

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.

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 Tea | <input type="checkbox"/> 7 Potatoes | <input type="checkbox"/> 13 Squash and eggplant |
| <input type="checkbox"/> 2 Cod | <input type="checkbox"/> 8 Mushrooms | <input type="checkbox"/> 14 Soybeans |
| <input type="checkbox"/> 3 Wheat flour | <input type="checkbox"/> 9 Tomatoes | <input type="checkbox"/> 15 Rice and rice products |
| <input type="checkbox"/> 4 Melons | <input type="checkbox"/> 10 Pecan pie | <input type="checkbox"/> 16 Omelet |
| <input type="checkbox"/> 5 Peanut butter | <input type="checkbox"/> 11 Citrus fruit | <input type="checkbox"/> 17 Vanilla ice cream |
| <input type="checkbox"/> 6 Crab legs | <input type="checkbox"/> 12 Green peppers | |

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)

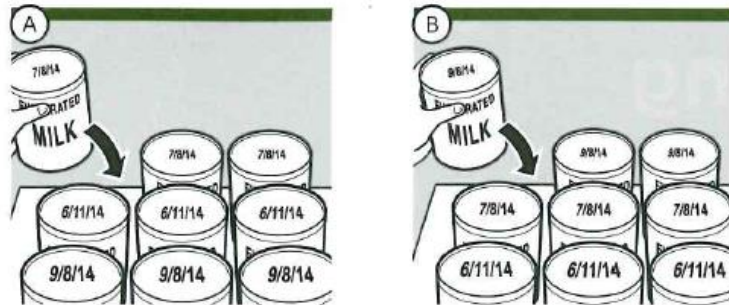
3-6 Is It Stored Correctly?

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.



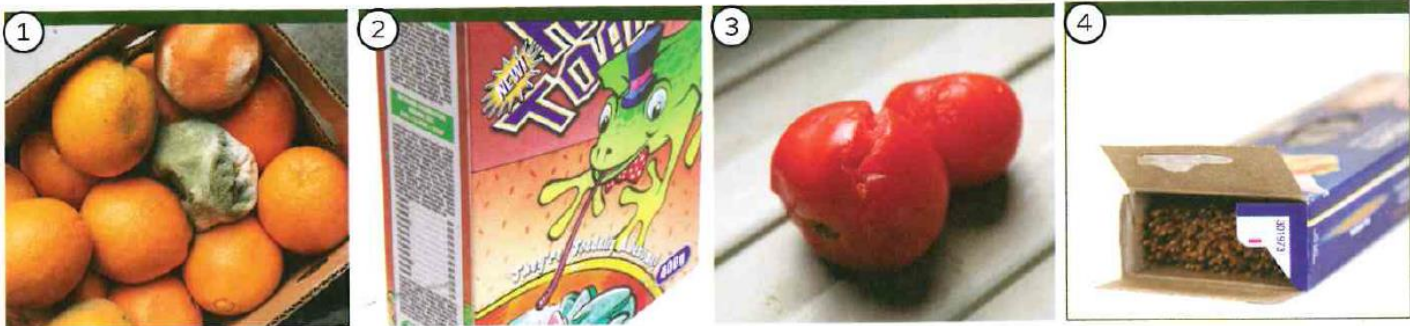
4-3 Keep It or Toss It?

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.



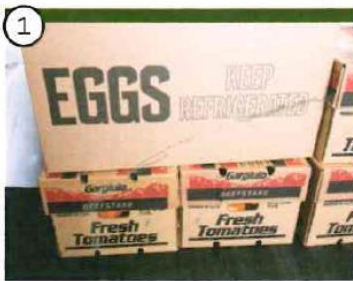
4-7 What Did They Do Wrong?

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



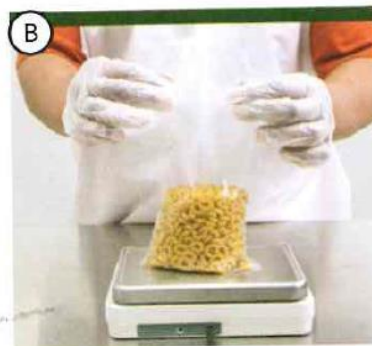
4-10 Was It Loaded Safely?

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



5-4 Cleaning and Sanitizing

Circle the item that needs to be both cleaned and sanitized.



5-5 Cleaning and Sanitizing Continued

- 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

5-8 That's Just Garbage

Draw an X through each situation that is unsafe.

