Activity Quiz 1

Providing Safe Food

Name _____ Date _____

True or False?

① _____ A food handler's hands can transfer pathogens from one food to another.

② _____ Food handlers who don't wash their hands correctly can cause a foodborne illness.

③ _____ A foodborne-illness outbreak is when two or more people get sick after eating at the same place.

④ _____ Adults are more likely than preschool-age children to get sick from contaminated food.

How Food Becomes Unsafe

For each situation, circle the letter next to the way in which food became unsafe.

① Leftover chili is cooled on the counter.

A Cross-contamination
B Poor personal hygiene
C Time-temperature abuse
D Poor cleaning and sanitizing

② A food handler wearing gloves places a chicken breast on the grill and then places lettuce and tomato on a bun.

A Cross-contamination
B Poor personal hygiene
C Time-temperature abuse
D Poor cleaning and sanitizing

③ A food handler prepping a salad stops to scratch an itch on her arm and then returns to making the salad.

A Cross-contamination
B Poor personal hygiene
C Time-temperature abuse
D Poor cleaning and sanitizing

④ After prepping raw chicken on a cutting board, a food handler wipes the cutting board with a towel and then uses the same cutting board to slice tomatoes for a salad.

A Cross-contamination
B Poor personal hygiene
C Time-temperature abuse
D Poor cleaning and sanitizing

TCS Food

Place an ✕ next to each food that is or contains a TCS food.

1. _____ Baked potatoes
2. _____ Orange juice
3. _____ Pizza with diced tomatoes and green pepper
4. _____ Poached salmon
5. _____ Refried beans
6. _____ Scrambled shell eggs
7. _____ Shrimp fried rice
8. _____ Tofu ice cream
9. _____ Vanilla milk shake
10. _____ Whole-wheat bread

Answer Key

True or False?

1. T
2. T
3. F
4. F

How Food Becomes Unsafe

1. C
2. A
3. B
4. D

TCS Food

1, 3, 4, 5, 6, 7, 8, and 9 should be marked.

Activity Quiz 2

Forms of Contamination

ServSafe
National Restaurant Association

Name _____ Date _____

True or False?

① _____ All pathogens need oxygen to grow.

② _____ The most important way to prevent foodborne illnesses caused by viruses is to control time and temperature.

③ _____ *Salmonella* Typhi is commonly linked with ground beef.

④ _____ Parasites are commonly associated with seafood.

Pathogen Growth

List the six conditions that pathogens need to grow.

- _____
- _____
- _____
- _____
- _____
- _____

Pathogens and Linked Food

Write the letter of the food commonly linked with each pathogen. You will use food items more than once and some may not be used at all. Some pathogens are linked with more than one food.

① _____ Hepatitis A

② _____ Norovirus

③ _____ *Salmonella* Typhi

④ _____ *Shigella* spp.

⑤ _____ Shiga toxin-producing *Escherichia coli*

⑥ _____ Nontyphoidal *Salmonella*

A Beverages
B Eggs and poultry
C Meat
D Fish
E Shellfish
F Ready-to-eat food
G Produce
H Rice/grains
I Milk/dairy products
J Contaminated water

Contaminants

What are the three types of contaminants that are a risk to food? Give an example of each.

- _____
- _____
- _____

Answer Key

True or False?

1. F
2. F
3. F
4. T

Pathogen Growth

- Food
- Acidity
- Temperature
- Time
- Oxygen
- Moisture

Pathogens and Linked Food

1. E, F, J
2. E, F, J
3. A, F
4. F, G, J
5. C, G
6. B, C, G, I

Contaminants

- Biological: Examples include bacteria, viruses, parasites, fungi, and toxins from plants, mushrooms, and seafood.
- Physical: Examples include foreign objects such as dirt, broken glass, metal staples, and bones.
- Chemical: Examples include cleaners, sanitizers, and polishes.

Activity Quiz 3

The Safe Food Handler

ServSafe
National Restaurant Association

Name _____ Date _____

True or False?

① _____ You should wash your hands after taking a break to smoke.
② _____ You should not have painted fingernails when prepping food.
③ _____ Wearing a dirty uniform or apron can contaminate food.
④ _____ Use hand antiseptic before washing hands.

Handwashing Steps

Put the handwashing steps in the correct order.

