

<b>Time &amp; Temp</b>	<b>Hygiene</b>	<b>Cross-Contamination</b>	<b>Sanitation</b>	<b>"POT"-POURI</b>
<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>
<b>300</b>	<b>300</b>	<b>300</b>	<b>300</b>	<b>300</b>
<b>400</b>	<b>400</b>	<b>400</b>	<b>400</b>	<b>400</b>
<b>500</b>	<b>500</b>	<b>500</b>	<b>500</b>	<b>500</b>

What is the TEMPERATURE  
DANGER ZONE?

- A) 35 °F to 150 °F
- B) 45 °F to 150 °F
- C) 41 °F to 140 °F
- D) 41 °F to 145 °F

C) 41 °F to 140 °F

What is the minimum internal cooking temperature for beef burgers?

- A. 110°F (43°C) for 15 seconds
- B. 130°F (55°C) for 15 seconds
- C. 145°F (63°C) for 15 seconds
- D. 155°F (68°C) for 14 seconds

D. 155°F (68°C) for 15 seconds

Which of the following is not an approved method to "cool" cooked foods?

- A. Using an Ice bath
- B. Shallow pans in the cooler
- C. On the counter at room temperature
- D. None of the above

C. On the counter at room temperature

What is the minimum internal cooking temperature for Turkey?

- A. 120°F (49°C) for 15 seconds
- B. 165°F (74°C) for 15 seconds
- C. 155°F (68°C) for 15 seconds
- D. 130°F (55°C) for 15 seconds



B. 165°F (74°C) for 15 seconds

Which food item needs to be cooked to the highest temperature?

- A. Beef steak
- B. Chicken
- C. Pork
- D. Hamburger

# B. Chicken

# True or false

Aprons may be used for wiping hands instead of single-use towels

False

# Employees who wear disposable gloves should:

- A. Avoid washing hands before putting on gloves
- B. Wash their hands before putting on gloves
- C. Wash off the gloves if they become soiled with food
- D. Apply hand lotion before putting on gloves

B. Wash their hands before  
putting on gloves

# How often shall handwashing be done by employees?

- A. Once during each shift
- B. Only after using the bathroom
- C. If gloves are used, handwashing is not required
- D. Before starting any food preparation activity, and at any time when hands may have become contaminated



D. Before starting any food preparation activity, and at any time when hands may have become contaminated

## True or False

Wearing gloves means you do not have to wash your hands

False

When would it be best to wear disposable gloves?

- A. When assembling sandwiches
- B. While peeling potatoes
- C. While scrubbing pots
- D. While pouring drinks

A. While assembling  
sandwiches

# What is the proper placement of raw chicken in the cooler?

- A. Above cooked foods
- B. Above raw vegetables
- C. Below all ready-to-eat foods including raw vegetables, cooked foods, and foods that require no further preparation
- D. On top shelf

C. Below all ready-to-eat foods including raw vegetables, cooked foods, and foods that require no further preparation

# What is Cross-contamination?

- A. The main cleaning method for all food-contact surfaces that have been contaminated
- B. The transfer of harmful substances or microorganisms to food from food or from a non-food contact surface, such as equipment, utensils, or hands.
- C. The removal of certain bacteria from food by cooking it thoroughly
- D. The prevention of food-borne illnesses



B. The transfer of harmful substances or microorganisms to food from food or from a non-food contact surface, such as equipment, utensils, or hands

What is the best way to thaw frozen chicken?

- A. On the counter at room temperature
- B. On the bottom shelf of the refrigerator
- C. In the preparation sink in standing warm water
- D. In a mop sink

B. On the bottom shelf of  
the refrigerator

What is the proper location to store food?

- A. In the restrooms
- B. In designated food storage areas
- C. With the cleaning and chemical supplies
- D. Under unprotected sewer lines

B. In designated food storage areas

# True or False

All spray bottles need to be labeled with common name of contents

True

## True or False

Use chemical test strips to regularly test sanitizer strength in wiping cloth buckets and dishwashing facilities



True

How often does the sanitizer concentration need to be tested in wiping cloth buckets, dish machines, and 3-compartment sinks?

- A. Each shift
- B. Daily
- C. Weekly
- D. Monthly

A. Each shift

What is the correct order in setting up the 3 compartment sink?

- A. Wash, Rinse, Santize
- B. Sanitize, Wash, Rinse
- C. Wash, Sanitize, Rinse
- D. None of the above

A. Wash, Rinse, Sanitize

Which of the following are allowed to be used as a sanitizer?

- A. Quat sanitizer
- B. Chlorine
- C. Iodine
- D. All of the above

D. All of the above

# True or False

Use chemical test strips to regularly test sanitizer strength in wiping cloth buckets and dishwashing facilities



True

Food borne illnesses are diseases that are:

- A. Carried or transmitted to people by food
- B. Caused by overeating
- C. Cured by proper eating habits
- D. Transmitted to kitchen employees only

A. Carried or transmitted to people by food

When a shipment of food arrives, employees should:

- A. Put everything away and inspect it later
- B. Inspect only the potentially hazardous foods
- C. Inspect all foods right away before storing them
- D. Stack it neatly on the dock and inspect it within 12 hours

C. Inspect all foods right away  
before storing them

Moist, high-protein foods on which bacteria can grow most easily are classified as:

- A. Potentially hazardous foods
- B. Contaminated
- C. Unfit for children, elderly people, and hospital patients
- D. Adulterated foods

# A. Potentially hazardous foods

During use, where is the best place to store ice scoop?

- A. On a clean dry surface
- B. In the ice-bin with the handle out of the ice
- C. In a food grade ice scoop holder
- D. All of the above



D. All of the above

Cold foods must be held at or below:

A. 50°F

B. 41°F

C. 45°F

D. 60°F

B. 41°F