (167°F)

## 7. Which of the following is at the lowest risk of foodborne illness?

- Immunocompromised people
- Infants
- Young adults
- Pregnant women

## 8. Spreading bacteria to clean food from contaminated food contact surfaces, hands, utensils, or food is called:

- Food infection
- Cross-contamination
- Toxico-infection
- Food intoxication

**9. Caused by ingestion of food containing live bacteria.**

- Food Infection
- Cross-contamination
- Toxico-infection
- Food intoxication

**10. Caused by ingestion of food containing toxins formed by bacteria.**

- Food Infection
- Cross-contamination
- Toxico-infection
- Food intoxication

**11. It is an illness caused by consuming contaminated food or beverage.**

- Toxico-infection
- Foodborne Illness
- Outbreak
- Pandemic

**12. Process of destroying or removing all living cells, viable spores (endospores), viruses, etc.**

- Disinfection
- Sterilization
- Heat
- Radiation

**13. Process of reducing the growth of microorganisms or destroying susceptible vegetative cells only.**

- Disinfection
- Sterilization
- Heat
- Radiation

**14. Which is NOT an example of a physical hazard?**

- Rocks
- Toxins
- Dirt
- Broken glasses

**15. Which is NOT an example of a biological contaminant?**

- Viruses
- Toxins
- Sanitizers
- Bacteria

**16. The "two-bucket syndrome" is caused by what microorganism?**

- E. coli
- Candida albicans
- Norovirus
- Vibrio cholerae

**17. Which foodborne illness is caused by eating honey and can be deadly to children younger than 12 months?**

- Listeriosis
- Legionellosis
- Typhoid fever
- Botulism

**18. Which of the following is NOT a good food safety practice and has many risk factors?**

- Marinate in the refrigerator.
- When in doubt, throw it out.
- Avoid the temperature danger zone.
- Thawing food at room temperature.

**19. An acronym used in food manufacturing to describe an ingredient that is safe to be added to food and has been proven not to cause harm when used as intended.**

- HACCP
- GRAS
- GMP
- FDA

**20. In the fermentation process, microorganisms produce 2 products that can inhibit the growth of harmful microorganisms. What are these two?**

- Alcohol and acid
- Acid and toxins
- Secondary metabolites and acid
- Primary metabolites and water

**21. It is a condition or a person who is infected but never develops any food poisoning symptoms or shows no symptoms.**

- Pre-symptomatic
- Asymptomatic
- Symptomatic
- Immunocompromised

**22. The safest cutting board materials include all of the following EXCEPT:**

- plastic
- wood
- rubber
- glass

**23. *Vibrio cholerae* is a harmful micro-organism found in:**

- Shellfish
- Unpasteurized milk
- Pork
- Poultry

**24. \_\_\_\_\_ is an infamous cook who has caused the spread of typhoid fever in New York in the early 1900s.**

- Typhoid Ana
- Typhoid Mary
- Typhoid Jane
- Typhoid Susan

**25. Perishable foods should not be left out at room temperature for more than:**

- 1 hour
- 3 hours
- 30 minutes
- 2 hours

**26. A heat-sensitive enzyme in milk that is used as an indicator of pasteurization.**

- Papain
- Trypsin inhibitor
- Bacteriocins
- Alkaline phosphatase

**27. Antimicrobial proteins produced by bacteria.**

- Papain
- Trypsin inhibitor
- Bacteriocins
- Alkaline phosphatase

**28. Which of the following is NOT a good food safety practice?**

- Be smart, keep foods apart.
- Put leftover food in large and deep containers.
- Slice large chunks of meat before chilling.
- Use different chopping boards.

**29. Which is NOT an organism used to standardize the pasteurization process in milk?**

- Mycobacterium tuberculosis*
- Coxiella burnetti*
- Brucella*
- Listeria monocytogenes*

**30. Pasteurization is a process of heating a liquid, particularly milk, to a temperature between?**

- 55°C and 60°C (131°F and 140°F)
- 150°C and 170°C (302°F and 338°F)
- 63°C and 75°C (145°F and 167°F)
- 133°C and 160°C (271°F and 320°F)

**31. Which process will give milk the longest shelf life?**

- UHT (Ultra High Temperature)
- HTST (High-Temperature Short Time)
- Flashpoint method
- LTH (Low-Temperature Hold)

**32. The organism responsible for a food-borne illness that can be caused by a person coughing on food is:**

- S. aureus*
- E. coli*
- Hepatitis
- Salmonella*

**33. The presence of this bacteria in water indicates that it is contaminated by fecal matter.**

- S. aureus*
- E. coli*
- Hepatitis
- Salmonella*

**34. What are the three types of food contaminants?**

- Viral, physical, and sanitizers
- Biological, viral, and chemical hazards
- Biological, microbial, and reagents
- Biological, physical, and chemical

