1-2 What Do You Think?

Write an X next to the problem for each action listed below.

1) Leaving raw chicken breasts on a pallet in a loading area that is not refrigerated
   _____ A  Time-temperature abuse
   _____ B  Poor personal hygiene
   _____ C  Cross-contamination
   _____ D  Poor cleaning and sanitizing

2) Sneezing on food
   _____ A  Time-temperature abuse
   _____ B  Poor personal hygiene
   _____ C  Cross-contamination
   _____ D  Poor cleaning and sanitizing

3) Keeping produce that raw meat juices have leaked on
   _____ A  Time-temperature abuse
   _____ B  Poor personal hygiene
   _____ C  Cross-contamination
   _____ D  Poor cleaning and sanitizing

4) Scraping off food from an otherwise clean food-storage container
   _____ A  Time-temperature abuse
   _____ B  Poor personal hygiene
   _____ C  Cross-contamination
   _____ D  Poor cleaning and sanitizing

1-5 The Most Common Food Allergens

Write an X next to each food that is a common food allergen or contains one.

_____ 1  Tea
_____ 2  Cod
_____ 3  Wheat flour
_____ 4  Melons
_____ 5  Peanut butter
_____ 6  Crab legs
_____ 7  Potatoes
_____ 8  Mushrooms
_____ 9  Tomatoes
_____ 10  Pecan pie
_____ 11  Citrus fruit
_____ 12  Green peppers
_____ 13  Squash and eggplant
_____ 14  Soybeans
_____ 15  Rice and rice products
_____ 16  Omelet
_____ 17  Vanilla ice cream
2-4 Check Your Handwashing Knowledge

1) Ryan washed his hands before handling food. Write an X next to each error that Ryan made.
   _____ A   He applied hand sanitizer before washing his hands
   _____ B   He wet his hands using very hot water
   _____ C   He applied enough soap to develop a good lather
   _____ D   He scrubbed his hands with soap for five seconds
   _____ E   He rinsed his hands under running warm water
   _____ F   He dried his hands with a clean apron
   _____ G   He turned off the faucet with a paper towel
   _____ H   He opened the door with his clean hands

2) Write an X next to each situation where you must wash your hands.
   _____ A   After handling packages of raw chicken
   _____ B   Before putting on gloves at the start of a task
   _____ C   Before handling chemicals
   _____ D   After taking out garbage

3) Write an X next to the situation where you should use a hand antiseptic.
   _____ A   When you can’t wash your hands
   _____ B   Before washing your hands
   _____ C   After washing your hands
   _____ D   When you can’t dry your hands

2-7 Keeping It Safe

1) Alicia is a volunteer repackaging bulk cereal. Write an X beside everything that Alicia has done wrong.
   _____ A   Washing her hands before putting on gloves
   _____ B   Rinsed her gloves when they became too dirty from working with the cereal
   _____ C   Began repackaging rice after repackaging cereal without changing her gloves
   _____ D   Washed her hands and changed gloves when she noticed a small tear in a glove she was wearing

2) Write an X next to each unsafe practice.
   _____ A   Washing hands and putting on new gloves after handling an allergen
   _____ B   Putting the same gloves back on after finishing one task and starting a new task
   _____ C   Prepping food wearing fake nails without gloves
   _____ D   Working with an infected, un-bandaged cut
2-8 It’s What You Wear

1) Write an X next to each unsafe practice.
   _____ 1 Wearing a dirty shirt
   _____ 2 Wearing nail polish without wearing gloves
   _____ 3 Wearing a baseball cap while packaging food
   _____ 4 Wearing a watch
   _____ 5 Removing a disposable apron and putting it back on after returning to the clean room
   _____ 6 Wearing a bandage on your finger under your gloves
   _____ 7 Cleaning and sanitizing food scoops without wearing a hat or other hair covering
   _____ 8 Wearing the same pants several days in a row until they get dirty

2-9 Reporting Illnesses

1) Write an X next to the symptoms you must report to your director or supervisor.
   _____ 1 Vomiting
   _____ 2 Jaundice
   _____ 3 Being very tired
   _____ 5 Diarrhea
   _____ 6 Headache

3-2 Ice-Point Calibration Method

Write an X next to the correct answer.

