M & M Business Solutions

Presents the following

Review Exam

Covers Chapters 1-8

ServSafe® Course Book 5th edition

Is used when referencing page numbers which will be helpful to those of you who have the ServSafe® Essentials
*ServSafe® Essentials is **very** similar to the ServSafe® Course Book*
Thus making this Review and excellent testing tool!!!

Name: _____ **Date: _____**

Section A *(50)*

1. Clostridium botalinum toxin is most likely to be formed in : (p. 2-17)
    a. Inadequately processed or heated low-acid canned foods
    b. Poultry and poultry dressing, hollandaise sauce
    c. Fish and shellfish, glazed doughnuts, sandwiches
    d. Reheated beef roast, meat pies, gravies
2. Virus (p. 2-6)
    a. Need sugar for growth
    b. Form spores for reproduction
    c. Need a host
    d. Cannot grow in food, but once eaten, they grow inside a person's intestines
3. Mold (p. 2-24)
    a. Need a host
    b. Need sugar for growth

c. Produce toxins
d. Is the smallest form of life

4. Yeast (p. 2-24)
    a. Needs a host
    b. Needs sugar for growth
    c. Form spores for reproduction
    d. Is the smallest form of life
5. Which of the following microorganisms is often associated with cereal products, puddings, custards, vegetables, and boiled or fried rice? (p. 2-15)
    a. Shigellosis
    b. Clostridium perfringens
    c. Bacillus cereus
    d. Staphylococcus aureus
6. Contamination
    a. Is considered a legal violation
    b. Is the unintended presence of harmful substance or micro-organism
    c. Can be ascertained by the naked eye
    d. Is the same as the definition of outbreak
7. One of the following categories of risk is the most responsible for causing food borne illness
    a. Weather and climate
    b. People
    c. Food
    d. Facilities
8. Which of the following foods with corresponding pH factors would provide favorable growth for bacteria
    a. Mayonnaise – 3.0 – 4.1
    b. Grapefruit – 3.0
    c. Grapes – 3.4 -4.5
    d. Broccoli – 6.8
9. Time-Temperature Abuse is the following except (p.1-8)
    a. It is not held or stored at required temperatures
    b. It is not cooked or reheated to temperatures that kill micro-organisms
    c. Cold food is kept at a temperature of 40°F
    d. It is not cooked properly
10. Which of the following is caused by bacteria that produce poisons in food when the food is eaten

a. Disease
b. Injury
c. Intoxication
d. Infection

11. A trait shared by most bacteria and viruses is that both
    a. Are made up of a single cell
    b. May grow and multiply in food
    c. Can be carried in humans
    d. Can be visible to the naked eye

12. Hepatitis A is mainly caused by (p. 2-9)
    a. Fruits and vegetables that have been sprayed with pesticides
    b. Thawing frozen foods at room temperature
    c. Food handlers who did not wash their hands before handling food items
    d. Poultry and beef that have been cooked inadequately

13. Populations at high risk for foodborne illnesses except are (p. 1-5)
    a. Pregnant women
    b. Elderly people
    c. Teenagers
    d. Transplant recipients

14. The following are parasites except (p. 2-20)
    a. Anisakiasis
    b. Cryptosporidiosis
    c. Giardiasis
    d. Listeriosis

15. Scombroid poisoning also known as Histamine poisoning is found in (p. 2-27)
    a. Marine algae
    b. Wheat
    c. Fish: Tuna, Bonito, Mackerel, Mahi mahi
    d. Fish: Barracuda, Grouper Snapper

16. Which one of the following best guards against cross-contamination?
    a. Separate cutting boards for cooked and raw foods
    b. The time and temperature principle
    c. An integrated pest management program
    d. The exclusion of infected employees from food preparation duties

17. Which of the following is a step and in setting up a HACCP system?
    a. Taking disciplinary action if there is a break from procedures
    b. Developing control procedures and standards for critical control points

c. Developing a flow chart for all foods received by the operation
d. Eliminating contamination completely during preparation

18. Upon opening a can of green beans, you discover that the contents are foamy and foul smelling. What do you do?
    a. Eat a few beans and discard the can if they taste bitter
    b. Cook the beans to an internal temperature of 165°F before tasting them
    c. Without tasting any of the contents, discard the entire can of beans
    d. Freeze the beans before cooking them
19. How frequently should a food handler wash his or her hands?
    a. Once every hour
    b. After handling raw food products
    c. Before beginning work and after each break
    d. After every possibility of contamination