**35. Which is not part of the seven (7) basic principles of HACCP (Hazard Analysis Critical Control Point)?**

- Hazard analysis
- Documentation
- Exposure assessment
- CCP identifications

**36. How long can you keep leftover food in the refrigerator?**

- 1-2 days
- 3-4 days
- 5-6 days
- 7-8 days

**37. \_\_\_\_\_ is used as a preservative in raw dairy products such as milk in areas in which cooling system or equipment is not widely available.**

- Bacteriocins
- Alkaline phosphatase
- Nisin
- Hydrogen peroxide

**38. Which food is NOT a major food allergen based on the FDA list?**

- Soybeans
- Milk
- Berries
- Peanuts

**39. Before using the restroom, a person preparing the food should?**

- Wash their hands
- Take off their shoes
- Change their clothes
- Take off their aprons

**40. Food handlers should keep their fingernails:**

- short and unpolished
- clean and long
- long with nail polish
- short with nail polish

**41. Large amounts of leftovers should be divided and placed into \_\_\_\_\_ containers for quicker cooling in the refrigerator.**

- Shallow
- Large
- Small
- Deep

**42. Eggs should be cooked to an internal minimum cooking temperature of \_\_\_\_\_**

- 54°C (130°F)
- 60°C (140°F)
- 66°C (150°F)
- 71°C (160°F)

**43. The safest way to defrost food is \_\_\_\_\_**

- On the table
- Inside the refrigerator
- In a bucket of water
- Inside the microwave

**44. Cans that are leaking, bulging, or with a foul odor may contain what bacteria?**

- Listeria monocytogenes*
- Clostridium botulinum*
- Streptococcus pneumoniae*
- Bacillus megaterium*

**45. The minimum time food handlers have to wash their hands should be?**

- 10 seconds
- 15 seconds
- 20 seconds
- 25 seconds

**46. Examples of cross-contamination of food are:**

- Liquids from raw meat drip onto vegetables for salad.
- Raw meat is cut on the same cutting board as cabbage.
- Food worker handles raw shellfish and then assembles vegetable salad with inadequate hand washing in a separate sink
- All of the above

**47. Listed below are some of the advantages of milk pasteurization except for one.**

- Increased shelf life
- Helps kill bacteria
- Add nutrients
- Maintain the taste of milk

**48. If you open a can of beans and only eat half, what should you do with the remaining beans?**

- Put the half-eaten can in the refrigerator.
- Close the lid and just leave it on the table.
- Throw it away.
- Empty the remaining contents into a new and clean container then store them in the refrigerator.

**49. Aflatoxins are toxins that are harmful to humans and are produced by what fungi?**

- Aspergillus flavus*
- Rhizopus oligosporus*
- Fusarium*
- Xeromyces bisporus*

**50. How long will food kept in the freezer last during a power outage?**

- 4 hours
- 10 hours
- 24 hours
- 48 hours

**51. Which of the following is an example of microbial control?**

- Cooking
- Cleaning
- Pest control
- All of the above

# Food Safety Test Answers Key

The following are the answers to the questions above:

1. Warm, moist, and near-neutral pH.
2. 5 °C to 60 °C (40°F to 140°F)
3. Salmonellosis
4. Put it in the refrigerator
5. Below 5 °C (41°F)
6. Above 75 °C (167°F)
7. Young adults
8. Cross-contamination
9. Food Infection
10. Food intoxication
11. Foodborne Illness
12. Sterilization
13. Disinfection
14. Toxins
15. Sanitizers
16. Norovirus
17. Botulism
18. Thawing food at room temperature
19. GRAS
20. Alcohol and acid
21. Asymptomatic
22. Wood
23. Shellfish
24. Typhoid Mary
25. 2 hours
26. Alkaline phosphatase
27. Bacteriocins
28. Put leftover food in large and deep containers
29. Listeria monocytogenes
30. 63°C and 75°C (145°F and 167°F)
31. UHT (Ultra High Temperature)
32. S. aureus
33. E. coli
34. Biological, physical, and chemical
35. Exposure assessment
36. 3-4 days
37. Hydrogen peroxide
38. Berries
39. Take off their aprons
40. short and unpolished
41. Shallow
42. 71°C (160°F)
43. Inside the refrigerator
44. Clostridium botulinum
45. 20 seconds
46. All of the above
47. Add nutrients
48. Empty the remaining contents into a new and clean container then store them in the refrigerator.
49. Aspergillus flavus
50. 48 hours
51. All of the above