1) How long should you wait to reach a bimetallic stemmed thermometer after placing it in the ice water?
   _____ A 5 seconds
   _____ B 7 seconds
   _____ C 10 seconds
   _____ D 30 seconds

2) What temperature should a thermometer be adjusted to after placing it in the ice water?
   _____ A 0°F (-18°C)
   _____ B 10°F (-12°C)
   _____ C 22°F (-6°C)
   _____ D 32°F (0°C)

3-4 Is the Delivery Safe?

1) Write an X next to each unsafe situation.
   _____ A The door lock on a food delivery truck is broken
   _____ B Mice are spotted inside a food delivery truck
   _____ C A delivery truck is transporting food at 38°F (3°C)
   _____ D A case of home-canned jelly is found inside a delivery truck
3-4 Is It the Correct Temperature?

1) Write an X next to each item that was not received at the correct temperature.
   - A  Frozen meat received at 38°F (3°C)
   - B  Bags of cut lettuce received at 50°F (10°C)
   - C  Bags of cut melons received at 45°F (7°C)
   - D  Milk received at 50°F (10°C)

3-6 Is It Stored Correctly?

Draw an X through each food item that has not been stored correctly.

3-9 Has It Been Rotated Correctly?

The date is 2014. Circle the storage shelf that has the cans stored correctly.
4-3 Keep It or Toss It?

Draw an X through each food item that should be rejected.

4-4 Should You Keep It?

Draw an X through each food item that should be rejected.

4-5 Is It Acceptable?

Draw an X through each item that should be rejected.
What Did They Do Wrong?

Write an X next to each situation where a mistake was made.

Was It Loaded Safely?

Write an X next to each situation where a mistake was made.

Cleaning and Sanitizing

Circle the item that needs to be both cleaned and sanitized.
1) Put the steps for cleaning and sanitizing in the correct order by placing the number of each step in the space provided.
   _____ A  Sanitize the surface
   _____ B  Wash the surface
   _____ C  Allow the surface to air-dry
   _____ D  Rinse the surface
   _____ E  Scrape or remove food from the surface

2) Write an X next to each situation that requires the food handler to clean and sanitize the item being used.
   _____ A  Jorge has used the same scoop to portion cereal for an hour
   _____ B  Bob drops the scoop on the floor while using it
   _____ C  Shelly has finished repacking produce on a prep table and now will use it to repack cereal
   _____ D  Maria is about to start scooping bulk rice into smaller bags

3) When cleaning and sanitizing stationary equipment, what is the next step after unplugging it?
   _____ A  Taking off any removable parts and washing, rinsing, and sanitizing them
   _____ B  Scraping or removing food from the equipment surfaces
   _____ C  Washing, rinsing, sanitizing the stationary equipment surfaces
   _____ D  Letting all surfaces air-dry

4) Write an X next to the actions that prevent a sanitizer from working well.
   _____ A  Making sanitizer temperature too high
   _____ B  Putting extra sanitizer in the solution
   _____ C  Letting items make contact with the sanitizer solution
   _____ D  Testing the sanitizer strength with a test kit

5-7 Washing Tools and Utensils

1) Write an X next to the first thing you should do when setting up a three-compartment sink.
   _____ A  Fill the sinks with water
   _____ B  Mix the sanitizing solution
   _____ C  Mix the detergent solution
   _____ D  Clean and sanitize the sinks

2) Put the steps for cleaning and sanitizing items in a three-compartment sink in order.
   _____ A  Air-dry the items
   _____ B  Rinse the items
   _____ C  Sanitize the items
   _____ D  Rinse, scrape, or soak the items
   _____ E  Wash the items
Draw an X through each situation that is unsafe.