① _____
② _____
③ _____
④ _____
⑤ _____

A Vigorously scrub hands and arms for at least 10 to 15 seconds.
B Apply enough soap to build up a good lather.
C Dry hands and arms with a single-use paper towel or a hand dryer.
D Wet your hands and arms with warm running water.
E Rinse your hands and arms thoroughly under warm running water.

Actions That Can Contaminate Food

Place an ✕ next to each action that can contaminate food.

① _____ Touching your hair, face, or body
② _____ Wearing a hat while prepping food
③ _____ Handling money
④ _____ Wearing a clean apron
⑤ _____ Sneezing, coughing, or using a tissue

Exclude or Restrict?

Write an **E** next to the statement if the food handler should be excluded from the operation. Write an **R** next to the statement if the food handler should be restricted from working with or around food.

① _____ A food handler at a hospital has a sore throat and a fever.
② _____ A food handler at a nursing home has jaundice from an infectious condition.
③ _____ A food handler at a restaurant was vomiting this morning from an infectious condition.
④ _____ A food handler at a restaurant has been diagnosed with an illness caused by *Salmonella* Typhi.

Answer Key

True or False?

1. T
2. T
3. T
4. F

Handwashing Steps

1. D
2. B
3. A
4. E
5. C

Actions That Can Contaminate Food

1, 3, and 5 should be marked.

Exclude or Restrict?

1. E
2. E
3. E
4. E

Activity Quiz 4

The Flow of Food: An Introduction

ServSafe
National Restaurant Association

Name _____ Date _____

True or False?

① _____ Rinsing a cutting board will prevent cross-contamination with the next food item placed on it.

② _____ Some thermometers cannot be calibrated.

③ _____ Chicken held at an internal temperature of 125˚F (52˚C) has been time-temperature abused.

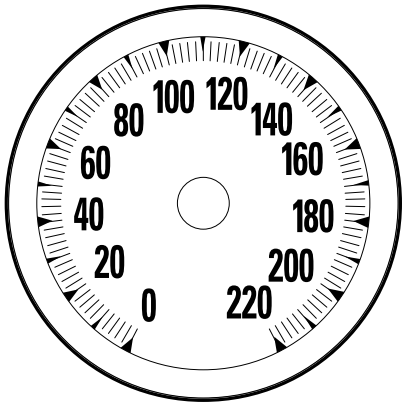
Cross-Contamination

Name two ways you can prevent cross-contamination.

- _____
- _____

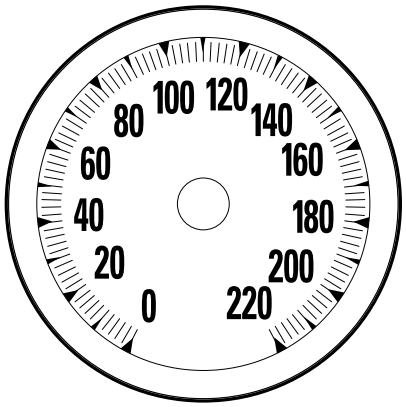
Temperature Danger Zone

① Fill in the thermometer below to show the temperature danger zone in either Fahrenheit or Celsius.



_____˚F (_____˚C) to _____˚F (_____˚C)

② Fill in the thermometer below to show the temperature range at which foodborne pathogens grow most quickly in either Fahrenheit or Celsius.



_____˚F (_____˚C) to _____˚F (_____˚C)

General Thermometer Guidelines

Fill in the blanks with the word or words that complete the sentences correctly.

① Thermometers used to measure the temperature of food must to accurate to _____ .

② Place a probe into the _____ part of the food.

③ Wait _____ seconds after inserting a bimetallic stemmed thermometer before recording the temperature of a food.

④ Make sure your thermometers are accurate by _____ them regularly.

⑤ Sanitize thermometers by using a sanitizing solution appropriate for _____ surfaces.

Answer Key

True or False?

1. F
2. T
3. T

Cross-Contamination

Here are some ways to prevent cross-contamination:

- Use separate equipment for raw and ready-to-eat food.
- Clean and sanitize all work surfaces, equipment, and utensils before and after each task.
- Prep raw meat, fish, and poultry; and ready-to-eat food at different times.
- Buy prepared food.

