

Activity Quiz 10

Cleaning and Sanitizing



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?

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

Sanitizers

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

- _____
- _____
- _____
- _____
- _____

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 | ③ _____ Cross-connection |
| ② _____ Backflow | 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

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?

- _____

Activity Quiz 7

The Flow of Food: Service



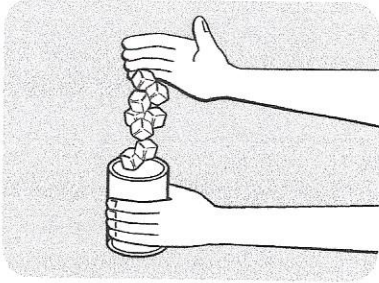
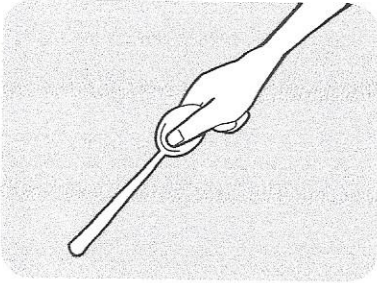
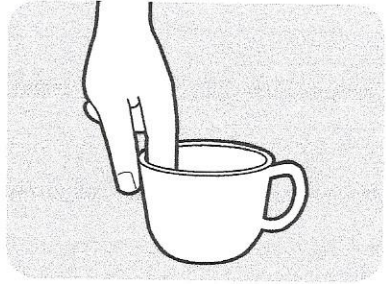
Name _____ Date _____

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	
	<hr/> <hr/> <hr/>		<hr/> <hr/> <hr/>		<hr/> <hr/> <hr/>

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?

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 | A 165°F (74°C) for <1 second |
| ② _____ Whole chicken | B 155°F (68°C) for 17 seconds |
| ③ _____ Pork chops | C 145°F (63°C) for 15 seconds |
| ④ _____ Ground-beef patties | D 145°F (63°C) for 4 minutes |
| ⑤ _____ Glazed carrots for hot-holding | E 135°F (57°C) |

Cooling Food

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

Activity Quiz 5

The Flow of Food: Purchasing, Receiving, and Storage



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.

Activity Quiz 4

The Flow of Food: An Introduction



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.

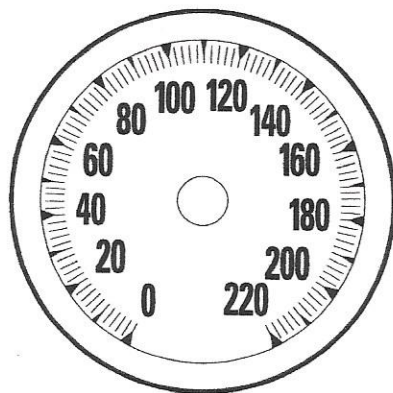
Cross-Contamination

Name two ways you can prevent cross-contamination.

- _____
- _____

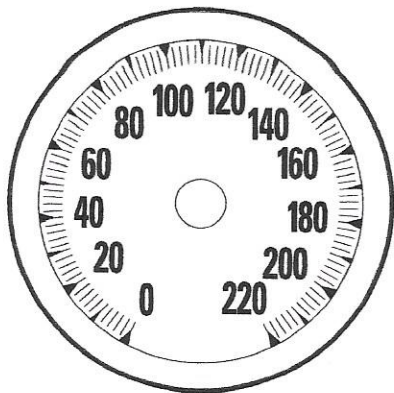
Temperature Danger Zone

- 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)

Activity Quiz 3

The Safe Food Handler



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 _____ A Vigorously scrub hands and arms for at least 10 to 15 seconds.
- ② _____ B Apply enough soap to build up a good lather.
- ③ _____ C Dry hands and arms with a single-use paper towel or a hand dryer.
- ④ _____ D Wet your hands and arms with warm running water.
- ⑤ _____ E Rinse your hands and arms thoroughly under warm running water.

Actions That Can Contaminate Food

Place an **X** 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.

Activity Quiz 2

Forms of Contamination



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 | A Beverages |
| ② _____ Norovirus | B Eggs and poultry |
| ③ _____ <i>Salmonella Typhi</i> | C Meat |
| ④ _____ <i>Shigella spp.</i> | D Fish |
| ⑤ _____ Shiga toxin-producing <i>Escherichia coli</i> | E Shellfish |
| ⑥ _____ Nontyphoidal <i>Salmonella</i> | 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.

- _____
- _____
- _____

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



The Course outline

Chapter 1 Providing Safe Food

Foodborne illnesses
How Foodborne Illnesses Occur.
Keeping Food Safe.

Chapter 2 Forms of Contamination

Biological, Chemical and Physical Contaminants.
Deliberate Contamination of Food.
Responding To a Foodborne-illness Outbreak
Food Allergens

Chapter 3 The Safe Food Handler

How Food Handlers Can Contaminate Food
A good Personal Hygiene Program

10 minutes Break time

Chapter 4 The Flow of Food : An Introduction

Keep Food Safe Throughout the flow of food

Chapter 5 The Flow of food

Purchasing, Receiving and Storing Food

Chapter 6 The Flow of Food

Preparation, Cooking, Cooling and Reheating Food

15 minutes Break time

Chapter 7 The Flow of food

Holding food and Serving Food

Chapter 8 Food Safety Management Systems

Food Safety Management Systems

Chapter 9 Safe Facilities and Pest Management

Interior Requirements for a safe Operation
Emergencies That Affect the Facility
Pest Management

Chapter 10 Cleaning and Sanitizing

Cleaning and Sanitizing
Dishwashing
Cleaning and Sanitizing in the Operation

5 minutes Break before The Exam