1. When lifting anything heavy, you should...
   C) Bend your knees, lift with your legs

2. Which of the following is an unsafe practice?
   D) All of the above

3. The temperature range from 41°-140° is called the...
   B) Danger Zone

4. One way to stop the spread of viruses is through...
   C) Good personal hygiene

5. Most foodborne illnesses are...
   B) Transmitted by people

6. What does HACCP stand for?
   B) Hazard Analysis Critical Control Point

7. Complete the storage levels below by writing what types of items are stored on each level:
   
   - 4: Cooked or Ready to eat foods/Vegetables
   - 3: Raw Seafood
   - 2: Raw Beef
   - 1: Raw Pork
   - 1: Raw Chicken

8. Cold foods should be kept at or below _____ degrees in the walk-in.
   A) 38°F

9. Why shouldn’t you leave the ice scoop in the ice bin?
   B) Germs from the scoop handle will contaminate the ice

10. To rapidly reduce the temperature of soups and sauces, you should...
    D) Put bags of soups and sauces in an ice water bath
11. Wash your hands after...
   D) All of the above

12. Chicken, or any re-heated food, must reach a minimum temperature of:
   C) 165º F

13. The safest way to thaw food is...
   A) Under refrigeration

14. Food must be stored at least _____ inches off of the floor.
   C) 6

15. The best way to prevent foodborne illness is to...
   F) All of the above

16. When working with food, it is important to...
   D) All of the above

17. How often should cutting boards and utensils be run through the dish machine?
   B) After every use

18. If glass breaks in the ice bin, you should...
   D) All of the above

19. The first step in cleaning and sanitizing electrical equipment is...
   D) Unplug the equipment

20. When soaking items, they should never be soaked for longer than ____1 hour______.

21. Hot soups/sauces should be held at _____ degrees F.
   B) 165º F – 175º

22. When handling hot equipment or pans, you should use...
   D) Dry oven mits

23. To prevent cross-contamination, only process raw chicken on a...
   A) Yellow cutting board

24. Which of the following should not be used in the Culinary Area?
   C) Flesh colored Band-Aids
25. Who is responsible in maintaining food quality?
   C) All team members

26. How often should a thermometer be checked for accuracy?
   A) Daily

27. In a HACCP system, what is the key measure of training success?
   D) Consistent on-the-job performance in food safety

28. Name the Vital Five
   Rapid food cooling, cooked foods, rapid reheating, hot food & cold food holding, personal hygiene

29. How often should a Sanitizer Bucket be changed?
   B) Every hour or sooner if needed

30. What information should be included on the label after an item has been prepared?
   D) All of the above

31. It is important that you follow the recipe exactly as written to ensure:
   D) All of the above

32. What is the only approved tool to open a box with?
   C. Lizard

33. What is the only approved tool to open a cook and chill bag with?
   D. Viper

34. What is the correct method of picking up broken glass/plate?
   C) Using a cutting glove, remove large pieces. Sweep all remaining pieces into a dust pan, place all pieces into a broken glass bucket. Using a cutting glove and a wet paper towel pick up small shards that remain.

35. Cooked chicken should be cut on a yellow cutting board.

36. How many people do you need to open the restaurant in the morning?
   C) 3
37. What color are the tools (broom, mop, dust pan, squeegee, & deck brush) for the Culinary Area?  
    B) Red

38. What color are the tools (broom, mop, dust pan, squeegee, & deck brush) for the Service Area?  
    C) Blue

39. What system do we use every day to monitor, verify, and document our cooking, cooling, and reheating processes?  
    A) HACCP

40. What tools do we use to properly cut food?  
    C) Sharp knife, cutting board, cutting board mat, and cutting glove

41. Where is the first aid kit located? Answers may vary.

42. What color Band-Aid should a culinary team member wear and why? Blue

43. What is the proper way to get ice? Answers may vary, but include wearing a hairnet, gloves, using an ice scoop, and not placing ice bucket on floor.

44. When should a hair net be worn? At all times when handling food

45. T Ice is considered food.

46. F Ice buckets can be kept on the floor

47. The maximum amount of glass racks allowed in a stack  
    B) 6

48. When using Oasis Pro 63 to clean the restrooms it must be kept on the contact surface for ___10___ minutes

49. What is the Emetic Event Kit used for?  
    C. To clean vomit and diarrhea

50. How often should the ice machine chutes be cleaned?
51. **T** Two is the maximum number of towels that can be in a sanitizer bucket

52. **What is a corrective action?**
   B) An action that takes place after it has been determined that a food handling process has not been executed safely

53. **F** It is ok to put different colored chemicals in the wrong bottles if you can’t locate the correct bottle.

54. Personal beverages (including hot beverages) must have
   D. A lid and straw

55. **All products stored in refrigeration must be maintained at ___ degrees or less.**
   40