

1. What is the number one cause of foodborne illness

- A poor cooking
- B poor cleaning
- C poor handwashing
- D poor sanitation
- E bacteria

2. What is the invisible cause of foodborne illness

- A poor cooking
- B poor purchasing
- C poor handwashing
- D poor sanitation
- E bacteria

3. what is the temperature danger zone?

- A 40-140
- B 41-135
- C 41-141
- D 35-141
- E 32-212

4. what is the minimum time for proper hadwashing

- A 15 seconds
- B 10 seconds
- C 20 seconds
- D 2 minutes
- E 60 seconds

5. list four things that would be personal hygiene guidelines to follow for safe cooking

6. when do we wear gloves in the kitchen

- A all the time
- B none of the time
- C for foods that will be cooked again
- D for ready to eat foods
- E for foods that will be cooled

7. list 5 ready to eat foods

8. when must we wash our hands

- A every time we change jobs
- B every time we use the laboratory
- C if the gloves are ripped
- D if we sneeze into them
- E any answer is acceptable

9. when we sneeze we aim our mouths where?

- A into our sleeve
- B anywhere
- C into our apron
- D into our cooking towel

10. what is the minimum wash temp for our dishmachines

- A 165
- B 141
- C 140
- D 212
- E 135

11. what is the rinse temp for our dishwasher

- A 165
- B 212
- C 180
- D 135
- E 141

12. what is the first sink in our cleaning pot system in OUR kitchen

- A rinse
- B sanitize
- C wash
- D it does not matter
- E pre rinse

13. what is the second sink in our system of washing in this kitchen

- A rinse
- B sanitize
- C wash
- D pre rinse

14. what is the number one rule for large kitchen equipment

- A it is always on
- B it is always hot
- C no rules
- D it is for anyone to use

15. which of these is a physical hazard?

- A yeast
- B hair
- C fly
- D bleach
- E bacteria

16. which of these is a biological hazard

- A e-coli
- B bleach
- C rocks
- D fingernail

17. which of these is a chemical hazard

- A dish soap
- B yeast
- C cockroach
- D water

18. list what the acronym FATTOM stands for

19. when we are cooking where do we keep the utensils we are stirring with?

- A on the pot handle
- B on the stove
- C on a plate on the stove
- D in the pot

20. what is the minimum temp for cooking poultry?

- A 135
- B 145
- C 155
- D 165
- E 175

21. what is the minimum temp for cooking pork

- A 135
- B 145
- C 155
- D 165
- E 125

22. what is the minimum temp for cooking fish

- A 125
- B 185
- C 350
- D 145
- E 212

23. where do we thaw frozen foods

- A on the counter
- B in the refrigerator
- C in the sink
- D in the microwave
- E we dont need to

24. what is the shortest time to reheat foods at what temp?

- A 10 seconds at 155
- B 20 seconds at 145` `
- C 15 seconds at 165
- D 1 minute at 212`

25. what food is best associated with e-coli

- A beef
- B chicken
- C pork
- D fish
- E shellfish

26. what food is best associated with trichinosis

- A pork
- B beef
- C chicken
- D fish
- E shellfish

27. foreign objects usually large enough to be seen or felt are

- A chemical hazards
- B biological hazards
- C physical hazards
- D food borne hazards

28. how many ounces are in one cup?

- A 16
- B 12
- C 8
- D 4
- E 2

29. how many teaspoons are in one tablespoon

- A 2
- B 3
- C 4
- D 5
- E 6

30. how many pounds are in one pint

- A 1
- B 2
- C 3
- D 4
- E 5

31. what is the system of maintaining safe foods called

- A haacp
- B haccp
- C hhacp
- D haacp

32. when are we responsible for the foods we serve to customers

- A only when they order it
- B only if they take it to go
- C only when we cook it
- D only after we receive it until they get it

33. what is botulism usually associated with

- A beef
- B pork
- C canned foods
- D dry goods
- E milk

34. how many pints are in one gallon

- A 2
- B 4
- C 6
- D 8
- E 10

35. how many pounds are in one gallon

- A 10
- B 8
- C 6
- D 4
- E 2

36. how many cups are in one half of a gallon

- A 2
- B 4
- C 6
- D 8
- E 16

37. what does it mean to clean a food surface

- A we kill bacteria and germs
- B we rinse the surface
- C we remove dirt and sediment
- D we wash it with soap

38. what does it mean to sanitize a work surface

- A we kill bacteria
- B we wash it
- C we rinse it
- D we do nothing

39. how many tablespoons are in one cup?

- A 4
- B 8
- C 16
- D 24
- E 32

40. what temp must we reheat soup to after IT HAS BEEN COOLED

- A 135
- B 145
- C 155
- D 165
- E 175

41. when is food at its greatest risk for cross contamination

- A service
- B recieving
- C preparation
- D delivery to customer
- E cooking

42. what is the first step in the flow of food

- A storage
- B recieving
- C delivery
- D preparation
- E cooking

43. what should we practice when storing foods

- A last in first out
- B first in last out
- C last in last out
- D first in first out
- E any of these

44. what is the first principle of HACCP

- A establish critical limits
- B identify corrective actions
- C verify the system works
- D conduct a hazard analysis

45. how many ounces are in one quart

- A 32
- B 40
- C 48
- D 56
- E 64

46. list the steps in setting up a safe station

- A equipment, side towel, wash bucket
- B equipment, side towel, wash bucket, sanitation bucket
- C equipment, side towel, wash bucket, knives
- D equipment, side towel, wash bucket, clean area, sanitation bucket
- E equipment, side towel, wash bucket, safe shoes

47. how many ounces are in one gallon

- A 256
- B 128
- C 112
- D 64
- E 108

48. what is the safest way to deal with fake nails

- A gloves
- B dont have them
- C only cooks can have them
- D deal with it until you cut yourself, which you probably will
- E you cant work here

49. if you come to work sick what should your boss do?

- A let you work
- B give you extra money
- C send you home
- D buy you dinner
- E say AWWWWW

50. how many ounces are in one pound

- A 2
- B 4
- C 6
- D 16

51. what is the number one rule in the kitchen

- A always leave with ten fingers
- B the chef is always right
- C when you think the chef is wrong they are still right
- D work to pretend you are cooking for yourself