

Food Handler's Course Environmental Health Services

1. Which of the following symptoms should a food handler exclude him/her self if they experience or are exposed to?
 - a) Diarrhea
 - b) Jaundice
 - c) Vomiting
 - d) All the above
2. Which of the following illnesses would prompt a food service worker to be excluded from the operation if they have been diagnosed or in direct contact with someone who has been diagnosed?
 - a) *Shigella* spp.
 - b) Nontyphoidal *Salmonella*
 - c) Hepatitis A
 - d) All the above
3. Why is hand washing important?
 - a) To minimize cross contamination.
 - b) To prevent the spread of infection.
 - c) To remove contaminants from the hands.
 - d) All of the above.
4. Where do you wash your hands?
 - a) In a designated hand washing sink.
 - b) It doesn't matter so long as you wash your hands.
 - c) I don't, I choose to use sanitizing gel instead.
 - d) I don't, I choose to wear gloves instead.
5. What item is considered acceptable work attire for a food handler?
 - a) Hair restraint
 - b) Clean outer garment with sleeves
 - c) Plain-band ring
 - d) All of the above
6. Can a food service worker wear disposable gloves instead of washing their hands?
 - a) YES
 - b) NO
7. Do you need to wash your hands before putting on your gloves?
 - a) Yes
 - b) No
 - c) Only if someone is watching.
 - d) Only if you have cuts.
8. Can a food service worker use sanitizing gel instead of washing their hands?
 - a) YES
 - b) NO
9. What would be the minimum internal cooking temperature of ground beef hamburger cooked from raw?
 - a) 145°F
 - b) 155°F and held for 15 seconds
 - c) 165°F and held for 15 seconds
 - d) 180°F

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10. What is the temperature danger zone?
 - a) 140-150°F
 - b) 41-135°F
 - c) 46-140°F
 - d) 30-150°F
11. A PHF (TCS) food has the characteristic conditions that support the growth of pathogens/bacteria and is an acronym for:
 - a) A Pretty Harmful Food (Time Controlled Substance)
 - b) A Pretty Hazardous Food (Time Controlled Substance)
 - c) A Potentially Harmful Food (Time & Temperature Controlled for Safety)
 - d) A Potentially Hazardous Food (Time & Temperature Controlled for Safety)
12. The following foods are either placed in hot holding or cold holding storage. Which of the following foods is IN the temperature danger zone allowing pathogens to grow?
 - a) Cooked Chicken at 166°F
 - b) Cooked Hamburger patties at 130°F
 - c) Eggs at 30°F
 - d) Cheese at 39°F
13. What is the minimum length of time it should take to wash your hands?
 - a) 30 sec
 - b) 10 sec
 - c) 15 sec
 - d) 20 sec
14. What temperature do you reheat food to and for how long for hot holding?
 - a) 155° F for 15 seconds
 - b) 165° F for 15 seconds
 - c) 175° F for 10 seconds
 - d) 165° F for 10 seconds
15. Utensils used to dispense/serve foods are allowed to be stored in which manner?
 - a) Inside the container with the handle touching the food item.
 - b) Inside the food product with the handle up and not touching the food or the side of the container.
 - c) With a short handle that falls into the food.
 - d) Laying uncovered on the countertop next to the food container.
16. Which of the following is the most preferred thawing method?
 - a) Refrigerator
 - b) Running water (70 degrees or below)
 - c) Microwave
 - d) Sitting out in room temperature
17. Packaged hot dogs and cheese for cheeseburgers should be held at what temperature in the refrigerator?
 - a) 60° F (16° C) or lower
 - b) 55° F (13° C) or lower
 - c) 50° F (10° C) or lower
 - d) 41° F (5° C) or lower
18. All food must come from an inspected source?
 - a) True
 - b) False

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19. Foods that have been offered for self-serve (buffet style) can be kept as leftovers.
 - a) True
 - b) False
20. Food contact surfaces of equipment shall be cleaned and sanitized. If I use chlorine as my sanitizer, I should use a sanitizing test strip to check my solution upon mixing and ensure that the concentration is:
 - a) 50 ppm
 - b) 75 ppm
 - c) 100 ppm
 - d) 150 ppm

First Name **(required)**:

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