Temperature Danger Zone

1. 41˚F (5˚C) to 135˚F (57˚C)
2. 70˚F (21˚C) to 125˚F (52˚C)

General Thermometer Guidelines

1. +/- 2˚F or +/- 1˚C
2. thickest
3. 15
4. calibrating
5. food-contact

Activity Quiz 5

The Flow of Food: Purchasing, Receiving, and Storage

ServSafe
National Restaurant Association

Name _____ **Date** _____

True or False?

① _____ You can store food in any durable container that you can cover.

② _____ Arrange stored food by its use-by-date so that you use the oldest food first.

③ _____ You should reject a delivery of frozen steaks covered in ice crystals.

Complete the Label

Use the information below to complete the food-storage label.

On Sunday, 8/3, you prepped melon balls at 2:00 p.m. You used some for a fruit salad and stored the rest. Make the label for the food you stored.

USE BY

Date _____

☐ a.m.
_____ ☐ p.m.
_____

Fill in the Blank

Fill in the blank with the correct word.

① Store food at least _____ inch(es) [_____ centimeter(s)] off the floor.

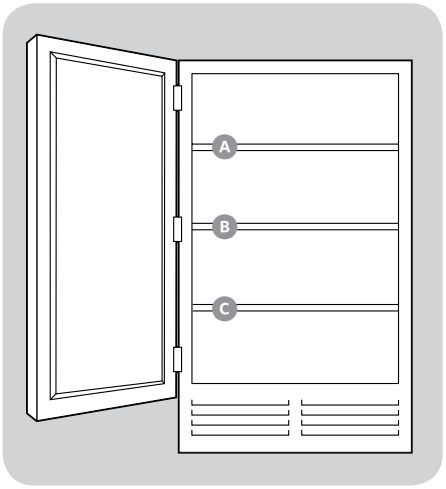
② Store raw meat, poultry, and seafood _____ ready-to-eat food.

③ Purchase food from _____ , reputable suppliers.

④ Store ready-to-eat TCS food that is prepared on-site for no more than _____ days.

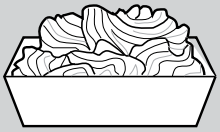
Store the Food

Next to the number of each food item, write the letter of the shelf it belongs on.



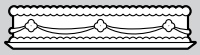
Raw Poultry

① _____



Ground Beef

② _____



Cake

③ _____

Answer Key

True or False

1. F
2. T
3. T

Complete the Label

USE BY

Date 8/9

☐ a.m.
2:00 ☑ p.m.

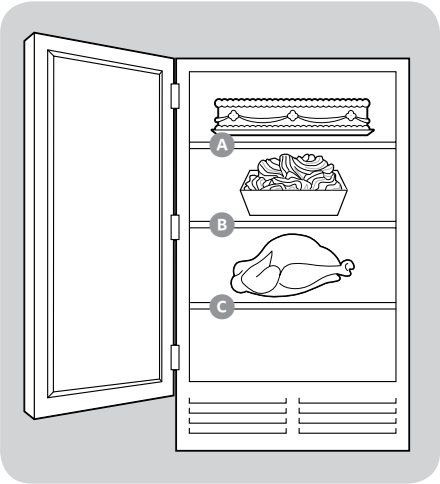
Melon Balls

Fill in the Blank

1. six; fifteen
2. below
3. approved
4. seven

Store the Food

1. C
2. B
3. A



Activity Quiz 6

The Flow of Food: Preparation

Name _____ Date _____

True or False?

① _____ Coolers are designed to cool hot food quickly.

② _____ Cook a whole turkey to a minimum internal cooking temperature of 155°F (68°C) for 15 seconds.

③ _____ The first step in cooling TCS food is to cool it from 135°F to 70°F (57°C to 21°C) within three hours.

④ _____ Fish cooked in a microwave must be cooked to a minimum internal temperature of 145°F (63°C).

Methods of Thawing

What are the four acceptable methods of thawing food?

- _____
- _____
- _____
- _____

Minimum Internal Cooking Temperatures

Match each food item with its minimum internal cooking temperature by writing the correct letter in the space provided. (Temperatures may be used more than once.)

