

- 1. Which temperatures represent the range of the Temperature Danger Zone?**
  - a. 41°F to 165°F (5°C to 74°C)
  - b. 35°F to 141°F (2°C to 61°C)
  - c. 41°F to 135°F (5°C to 57°C)
  - d. 135°F to 165°F (57°C to 74°C)
  
- 2. Freezing food kills all bacteria.**
  - a. True
  - b. False
  
- 3. What is necessary for using time as a public health control?**
  - a. The food must have an initial internal temperature of 45°F (7°C) when removed from cold holding
  - b. The food must be served or discarded within four hours from the point at which it was removed from storage
  - c. The food may not be served to a highly susceptible population
  - d. All of the above
  
- 4. What best describes the result of using the right thermometer?**
  - a. Keeps employees comfortable
  - b. Ensures compliance with local regulations
  - c. Promotes returning customers
  - d. Ensures that food is safe
  
- 5. What is the allowed temperature variance for a single scale thermometer?**
  - a. +/- 1°F (.5°C)
  - b. +/- 2°F (1°C)
  - c. +/- 3°F (1.5°C)
  - d. There is no variance allowed
  
- 6. What are two steps employees can take to protect against contamination of food?**
  - a. Prepare raw and RTE foods in different areas
  - b. Prepare food far in advance
  - c. Prepare food in large batches
  - d. Minimize handling of food
  
- 7. Employees can help ensure food safety during preparation by:**
  - a. Washing hands
  - b. Wearing gloves
  - c. Following a “clean as you go” policy
  - d. All of these

- 8. What are two food service controls that minimize the risk of contamination?**
- Serve food quickly after cooking, cooling, or reheating
  - Separate raw food and ready-to-eat food
  - Allow hot foods to cool to below 135°F (57°C) before serving
  - Package leftovers in plastic containers instead of Styrofoam
- 9. Why is it crucial to follow safe practices when thawing food?**
- Improper thawing can result in pest infestations
  - Bacteria will start to multiply when the temperature is raised
  - Improper thawing can cause freezer burn
  - Food that is thawing is at greater risk of physical contamination
- 10. Which of the following is not a proper way to thaw food?**
- Under refrigeration of 41°F or below
  - Under cold, clean, running water
  - As part of the conventional cooking process
  - On the counter at room temperature
- 11. “Slacking” is a food preparation term used in reference with which process?**
- Cooking
  - Cooling
  - Freezing
  - Thawing
- 12. Cooking without using a thermometer to check food’s internal temperature cannot guarantee safe food.**
- True
  - False
- 13. Which of the following is important to remember during microwave cooking?**
- Leave food uncovered to prevent build-up of pressure
  - Ensure that all parts of the food reach a temperature of 135°F (57°C)
  - Rotate or stir the food to ensure even heat distribution
  - Let the food sit for 60 seconds to confirm temperature stability
- 14. During service, hot food should be held at or above which temperature?**
- 130°F (54°C)
  - 135°F (57°C)
  - 145°F (63°C)
  - 165°F (74°C)

- 15. What is the minimum internal temperature recommended for cooking ground beef?**
- a. 135°F (57°C)
  - b. 145°F (63°C)
  - c. 155°F (68°C)
  - d. 165°F (74°C)
- 16. What is the minimum internal temperature recommended for cooking poultry?**
- a. 135°F (57°C)
  - b. 145°F (63°C)
  - c. 155°F (68°C)
  - d. 165°F (74°C)
- 17. What is the minimum internal temperature recommended for cooking stuffed foods?**
- a. 135°F (57°C)
  - b. 145°F (63°C)
  - c. 155°F (68°C)
  - d. 165°F (74°C)
- 18. What needs to be put on the menu if a food facility chooses to serve food that is below the minimum internal temperature recommended?**
- a. Consumer advisory
  - b. Regulatory authority
  - c. Auditing message
  - d. Documentation
- 19. The FDA Food Code prohibits offering what food under the recommended minimum internal temperature on a children's menu?**
- a. Ahi tuna
  - b. Scrambled eggs
  - c. Hamburger
  - d. Pork chop
- 20. Which of the following is important to remember during noncontinuous cooking?**
- a. Prior to sale or service, all parts of the food should be reheated to 165°F (74°C)
  - b. If the food is not hot held or served immediately, then it must be discarded
  - c. The food must be immediately cooled after heating and stored in a refrigerator or freezer following TCS food requirements
  - d. The initial cooking process cannot be more than 90 minutes

**21. How should cooked TCS foods be cooled?**

- a. From 135°F to 70°F (57°C to 21°C) within two hours, and from 135°F to 41°F (57°C to 5°C) within six more hours
- b. From 135°F to 70°F (57°C to 21°C) within two hours, and from 135°F to 41°F (57°C to 5°C) within four more hours
- c. From 135°F to 70°F (57°C to 21°C) within two hours, and then from 70°F to 41°F (21°C to 5°C) within six more hours
- d. From 135°F to 70°F (57°C to 21°C) within two hours, and then from 70°F to 41°F (21°C to 5°C) within four more hours

**22. Which statement is not true regarding previously cooked and cooled TCS foods?**

- a. Food must be rapidly reheated to an internal temperature of 165°F (74°C) for 15 seconds within two hours
- b. Food that is not reheated to 165°F (74°C) within two hours must be discarded
- c. Food that is not reheated to 165°F (74°C) within four hours must be discarded
- d. Food that does not get cooled to 70°F (21°C) within two hours must either be discarded or reheated to 165°F (74°C) and cooled correctly

**23. Which of the following is a safe food practice?**

- a. Thawing meat on a table overnight
- b. Wrapping cooked and raw meat together to save materials
- c. Cooling cooked meat rapidly for storing
- d. Reheating cooked meat in a steam table

**24. What minimum internal temperature should previously cooked vegetable stir fry be reheated to?**

- a. 135°F (57°C)
- b. 145°F (63°C)
- c. 155°F (68°C)
- d. 165°F (74°C)

**25. A refrigerated TCS food must be reheated to \_\_\_\_\_ for \_\_\_\_\_ within \_\_\_\_\_.**

- a. 135°F (57°C) / 20 sec / two hours
- b. 145°F (63°C) / 15 sec / one hour
- c. 155°F (68°C) / 20 sec / one hour
- d. 165°F (74°C) / 15 sec / two hours

**26. After reheating food to 165°F (74°C), what temperature should it be held at?**

- a. 135°F (57°C) or above
- b. 145°F (63°C) or above
- c. 155°F (68°C) or above
- d. 165°F (74°C) or above

**27. If beef and pork are cooked to 130°F (54°C), they can be held at 130°F (54°C).**

- a. True
- b. False

**28. Ice should be served using:**

- a. A clean hand
- b. A gloved hand
- c. A water glass
- d. A plastic or metal scoop

**29. What does the word “comminuted” mean?**

- a. Blended or mixed thoroughly together
- b. Reduced in size by grinding, mincing, or chopping
- c. Broken in continuity, as in a noncontinuous cooking process
- d. Exchanged or shared information by discussion or policy

**30. What is the process of gradually increasing the temperature of frozen food from -10°F (-23°C) to 25°F (-4°C), generally in preparation for deep frying?**

- a. Slowing
- b. Slicking
- c. Slacking
- d. Sloughing