

Food Handlers Practice Test

Number of Questions: 50

Time Allowed: 60 minutes

Passing Score: 70% (35 correct)

Instructions

- Read each question carefully
 - Choose the best answer from the options provided
 - No calculators or notes allowed
 - Answer all questions
 - This test covers food safety principles, hygiene, temperature control, cross-contamination, sanitation, and legal requirements
-

Test Questions

1. What is the safest way to thaw frozen food?

- A. On the kitchen counter
- B. In the refrigerator
- C. In warm water
- D. Under direct sunlight

2. The temperature danger zone for bacterial growth is between:

- A. 32°F and 41°F
- B. 41°F and 135°F
- C. 135°F and 165°F
- D. 165°F and 212°F

3. How often should you wash your hands when handling food?

- A. Once per shift
- B. Only before starting work
- C. Before and after handling food, after using the restroom, and after touching face or hair
- D. Only after using chemicals

4. Which is a common symptom a food handler must report to their manager?

- A. Headache
- B. Fatigue
- C. Vomiting
- D. Runny nose

5. Cross-contamination can be prevented by:

- A. Using separate cutting boards for raw meat and vegetables
- B. Washing hands before and after handling food
- C. Proper cleaning and sanitizing of equipment
- D. All of the above

6. What is the minimum internal temperature for cooking ground beef?

- A. 145°F
- B. 155°F
- C. 165°F
- D. 135°F

7. Which food item is considered a Time/Temperature Control for Safety (TCS) food?

- A. Bread
- B. Raw chicken
- C. Potato chips
- D. Chocolate

8. How long can ready-to-eat food be safely stored at room temperature?

- A. 1 hour
- B. 2 hours
- C. 4 hours
- D. 6 hours

9. What is the first step when cleaning dishes in a three-compartment sink?

- A. Scrape off food debris
- B. Rinse with water
- C. Wash with soap and water
- D. Sanitize

10. Which biological hazard is most commonly associated with eggs?

- A. Listeria
- B. Salmonella
- C. Norovirus
- D. Hepatitis A

11. How should ready-to-eat food be handled to prevent contamination?

- A. With bare hands
- B. Using gloves or utensils
- C. Touching only the edges
- D. Using any clean cloth

12. At what temperature should cold foods be held to prevent bacterial growth?

- A. Below 70°F
- B. Below 41°F
- C. Below 55°F
- D. Below 32°F

13. How should cleaning chemicals be stored?

- A. On the food prep table
- B. In the same area as food
- C. Away from food and food-contact surfaces
- D. On the sink edge

14. Which symptom does NOT require excluding a food handler from work?

- A. Diarrhea
- B. Jaundice
- C. Sore throat with fever
- D. Cough

15. What is the correct order of steps in proper hand washing?

- A. Wet hands, apply soap, scrub 20 seconds, rinse, dry
- B. Apply soap, rinse, scrub, dry, wet hands
- C. Scrub, wet hands, rinse, apply soap, dry
- D. Wet hands, rinse, scrub, dry

16. Which of the following is a chemical hazard?

- A. Cleaning detergent
- B. Bacteria
- C. Metal shards
- D. Allergens

17. How should leftover hot food be cooled safely?

- A. Leave it on the counter until cool
- B. Cool from 135°F to 70°F within 2 hours, then to 41°F within an additional 4 hours
- C. Put directly into the refrigerator
- D. Cool for 6 hours at room temperature

18. What is the correct minimum temperature for holding hot food?

- A. 165°F
- B. 140°F
- C. 135°F
- D. 120°F

19. Which pest signs indicate an infestation in a food establishment?

- A. Gnaw marks, droppings, urine stains
- B. Dust accumulation
- C. Water spots on windows
- D. Corners needing paint

20. When must gloves be changed?

- A. After handling raw meat and before touching ready-to-eat food
- B. Between tasks
- C. After touching face, hair, or phone
- D. All of the above

21. How often should food handlers clean and sanitize their work surfaces?

- A. Once per day
- B. After every task or when contaminated
- C. Only at shift end
- D. Never, only sanitized equipment

22. What temperature should leftovers be reheated to?

- A. 140°F within 2 hours
- B. 165°F within 2 hours
- C. 155°F at any time
- D. 135°F within 4 hours

23. What should be done if a food handler is diagnosed with Hepatitis A?

- A. Continue work with gloves
- B. Report to health authority and exclude from work until cleared
- C. Take medicine and keep working
- D. No special action required

24. Which is NOT a proper way to store raw meat?

- A. On the top shelf of the fridge
- B. On the bottom shelf in a leak-proof container
- C. Separated from ready-to-eat foods
- D. Wrapped tightly

25. What can cause foodborne illness from improper food handling?

- A. Eating food at unsafe temperatures
- B. Cross-contamination
- C. Poor personal hygiene
- D. All of the above

26. What is the best way to prevent food allergens cross-contact?

- A. Use separate utensils and equipment
- B. Cook allergen foods first
- C. Label allergenic ingredients clearly
- D. Store allergens next to vegetables