① _____ Swordfish steaks

② _____ Whole chicken

③ _____ Pork chops

④ _____ Ground-beef patties

⑤ _____ Glazed carrots for hot-holding

A 165°F (74°C) for <1 second
B 155°F (68°C) for 17 seconds
C 145°F (63°C) for 15 seconds
D 145°F (63°C) for 4 minutes
E 135°F (57°C)

Cooling Food

What is one way you can correctly cool a large pot of chili?

_____

_____

_____

_____

Answer Key

True or False?

① F

② F

③ F

④ F

Methods of Thawing

Here are the four acceptable methods of thawing food:

- In the cooler
- Under running drinkable water at 70°F (21°C) or lower
- In a microwave
- As part of the cooking process

Minimum Internal Cooking Temperatures

① C

② A

③ C

④ B

⑤ E

Cooling Food

Divide it into smaller containers and use one of the following methods for cooling it:

- Place it in an ice-water bath and stir it.
- Stir the chili with ice paddles.
- Place it in a blast chiller.
- The chili could also be made with less water than required. Cold water or ice could then be added after cooking to cool the chili and provide the remaining water.

Activity Quiz 7

The Flow of Food: Service

Name _____ Date _____

True or False?

① _____ Hold cold TCS food at an internal temperature of 41°F (5°C) or lower.

② _____ Hold hot TCS food at an internal temperature of 120°F (49°C) or higher.

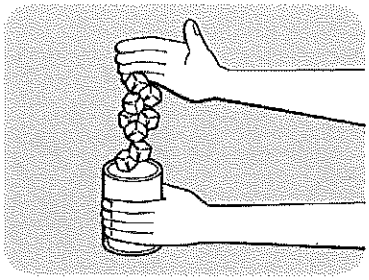
③ _____ Your operation may be allowed to hold chicken salad at room temperature if the operation has an approved, written procedure and the salad has a label specifying that it must be thrown out after eight hours.

④ _____ When holding TCS food for service, the internal temperature must be checked at least every four hours.

Service Guidelines

Under each picture, describe what the server is doing wrong and explain what the server should do instead.

①

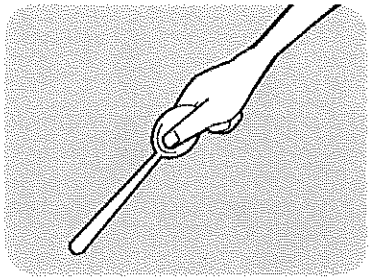


_____

_____

_____

②

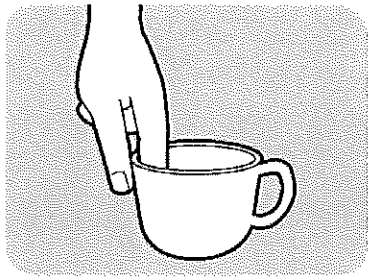


_____

_____

_____

③



_____

_____

_____

Short Answer

① Why shouldn't a server use a glass to scoop ice?

_____

_____

_____

② When serving food, how many serving utensils must be available?

_____

_____

_____

Answer Key

True or False?

① T

② F

③ F

④ T

Service Guidelines

① The server is using his/her hands to put ice into a glass. The server should use an ice scoop or tongs.

② The server is holding the spoon by the food-contact surface. The server should hold the spoon by the handle.

③ The server is touching the food-contact surface of the cup. The server should carry cups and glasses in a rack or on a tray to avoid touching the food-contact surfaces.

Short Answer

① The glass may break or chip.

② When serving food, a separate utensil should be used for each food item.

Activity Quiz 8

Food Safety Management Systems

Name _____ Date _____

True or False?

① _____ Active managerial control focuses on managing the risk factors for foodborne illness.

② _____ The purpose of a food safety management system is to prevent foodborne illness.

③ _____ Identifying risks is the first step in implementing active managerial control.

Common Risk Factors

List the five common risk factors responsible for foodborne illness.

- _____
- _____
- _____
- _____
- _____

Active Managerial Control

List two of the six steps in implementing active managerial control.

- _____
- _____

FDA Public Health Interventions

Place an **X** next to each item that is an FDA public health intervention.

① _____ Demonstration of knowledge

② _____ Staff health controls

③ _____ Controlling hands as a vehicle of contamination

④ _____ Time and temperature parameters for controlling pathogens

⑤ _____ Consumer advisories

⑥ _____ HACCP planning

HACCP

What does the acronym HACCP stand for?

