1. **When lifting anything heavy, you should...**
   A) Straighten knees, lift with back  
   B) Straighten knees and back     
   C) Bend your knees, lift with your legs  
   D) Straighten knees, lift up object quickly

2. **Which of the following is an unsafe practice?**
   A) Using a knife to open a lid or a can  
   B) Picking up broken glass with your bare hands     
   C) Standing on boxes to reach items  
   D) All of the above

3. **The temperature range from 41º-140º is called the...**
   A) Flashpoint  
   B) Danger Zone  
   C) Boiling Point  
   D) None of the above

4. **One way to stop the spread of viruses is through...**
   A) Multiple food handling    
   B) Poor uniform standards  
   C) Good personal hygiene  
   D) None of the above

5. **Most foodborne illnesses are...**
   A) Caused by contaminated meat  
   B) Transmitted by people  
   C) Caused by fruits and vegetables  
   D) Both A & B

6. **What does HACCP stand for?**
   A) Historical and Constant Control Problems  
   B) Hazard Analysis Critical Control Point  
   C) Hazard Analysis of Constant Contamination  
   D) Hazard Antiseptic Critical Control Parameters
7. Complete the storage levels below by writing what types of items are stored on each level:

_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________

8. Cold foods should be kept at or below______ degrees.
   A) 38º F
   B) 40º F
   C) 50º F
   D) 70º F

9. Why shouldn’t you leave the ice scoop in the ice bin?
   A) Your hands will get wet when you pick the scoop up
   B) Germs from the scoop handle will contaminate the ice
   C) The scoop will become too cold to hold
   D) None of the above

10. To rapidly reduce the temperature of soups and sauces, you should...
    A) Put in deep pans, an ice water bath
    B) Put in freezer
    C) Set out on the counter, until it reaches room temperature, then refrigerate
    D) Put bags of soups and sauces in an ice water bath

11. Wash your hands after...
    A) Handling Dirty Dishes
    B) Using the restroom
    C) Taking out the trash
    D) All of the above
12. Chicken, or any re-heated food, must reach a minimum temperature of:
   A) 140º F  
   B) 150º F  
   C) 165º F  
   D) 130º F  

13. The safest way to thaw food is...
   A) Under refrigeration  
   B) In cold running water  
   C) In warm running water  
   D) At room temperature  

14. Food must be stored at least _____ inches off of the floor.
   A) 4  
   B) 5  
   C) 6  
   D) 7  

15. The best way to prevent foodborne illness is to...
   A) Keep Hot Food Hot  
   B) Keep cold food cold  
   C) Wash your hands frequently  
   D) Wash your hands after going to the restroom, smoking, cleaning, or whenever they get soiled  
   E) Stay healthy and do not cough or sneeze on food  
   F) All of the above  

16. When working with food, it is important to...
   A) Work with small amounts  
   B) Never have bare hand contact and eliminate possible contamination  
   C) Frequently check for correct temperatures  
   D) All of the above  

17. How often should cutting boards and utensils be run through the dish machine?
   A) Once during every shift  
   B) After every use  
   C) At least once a day  
   D) Every hour
18. If glass breaks in the ice bin, you should...
   A) Not use any of the ice
   B) Melt the ice and remove the glass
   C) Clean and sanitize the ice bin
   D) All of the above

19. The first step in cleaning and sanitizing electrical equipment is...
   A) Break down all parts
   B) Wash outside of equipment
   C) Scrub with a black pad
   D) Unplug the equipment

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

21. Hot soups/sauces should be held at _____ degrees F.
   A) 140 or below F
   B) 165°F – 175°F
   C) 180°F - 190°F
   D) None of the above

22. When handling hot equipment or pans, you should use...
   A) A clean, damp, sanitized towel
   B) Plastic disposable gloves
   C) A dry towel
   D) Dry oven mitts