20. The reason smoking by food handlers is prohibited in food storage and preparation areas is because smoking can contaminate food primarily by
    a. The smoke and pollutants dispersed in the air
    b. Ashes and cigarette butts that can end up in the food
    c. Raising the temperature in a room
    d. Saliva being carried from the mouth to the hands
21. In maintaining a program of good personal hygiene, management's most important responsibility is to:
    a. Provide hand soap at all sinks
    b. Set an example for all employees to follow
    c. Yell at any employees who do not follow the rules
    d. Provide a designated break area for employees
22. Which one of the following describes the proper way to dry hands after they have been washed?
    a. Dry hands thoroughly with a hot-air dryer or a sanitary, single-service towel
    b. Dry the hands by wiping them vigorously on an apron or a handkerchief
    c. Dry them with a cloth towel that is kept in the restrooms
    d. Wave hand briskly back and forth to air dry them
23. Which of the following is a procedure that could be required of a critical control point?
    a. In beef stew, add the spices last
    b. Cool chicken soup to below 41°F within four hours
    c. Use fresh garnish on all plates

d. Knead dough for 20 minutes or until elastic

24. Food borne illness can most effectively be prevented by:
    a. Requiring all food handlers to wear disposable plastic gloves during preparation procedures
    b. Conducting yearly health examinations of all food service employees
    c. Cleaning and sanitizing all floors, walls and ceilings and by storing all food products at 50°F in the establishment
    d. Protecting food from time and temperature abuse
25. An example of a biological hazard to safe food is a:
    a. Food handler sneezing on food
    b. Chip of glass that falls into food
    c. Cleaning agent that is added to food accidentally
    d. Pesticide that comes into contact with food

26. A food borne *infection* results from eating:
    a. Toxins that are present in food
    b. Molds that grow on cheeses
    c. Food that contains harmful micro-organisms that are dead
    d. Food that contains live, harmful micro-organisms
27. A food borne intoxication results when food contains:
    a. Toxins produced by micro-organisms
    b. Parasites
    c. Living micro-organisms in food
    d. Pieces of broken glass
28. Federal and state programs to protect food safety exist in the United States. However, a foodservice manager should always inspect food products at delivery. Why?
    a. Federal and state inspection programs only protect food that is being distributed to schools and hospitals, not food sold in restaurants.
    b. Federal and state inspection programs exist only in certain parts of the country.
    c. Federal and state inspection programs do not cover every item of food or every stage of processing and distribution
    d. Federal and state inspection programs cover only non-potentially hazardous foods.
29. When selecting a supplier, a manager should:

a. Rely solely on suggestions from other restaurant owners in the area
b. Avoid inspecting food-processing facilities because it takes too much time
c. Make sure that the supplier has a verified HACCP system
d. Make sure the processor has quality assurance personnel

30. A bi-metallic stemmed thermometer should:
    a. Be numerically scaled and easy to read
    b. Have a easy to read digital display
    c. Have liquid crystals
    d. Be accurate to 5°F
31. When should an establishment reject a shipment of unbroken shell eggs?
    a. When the eggs are not Grade A
    b. When the eggs are not delivered at 45° F or below
    c. When the white of the egg clings to the yolk
    d. When the yolk does not break easily

32. USDA grades on meat products provide information concerning the:
    a. Absence of disease-causing organisms
    b. Sanitary condition of the meat
    c. Wholesomeness of the meat
    d. Quality or palatability of the meat
33. Upon delivery at a foodservice operation, fresh, unfrozen lamb should be:
    a. Light red in color
    b. Pink in color
    c. Deep red in color
    d. Tan in color
34. When bivalved molluscan shellfish, such as clams, are delivered alive, the shellfish should have:
    a. A 30 day shell-stock tag
    b. Partly open shells that won't close
    c. Closed shells
    d. A strong order
35. The presence of large ice crystals in a frozen food product often indicates that the product has undergone which of the following?
    a. Cook-chill
    b. Blast chilling

c. Flash freezing
d. Refreezing

36. On which of the following food items is mold acceptable?
    a. Fresh fruit
    b. Brie
    c. Cottage cheese
    d. Sour cream

37. After rejecting a delivery from one of your regular suppliers, you should:
    a. Obtain an adjustment or credit
    b. Reprimand the delivery person
    c. Call the supplier and cancel any future orders
    d. Request that the supplier be present at the next delivery

38. Which of the following is the first step in implementing the FIFO rule?
    a. Date food supplies as they are received
    b. Place new deliveries in front of previous deliveries
    c. Do not keep food past the expiration or use by date
    d. Keep all food in original packages