27. What should food handlers do if they have a cut or wound?

- A. Leave it open to air
- B. Cover with a clean, waterproof bandage and wear gloves
- C. Keep working without gloves
- D. Use only a bandage, no gloves needed

28. Which action helps reduce the risk of Norovirus spreading?

- A. Wash fruits with soap
- B. Regular hand washing, especially after restroom use
- C. Use harsh bleach on food
- D. Avoid raw foods

29. What is the safe internal cooking temperature for poultry?

- A. 145°F
- B. 155°F
- C. 165°F
- D. 135°F

30. How should food deliveries be checked on arrival?

- A. Inspect temperature and packaging
- B. Assume all items are safe
- C. Store immediately without inspection
- D. Only check canned goods

31. Which of the following is a physical hazard?

- A. Glass shards
- B. Bacteria
- C. Pesticide residue
- D. Cleaning chemical

32. Which type of foodborne illness is caused by toxins from bacteria?

- A. Viral infection
- B. Food poisoning
- C. Parasitic infection
- D. Allergic reaction

33. How can staff reduce the risk of contamination when wearing jewelry?

- A. Remove all jewelry except a plain wedding band
- B. Wear all jewelry if washed properly
- C. Cover with gloves
- D. Remove only rings on hands

34. What is the minimum water temperature for washing dishes in a three-compartment sink?

- A. 100°F
- B. 110°F
- C. 120°F
- D. 150°F

35. Which method is best for sanitizing food contact surfaces?

- A. Hot water rinse only
- B. Using a chemical sanitizer following instructions
- C. Wiping with a wet cloth
- D. Air-drying only

36. Which practice is essential for personal hygiene in food handling?

- A. Wearing clean clothes and hair restraints
- B. Eating at workstations
- C. Using cologne/perfume
- D. Handling waste without gloves

37. Why should food handlers avoid working when sick?

- A. They might spread contaminants to food
- B. It slows down the kitchen
- C. To avoid being tired
- D. Because of the smell

38. What is a common cause of cross-contamination?

- A. Using the same cutting board for raw meat and vegetables without cleaning
- B. Washing hands frequently
- C. Cooking foods at the right temperature
- D. Storing raw and cooked foods separately

39. What is the correct way to store cleaning chemicals in a kitchen?

- A. Near food items for easy access
- B. Clearly labeled and separate from food storage areas
- C. In food prep sinks
- D. Anywhere on shelves

40. Foodborne illness outbreaks are most often linked to:

- A. Poorly cleaned equipment
- B. Poor personal hygiene of food handlers
- C. Inadequate cooking or improper temperature control
- D. All of the above

41. Which food is NOT a common allergen?

- A. Peanuts
- B. Wheat
- C. Lettuce
- D. Shellfish

42. When must a food handler change gloves?

- A. When gloves become torn or dirty
- B. After handling raw meat and before ready-to-eat food
- C. After handling trash
- D. All of the above

43. How often should a food establishment review and update its food safety plan?

- A. Every 5 years
- B. Annually or after any food safety incident or change
- C. Never
- D. Only when new staff join

44. How should ice used for drinks be handled?

- A. With hands
- B. Using a clean scoop reserved only for ice
- C. Using glass cups
- D. Using hands with gloves

45. What is the best practice to avoid chemical contamination?

- A. Label all chemicals clearly and store them away from food
- B. Keep chemicals in unlabeled containers
- C. Store chemicals near food storage
- D. Mix cleaning chemicals

46. Which method is recommended to check if food is cooked safely?

- A. Taste the food
- B. Use a thermometer to measure internal temperature
- C. Check color only
- D. Check texture

47. When is it safe to put on disposable gloves?

- A. After washing hands
- B. Right at the start of the shift without hand washing
- C. After handling trash
- D. Before touching money

48. Which of these is NOT a common sign of pest infestation?

- A. Droppings
- B. Odors
- C. Flyswatter
- D. Gnaw marks

49. How long should you scrub your hands during handwashing?

- A. 10 seconds
- B. 20 seconds
- C. 30 seconds
- D. 5 seconds

50. What is the primary cause of foodborne illness?

- A. Contaminated food and poor hygiene practices
- B. Expired food only
- C. Excessive cooking
- D. Too much seasoning

Answer Key

Question	Answer	Question	Answer	Question	Answer	Question	Answer
1	B	14	D	27	B	40	D
2	B	15	A	28	B	41	C
3	C	16	A	29	C	42	D
4	C	17	B	30	A	43	B
5	D	18	C	31	A	44	B
6	B	19	A	32	B	45	A
7	B	20	D	33	A	46	B
8	B	21	B	34	C	47	A
9	A	22	B	35	B	48	C
10	B	23	B	36	A	49	B
11	B	24	A	37	A	50	A
12	B	25	D	38	A		
13	C	26	A	39	B		

Scoring Guide:

- 45-50 correct: Excellent (90-100%)
- 40-44 correct: Good (80-88%)
- 35-39 correct: Pass (70-78%)
- Below 35: Retake required

This practice test covers essential food safety topics including hygiene, temperature control, cross-contamination prevention, allergen management, and legal requirements for food handlers.