1. Germs are most commonly spread to food by:
   a. Insects and rodents  
   b. Dirty clothing  
   c. Dirty hands  
   d. Dirty dishes

2. Which one of the following is the **best way** to stop the spread of hepatitis?
   a. Cook meat and poultry thoroughly  
   b. Clean dishes thoroughly  
   c. Thaw meats properly  
   d. Wash hands after using the toilet

3. Cutting boards should be washed and sanitized after they have been used for raw meat and poultry because they may:
   a. Contaminate other foods  
   b. Have a bad smell  
   c. Become slippery to work on  
   d. Affected the flavor of other foods

4. Proper hand washing included the use of:
   a. Warm water, bar soap, paper towels  
   b. Warm water, dispensed soap, paper towels  
   c. Cold water, soap, cloth towels  
   d. Hot water, soap, apron dried

5. How often should a food handler wash their hands? Before starting work and:
   a. Whenever their hands look dirty  
   b. Once every hour  
   c. After finishing working  
   d. After every possibly contamination

6. Check all of the times you, as a food handler, must wash your hands.
   ___ after using the toilet  
   ___ after washing dished by hand  
   ___ after blowing your nose  
   ___ after touching an infected sore  
   ___ after busing dirty dishes  
   ___ after combing your hair  
   ___ after smoking

7. As a food handler, you need to notify the person in charge (PIC) if you:
   a. Are sick with diarrhea and/or abdominal cramps, fever, or vomiting  
   b. Have and open lesions or wound on hands, wrist, or arm  
   c. All of the above

8. Cross contamination occurs when foods:
   a. Are exposed to the air and left at room temperature too long  
   b. Come in contact with counters and cutting boards that have harmful germs on them  
   c. Are defrosted and reforzied  
   d. Are defrosted under warm running water

9. What is the best way to store grains, rice, and flour?
   a. Keep up off the floor  
   b. Place them in covered, labeled food supply containers  
   c. Sore away from cleaning supplies  
   d. All of the above

10. The best ways to thaw frozen foods are in the refrigerator and:
    a. Under cold running water  
    b. At room temperature over night  
    c. In a sink of hot water  
    d. In a sunny window

11. When “holding” food in a steam table, how hot must the food be kept? At least:
    a. 100°F
b. 135°F
c. 150°F
d. 160°F

12. Which food must be stored at or below 41°F?
   a. Chicken salad
   b. Strawberry jam
   c. Whole tomatoes
   d. Peanut butter sandwiches

13. When reheating leftovers or when cooking poultry, the center of the food must be at least:
   a. 165°F
   b. 100°F
   c. 50°F
   d. 212°F

14. Which of the following types of foods are most likely to cause foodborne illness?
   a. Bread and cereal products
   b. Foods containing lots of sugar
   c. Foods such as meat, milk, and eggs
   d. Citrus fruit and fruit juices

15. Number the following items in their correct order for proper washing?
   ______ rinse
   ______ scrape
   ______ air dry
   ______ sanitize
   ______ wash

16. When washing dishes in a three-compartment sink, what should the third sink be used for?
   a. Sanitizing dishes
   b. Washing hands
   c. Rinsing dishes
   d. Storing equipment

17. Approved food sources include:
   a. Foods permitted or licensed with a food regulatory agency
   b. Raw and processed meat and poultry with a USDA stamp of approval
   c. Cheese from a licensed distributor with proper labels
   d. All of the above

18. What is the best way to control cockroaches?
   a. Clean equipment and store food properly
   b. Inspect incoming boxes and other containers
   c. Fill in cracks where cockroaches hide
   d. All of the above

19. T F Raw foods can be stored next to reay-to-eat foods.

20. T F Consumers must be notified orally or in writing of foods served raw or undercooked unless specifically ordered or is common knowledge.

21. T F Ice cannot contain germs because it’s frozen.

22. T F Raw fruits and vegetables must be washed before served

23. T F Soap or detergent will kill all disease-causing germs on dishes.

24. T F It is okay to use chipped or chocked dishes as long as they are clean.

25. T F Every refrigerator must have an accurate thermometer

26. T F Hot foods are allowed to cool to room temperature for any period of time before they are put in the refrigerator.

27. T F Handwashing signs must be posted at all handwashing sinks and food preparation areas

28. T F Food waste and garbage should be put in strong plastic bags and disposed of at least once a day.

29. T F Food handlers must cover or restrain their hair while working

30. T F Cooking food kills the germs in food.