39. Pork, prepared in an oven, should be cooked to a minimum internal temperature of: (p. 8-9)
    a. 145°F
    b. 155°F
    c. 165°F
    d. 135°F

40. Without any interruption of the cooking process, poultry, stuffed meat, and all stuffing should be cooked to a minimum internal temperature of: (p. 8-9)
    a. 145°F
    b. 155°F
    c. 165°F
    d. 135°F

41. An ice-water bath is used for:
    a. Holding raw oysters and clams
    b. Chilling fresh fish
    c. Cooling large stockpots of food
    d. Cooling large roasts

42. All cooked, potentially hazardous food that is being saved for next day service must be chilled to an internal temperature of 41°F or less within a *total* amount of time: (p.8-17)

a. Fifteen minutes
b. Two to six hours
c. Three to six hours
d. Four to eight hours

43. Using one set of cutting boards for raw TCS food and another set of cutting boards for ready-to-eat food reduces the risk of:
    a. Cross-contamination
    b. Time-temperature abuse
    c. Physical contamination
    d. Toxic-metal poisoning
44. What type of container should be used to transport TCS food from the place of preparation to the place of service?
    a. Insulated
    b. Oversized
    c. Reflective
    d. Flexible

45. When using a bottom-to-top shelving order, what determines the best placement of food in a cooler?
    a. Size of food package
    b. Expiration date of food
    c. Order in which food will be cooked
    d. Minimum internal cooking temperature of food
46. Raw or undercooked dishes made for high-risk populations must use eggs that have been:
    a. Pasteurized
    b. Pooled
    c. Hard-boiled
    d. Shelled
47. After forming raw ground beef into patties on the prep line, a foodhandler kept on the same gloves while slicing hamburger buns. What did the foodhandler do wrong?
    a. The foodhandler failed to wash hands and change gloves after handling the raw meat.
    b. The foodhandler failed to wash hands before putting the gloves back on to slice the buns.
    c. The foodhandler failed to wash and sanitize the gloves before handling the buns.

d. The foodhandler failed to rinse the gloves after handling the raw meat.

48. Harmful bacteria are most likely to be found growing rapidly in a:
    a. Roast beef sandwich
    b. Box of crackers
    c. Bottle of vinegar
    d. Loaf of bread

49. The phrase during which bacteria enter into an accelerated growth period is called a:
    a. Log phase
    b. Lag phase
    c. Stationary phase
    d. Accelerated phase

50. Liquid food can be chilled fastest in:
    a. A large, stainless steel stockpot
    b. A large, plastic container
    c. A large, but shallow pan
    d. A large, stainless steel stockpot in an ice bath with occasional stirring

Section B ***(50)***

T F 51. When a line cook has an open sore on his hand we are presented with a biological hazard.

T F 52. When tomato soup is stored in a copper bowl we are presented with the possibility of chemical intoxication.

T F 53. When we attempt to scoop ice with a glass we expose our guest to a physical hazard.

T F 54. A chemical hazard known as staphylococcal gastroenteritis occurs when a prep cook uses the same knife to slice tomatoes which he has previously used to cut up raw chicken.

T F 55. When we store counter cleaner (i.e. Ajax) next flour in a tin on the overhead shelf we are presented with a biological hazard.

T F 56. Hand washing should be done before applying plastic gloves or a hand sanitizer.

T F 57. Bacteria responsible for foodborne infections must be alive to cause disease.

T F 58. Shigellosis is often transmitted by contaminated water.

T F 59. Salmonella is an example of a disease causing parasite.

T F 60. By providing hand soap and hot water at all sinks, management has met its responsibility in maintaining a program of good personal hygiene.

T F 61. Clostridium perfringens is likely to be present in food cooked and cooled slowly in large quantities at warm temperature.

T F 62. High acidic foods have pH above 4.6 and include meats, fish poultry and milk.

T F 63. It is acceptable for the Executive Chef to taste food from the stockpot using a wooden spoon.

T F 64. Food may be safely reheated in hot-holding equipment.

T F 65. Shell eggs are to be treated like other potentially hazardous foods such as poultry, beef, seafood, and dairy products.

T F 66. Sous vide is food in a vacuum bag which is cooked under pressure.

T F 67. Shelf life refers to the time and temperature of a refrigerated product.

