

- 1. What is the most important reason for promoting good personal hygiene?**
  - a. To increase morale in the workplace
  - b. To remove unwanted odors from your establishment
  - c. To reduce contamination hazards associated with people
  - d. To add another chore for employees
  
- 2. What is the main purpose of protective clothing on food handlers?**
  - a. Protect other clothing from becoming soiled
  - b. Protect food from contamination
  - c. Maintain a professional appearance
  - d. There is no such thing as protective clothing
  
- 3. When should food handlers wear their aprons?**
  - a. When taking out the trash
  - b. When entering the main part of the restaurant
  - c. When in the food preparation area
  - d. When visiting the restroom
  
- 4. Where can food service employees smoke?**
  - a. In food storage areas
  - b. In linen storage areas
  - c. In areas where utensils are cleaned
  - d. In designated areas
  
- 5. Washing hands before returning to work after smoking is not essential because the smoke has a natural antibacterial in it.**
  - a. True
  - b. False
  
- 6. Which of the following is the BEST way to prevent food contamination?**
  - a. Covering your mouth when you sneeze
  - b. Frequently and effectively washing your hands
  - c. Smoking only in designated areas
  - d. Bathing every day
  
- 7. Why should you use a colored bandage to cover wounds?**
  - a. It is cheaper for people in the food service industry
  - b. It is required in the FDA Food Code
  - c. It can be easily seen if it falls into food
  - d. It is the only one available on your premises

- 8. What is the most common bacteria associated with human skin, nose, and hands?**
- Staphylococcus aureus*
  - Cryptosporidium*
  - Clostridium botulinum*
  - Clostridium perfringens*
- 9. Which of the following is not recommended for drying hands?**
- Air drying
  - Wiping them on an apron
  - Paper towels
  - Forced-air blower
- 10. A hand-washing sink must be used for which of the following?**
- Washing hands
  - Rinsing fruits and vegetables
  - Thawing food under running water
  - All of the above
- 11. Hand-washing sinks may be interchangeable with prep sinks when sufficient soaps and towels are available.**
- True
  - False
- 12. What does the FDA prohibit handling with bare hands?**
- Raw hamburger
  - Bananas on a breakfast buffet
  - Tomatoes going into tomato sauce
  - Lettuce on a salad bar
- 13. After which activity should employees wash their hands and change their gloves?**
- Putting away clean dishes
  - Making pasta salad
  - Answering the telephone
  - All of the above
- 14. What is the maximum time you should wear a pair of gloves when doing the same task?**
- Two hours
  - Four hours
  - Eight hours
  - 30 minutes

**15. For which symptoms would a food handler be excluded from a food facility?**

- a. A cut on the hand
- b. Jaundice
- c. Sore throat with fever
- d. Both B and C

**16. When should employees inform you of illness?**

- a. When they have visited a close family member in the hospital
- b. When they have diarrhea
- c. When they had chicken pox as a child
- d. When they have a sore throat, but no fever

**17. An employee would not have to notify the management of which symptom?**

- a. An open wound that cannot be protected by a bandage
- b. A sore throat with fever
- c. A migraine headache
- d. Vomiting, diarrhea, or jaundice

**18. Employees with which illness must be restricted from working with food in an establishment?**

- a. Non-typhoidal *Salmonella*
- b. Enterotoxigenic *E. coli*
- c. *Listeria monocytogenes*
- d. Rotavirus

**19. What is the most effective way to communicate your policies?**

- a. Post them on the Internet
- b. Tell your employees daily
- c. Recite them to your customers
- d. Write them down and share them with employees

**20. How can managers best help their employees maintain good personal hygiene?**

- a. Washing their hands after using the restroom
- b. Letting the employees know when they need to shower
- c. Modeling proper hygiene at all times
- d. Wearing a hairnet

**21. What are the four stages of training?**

- a. Research, implement, deliver, review
- b. Motivate, teach, supervise, test
- c. Initiate, demonstrate, review, test
- d. Introduce, convey, supervise, correct

**22. How can a food manager help employees see the value in training?**

- a. Emphasize that the health inspector may make a surprise visit at any time
- b. Ensure them that the training supports specific objectives that are necessary to turn a profit
- c. Make it clear how the training will make their jobs easier
- d. Explain that consistency in tasks will make the food better

**23. When should employee training be delivered?**

- a. During the interview process
- b. After a good performance review
- c. On a regular basis
- d. All of the above