

- 1. What is the biggest problem with mixing raw and cooked foods?**
 - a. Product texture
 - b. Uneven temperatures
 - c. Cross-connection
 - d. Cross-contamination

- 2. Which of the following is an example of possible cross-contamination?**
 - a. Raw chicken dripping onto raw beef
 - b. Using a cutting board to trim pork and then chop lettuce without cleaning and sanitizing in between
 - c. Uncooked shrimp being deveined above potato salad
 - d. All of these

- 3. What are the three methods of cross-contamination?**
 - a. Direct, drip, inverse
 - b. Direct, indirect, drip
 - c. Direct, indirect, inverse
 - d. Direct, inverse, diverse

- 4. Chemical contamination is a form of physical contamination.**
 - a. True
 - b. False

- 5. When looking at the unfortunate reality of intentional contamination, you should consider suppliers but not employees.**
 - a. True
 - b. False

- 6. What areas of your building should be maintained as part of a food defense program?**
 - a. Entrances and exits
 - b. The interior
 - c. The exterior
 - d. All of these

- 7. What areas of vulnerability does a good food defense program address?**
 - a. People and buildings
 - b. Weather
 - c. FDA Food Code
 - d. Hours of operation

8. Which of the following would not be a cause of chemical contamination?

- a. Improperly labeled cleaning supplies
- b. Improperly cleaned produce
- c. Improper food storage
- d. Improperly canned food

9. What shape are cocci bacteria?

- a. Rod-shaped
- b. Spiral-shaped
- c. Round
- d. Comma-shaped

10. What is true about bacterial spores?

- a. Spores can multiply without water
- b. All bacteria are able to produce spores at some point in their growth
- c. Spores reproduce when rapidly heated
- d. Spores can protect bacteria from sanitation

11. When bacteria cause an infection, what type of poison do they release?

- a. Endotoxin
- b. Exotoxin
- c. Vegetative toxin
- d. Binary toxin

12. What is bacterial growth, by dividing in two, called?

- a. Binary fission
- b. Binary fusion
- c. Fassion
- d. Flashing

13. Most bacteria prefer a pH between 4.6 and 7; what does that mean?

- a. Acidic foods
- b. Mildly acidic foods
- c. Alkaline foods
- d. Mildly alkaline foods

14. What is the measure of moisture found in food called?

- a. Moisture level
- b. Moisture content
- c. Water activity
- d. Water level

15. Which of the following would constitute a TCS food product?

- a. Low moisture content
- b. High in protein
- c. High pH
- d. Low oxygen content

16. Which bacteria produces both an emetic and a diarrheal toxin?

- a. *Bacillus cereus*
- b. *Clostridium botulinum*
- c. *Clostridium perfringens*
- d. *Escherichia coli*

17. Where is the *Shigella* bacteria found in people with shigellosis?

- a. Mouth
- b. Feces
- c. Shins
- d. Breath

18. What do viruses need to reproduce?

- a. Host cell
- b. Binary fission
- c. Shellfish
- d. Water

19. Which virus causes nausea, vomiting, and diarrhea?

- a. Norovirus
- b. Hepatitis A
- c. Rotovirus
- d. Both a and b

20. What are prions?

- a. Viruses
- b. Bacteria
- c. Infections
- d. Proteins

21. What is the name of a plant or animal that lives in or on a host to survive?

- a. Spoilage organism
- b. Parasite
- c. Yeast
- d. Mycotoxin

22. *Trichinella spiralis* is most often associated with which undercooked food?

- a. Vegetables
- b. Pork
- c. Beef
- d. Chicken

23. Which organism produces aflatoxin?

- a. Bacteria
- b. Virus
- c. Yeast
- d. Mold

24. How should chemicals be stored?

- a. In their original container
- b. Outside of the premises
- c. Color coded by category
- d. On the bottom shelf in dry storage areas

25. Toxic metal poisoning can occur when acidic foods such as tomatoes are cooked or stored in copper containers.

- a. True
- b. False

26. What type of container should not be used to store acidic foods?

- a. Metallic
- b. Plastic
- c. Wood
- d. Glass

27. What are two ways that a food handler can chemically contaminate food?

- a. Measure the concentration of the chemical
- b. Store food in clean chemical containers
- c. Use too much chemical in a cleaning solution
- d. Use not enough chemical in a cleaning solution

28. Which of the following is included in the list of poisonous or potentially poisonous plants?

- a. Rhubarb leaves
- b. Daffodil bulbs
- c. Fava beans
- d. All of these

29. What is Scombrototoxin associated with?

- a. Pork
- b. Wild game
- c. Fungi
- d. Fish

30. Snapper and grouper found in the Bahamas and other Caribbean regions have been known to produce which toxin?

- a. Scombrototoxin
- b. Ciguatoxin
- c. Shellfish toxin
- d. Tetrodotoxin

31. What is a food allergy?

- a. A reaction to a food that a person does not like
- b. A curable condition that is easily treated over the counter
- c. The body's immune response to a food it mistakes as harmful
- d. An avoidance of a certain color of food

32. Which of the following is not a common allergen?

- a. Milk
- b. Eggs
- c. Rice
- d. Peanuts

33. How many foods account for 90% of all food allergies?

- a. Four
- b. Six
- c. Eight
- d. Twelve

34. What is one thing employees can do to help prevent allergic reactions in customers?

- a. Know which food items in the facility contain allergens
- b. Sanitize all flatware after each use
- c. Ensure that all food additives are used in strict compliance with the manufacturer's instructions
- d. Make sure that all allergens are clearly listed on the menu

35. What is one of the most important things to do when protecting food?

- a. Prevent air exposure
- b. Prevent even heat distribution
- c. Prevent cross-contamination
- d. Prevent loss of moisture

36. All of the following are examples of TCS foods except:

- a. Milk, milk products, and eggs
- b. Meat, poultry, fish, shellfish, and crustaceans
- c. Sliced melons
- d. Sliced bread