T F 68. Cool food from 135°F to 70°F within 2 hours then cool the food to 41°F or lower in the next 4 hours. (p. 8-17)

T F 69. Reheat food to an internal temperature of 165°F for 15 seconds within 3 hours.

T F 70. A foodborne illness can occur if food is not cooled properly. (p. 1-8)

T F 71. A foodborne illness outbreak can raise an establishment's insurance premium. (p. 1-5)

T F 72. Adults are more likely than AIDS/HIV patients to become ill from contaminated food. (p. 1-5)

T F 73. A foodborne illness outbreak has occurred when two or more people get the same illness after eating the same food. (p. 1-3)

T F 74. A person with Hepatitis A may experience double vision. (p. 2-9)

T F 75. Pathogens grow well at 155°F (p. 2-4)

T F 76. Bacillus cereus is commonly linked with rice. (p. 2-15)

T F 77. Purchasing fish from approved, reputable suppliers can help prevent Anisakiasis. (p. 2-22)

T F 78. A person with ciguatera fish poisoning often vomiting and experiences a tingling in fingers, lips or toes. (p. 2-27)

T F 79. If you transfer a chemical to a new container, you must label it with the name of the chemical. (p. 3-3)

T F 80. Soy is a common food allergen. (p. 3-6)

T F 81. Delivery people and service contractors are possible food defense risks.

T F 82. Foodhandlers must wash their hands after smoking. (p. 4-9)

T F 83. Hand antiseptics should only be used before handwashing. (p. 4-7)

T F 84. A foodhandler diagnosed with shigellosis cannot continue to work at an establishment while he or she has the illness. (p. 4-12)

T F 85. Chicken held at an internal temperature of 125°F has been temperature abused. (p. 5-4)

T F 86. A thermometer calibrated by the boiling point method must be set to 135°F, after being placed in the boiling water. (p. 5-8)

T F 87. A thermometer calibrated by the ice-point method must be set to 32°F, after being placed in the ice bath. (p. 5-9)

T F 88. When checking the temperature of a leg of lamb using a bimetallic stemmed thermometer stem should be inserted into the product. (p. 5-10)

T F 89. The temperature danger zone is referred to when micro-organisms grow at 40°F to 140°F. (p. 5-4)

T F 90. If a lobster's tail does not curl when picked up, the lobster is dead and should be rejected. (p. 6-10)

T F 91. Turkey should be rejected if the texture is firm and springs back when touched. (p. 6-12)

T F 92. Potato salad that has been prepared in-house and stored at 41° must be discarded after 3 days. (p. 7-3)

T F 93. Food can be stored near chemicals as long as the chemicals are stored in sturdy, clearly labeled containers. (p. 7-4)

T F 94. Storing cans of stewed tomatoes at 65° F is acceptable. (p. 7-12)

T F 95. Raw chicken must be stored below ready-to-eat food, such as strawberry pie, if it is stored in the same walk-in refrigerator. (p. 7-6)

T F 96. If stored food has passed its expiration date, you should cook and serve it at once. (p. 7-3)

T F 97. To prevent temperature abuse you should keep TCS foods at 41°F or lower, or at 135°F or higher. (p. 7-3)

T F 98. Steaks must reach and hold a minimum internal temperature of 145°F for 15 seconds. Roasts, on the other hand, must hold the same internal temperature for at least 5 minutes. (p. 8-13)

T F 99. It is acceptable to thaw a chicken at room temperature. (p. 8-2)

T F 100. Fish cooked in a microwave must be heated to a minimum internal temperature of 145°F. (p. 8-17)

Answer Sheet

1. A	51.T
2.B	52.T
3.C	53.T
4.B	54.F
5.C	55.F
6.B	56.T
7.B	57.F
8.A	58.T
9.C	59.F
10.C	60.F
11.C	61.T
12.C	62.F
13.C	63.F
14.D	64.F
15.C	65.T
16.A	66.F
17.B	67.F
18.C	68.T
19.D	69.F
20.D	70.T
21.B	71.T
22.A	72.F
23.B	73.T
24.D	74.F
25.A	75.F
26.D	76.T
27.A	77.T
28.C	78.T
29.C	79.T
30.A	80.T
31.B	81.T
32.D	82.T
33.A	83.F
34.C	84.T
35.D	85.T
36.B	86.F
37.A	87.T
38.A	88.F
39.B	89.F
40.C	90.T
41.C	91.F
42.B	92.F
43.A	93.F
44.A	94.T
45.D	95.T
46.A	96.F
47.A	97.T
48.A	98.F
49.A	99.F
50.D	100.F