- _____

Answer Key

True or False?

① T

② T

③ T

Common Risk Factors

The five common risk factors for foodborne illness are:

- Purchasing food from unsafe sources
- Failing to cook food correctly
- Holding food at incorrect temperatures
- Using contaminated equipment
- Practicing poor personal hygiene

Active Managerial Control

- Identifying risks
- Monitor critical activities
- Corrective action
- Management oversight
- Training
- Re-evaluation

FDA Public Health Interventions

1, 2, 3, 4, and 5 should be marked.

HAACP

Hazard **A**nalysis **C**ritical **C**ontrol **P**oint

Activity Quiz 9

Safe Facilities and Pest Management

Name _____ Date _____

True or False?

① _____ Different areas of a facility have different lighting intensity requirements.
② _____ When mounted on legs, stationary equipment must be at least two inches (five centimeters) off the floor.
③ _____ An electrical power outage is considered by local regulatory authorities to be an imminent health hazard.
④ _____ The EPA creates national standards for foodservice equipment that comes in contact with food.

Handwashing Stations

What items are needed in a handwashing station?

_____

_____

_____

Building Systems

Match the term with its definition. **Note:** Some definitions will not be used.

① _____ Air gap
② _____ Backflow
③ _____ Cross-connection
④ _____ Vacuum breaker

A Air space that separates an outlet of safe water from a potentially contaminated source of water
B Backup of sewage from an operation's floor drain
C Mechanical device that prevents backsiphonage.
D Reverse flow of contaminants through a cross-connection into a drinkable water supply
E Measure of lighting intensity
F Physical link between safe water and dirty water
G Protective lighting

Answer Key

True or False?

1. T
2. F
3. T
4. F

Handwashing Stations

Handwashing stations need the following items:

- Hot and cold running water
- Soap
- A way to dry hands
- Garbage container
- Signage for staff members to wash hands

Building Systems

1. A
2. D
3. F
4. C

Activity Quiz 10

Cleaning and Sanitizing

ServSafe
National Restaurant Association

Name _____ Date _____

True or False?

1. _____ Surfaces must be sanitized before they are cleaned.
2. _____ Cleaning reduces the number of pathogens on a surface to safe levels.
3. _____ Utensils cleaned and sanitized in a three-compartment sink should be dried with a clean towel.
4. _____ Soaking items for 30 seconds in water at least 171˚F (77˚C) is an acceptable way to sanitize items.

When to Clean and Sanitize

List four instances when a food-contact surface must be cleaned and sanitized.

- _____
- _____
- _____
- _____

Clean-In-Place Equipment

In what order must the steps for cleaning and sanitizing stationary equipment be completed?

A. _____ Take removable parts off and wash, rinse, and sanitize by hand or in a dishwasher if allowed
B. _____ Unplug the equipment
C. _____ Sanitize the equipment surfaces
D. _____ Rinse the equipment surfaces with clean water
E. _____ Allow the surfaces to air-dry
F. _____ Scrape or remove food from the equipment surface
G. _____ Wash the equipment surfaces

Sanitizers

List the five factors that affect a sanitizer's effectiveness.

- _____
- _____
- _____
- _____
- _____

Cleaning and Sanitizing in a Three-Compartment Sink

Place the following steps for cleaning and sanitizing in a three-compartment sink in the correct order.

A _____ Sanitize items in third sink.
B _____ Air-dry items on a clean and sanitized surface.
C _____ Rinse items in second sink.
D _____ Rinse, scrape, or soak items before washing them.
E _____ Wash items in the first sink.

Answer Key

True or False?

1. F
2. F
3. F
4. T

When to Clean and Sanitize

A food-contact surface should be cleaned and sanitized at these times:

- After it is used
- Before food handlers start working with a different type of food
- After handling different raw TCS fruits and vegetables, for example between cutting melons and leafy greens
- After four hours if items are in constant use

Clean In Place Equipment

A. 2
B. 1
C. 6
D. 5
E. 7
F. 3
G. 4

Sanitizers

Here are the factors that affect a sanitizer's effectiveness:

- Concentration
- Temperature
- Contact time
- Water hardness
- pH

Cleaning and Sanitizing in a Three-Compartment Sink

A. 4
B. 5
C. 3
D. 1
E. 2