23. To prevent cross-contamination, only process raw chicken on a...
   A) Yellow cutting board
   B) White cutting board
   C) Clean, sanitized table top
   D) Clean, sanitized table top, lined with PVC film

24. Which of the following should not be used in the Culinary Area?
   A) Large plastic gloves
   B) Insulated oven mitts
   C) Flesh colored Band-Aids
   D) White plastic sheet pan
25. Who is responsible in maintaining food quality?
   A) Culinary Manager and Culinary Assistants
   B) Production team members
   C) All team members
   D) Culinary team members

26. How often should a thermometer be checked for accuracy?
   A) Daily
   B) Weekly
   C) Bi-weekly
   D) Monthly

27. In a HACCP system, what is the key measure of training success?
   A) Employee meetings
   B) Price per entrée
   C) Number of employees to number of managers
   D) Consistent on-the-job performance in food safety

28. Name the Vital Five

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

29. How often should a Sanitizer Bucket be changed?
   A) Every hour
   B) Every hour or sooner if needed
   C) Twice a shift
   D) Every shift

30. What information should be included on the label after an item has been prepared?
   A) Name of product
   B) “Use By” Sticker
   C) Day product was prepared
   D) All of the above
31. It is important that you follow the recipe exactly as written to ensure:
   A) The item taste great
   B) That each guest each visit gets the same great tasting food
   C) That we are not over or under using ingredients
   D) All of the above

32. What is the only approved tool to open up a box with?
   A) Butter Knife
   B) Steak Knife
   C) Lizard
   D) Viper

33. What is the only approved tool to open up a cook and chill bag with?
   A) Scissors
   B) Razor Blade
   C) Hands
   D) Viper

34. What is the correct method of picking up broken glass/plate?
   A) Pick up large pieces with your hands, sweep broken glass into a dust pan, and place all glass in a broken glass bucket
   B) Pick up large pieces with your hands and place into garbage, sweep broken glass into a dust pan, and place the small pieces into a broken glass bucket
   C) Sweep all 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
   D) Use your hands to pick up all pieces, and place into a broken glass bucket

35. T or F Cooked Chicken should be cut on a yellow cutting board.

36. How many people do you need to open the building in the morning?
   A) 1
   B) 2
   C) 3
   D) 4
37. What color are the tools (Broom, Mop, Dust pan, Squeegee, & Deck Brush) for the Culinary Area?
   A) Yellow
   B) Red
   C) Blue
   D) All Different

38. What color are the tools (Broom, Mop, Dust pan, Squeegee, & Deck Brush) for the Service Area?
   A) Yellow
   B) Red
   C) Blue
   D) All Different

39. What system do we use every day to monitor, verify, and document our cooking, cooling, and reheating processes?
   A) HACCP
   B) Line Check
   C) Buddy Chart
   D) Big Six

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

41. Where is the first aid kit located?

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

43. What is the proper way to get ice?

44. When should a hair net be worn?

45. T or F Ice is considered food.

46. T or F Ice buckets can be kept on the floor
47. The maximum amount of glass racks allowed in a stack is...
   A) 4
   B) 6
   C) 8
   D) 10

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

49. What is the Emetic Event Kit used for?
   A) To clean the dumpster area
   B) To clean Large grease spills
   C) To clean vomit and diarrhea
   D) It’s like a first aid kit

50. How often should the Ice Machine Chutes be cleaned?
   A) Daily
   B) Weekly
   C) Bi-Weekly
   D) Monthly

51. T or F 2 is the maximum number of towels that can be in a sanitizer bucket

52. What is a corrective action?
   A) When a manager corrects a guest that was confused about a dish
   B) An action that takes place after it has been determined that a food handling process has not been executed safely
   C) When you correct a new team member that has made a mistake
   D) A new, better way to do the same task

53. T or 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
   A) A lid
   B) A Straw
   C) Ice
   D) A lid and Straw

55. All products stored in refrigeration must be maintained at ____ degrees or less.