

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Due: \_\_\_\_\_

## Unit 1 Study Guide

1. What are the three types of hazards that make food unsafe?  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
2. Pests can cause which two types of food contamination?  
a. \_\_\_\_\_ b. \_\_\_\_\_
3. What is cross-contamination?
4. What six things do bacteria need to grow? (FATTOM)  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_ e. \_\_\_\_\_ f. \_\_\_\_\_
5. List three ways to prevent cross-contamination:  
a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_
6. What is time-temperature abuse?

7. Circle the foods below that require time and temperature control for safety (TCS):

Milk and Dairy	Tofu	Wheat Bread	Cut Tomatoes
Canned Foods	Sliced Melons	Poultry/Eggs	Vegetable Oil
Meat (Beef, Pork, Lamb, Fish)	Flour/Sugar	Cooked Rice	Cut Leafy Greens (Lettuce)

8. How long should the overall handwashing process take? \_\_\_\_\_
9. How long during the handwashing process should hands be scrubbed? \_\_\_\_\_
10. Place the steps of the Handwashing Process in the correct order:

_____ Step One	A. Scrub hands and arms for 10-15 seconds.
_____ Step Two	B. Apply soap.
_____ Step Three	C. Dry hands and arms
_____ Step Four	D. Wet hands and arms with warm/hot water.
_____ Step Five	E. Rinse hands and arms.

11. When should antiseptics (hand sanitizer) be used? \_\_\_\_\_
12. What is the only thing that handwashing sinks should be used for? \_\_\_\_\_
13. When should garbage be removed from food preparation areas? \_\_\_\_\_
14. List 5 situations where a food handler must wash their hands:  
a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_  
d. \_\_\_\_\_  
e. \_\_\_\_\_

15. \_\_\_\_\_ T or F Food handlers with an infected wound must wear a bandage and a glove that covers the wound before preparing or touching food.
16. \_\_\_\_\_ T or F Gloves do not need to be changed after handling raw meat, poultry and seafood.
17. \_\_\_\_\_ T or F Gloves should be changed after they get dirty or torn.
18. \_\_\_\_\_ T or F Hair must be pulled back or restrained while prepping food.

19. What is the only piece of jewelry can food handlers in industry wear while working? \_\_\_\_\_

20. Where should cleaning chemicals and supplies be stored in the kitchen?

21. When using a 3 compartment sink to wash dishes, what must the third compartment be filled with?

22. In industry, what should be used to check if the sanitizer's strength is effective?

23. What will a combination of chlorine bleach and ammonia create?

24. In industry, where should cleaning cloths be stored when not in use?

25. List 4 illness symptoms that a sick employee must report to the manager:

- a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_

26. Match the most common food source to the food borne illness below:

_____ Undercooked Ground Beef	A. Botulism
_____ Raw Poultry and Eggs	B. E. coli
_____ Improperly Canned Foods/Bulging Cans	C. Campylobacter SSP
_____ Unpasteurized Milk/Contaminated Water	D. Salmonella
_____ Feces/Human Waste from Not Washing Hands Frequently	E. Staph
_____ Time/Temperature Abused Foods	F. Clostridium Perfringens
_____ Human Mucous from Sneezing and Coughing	G. Hepatitis A
_____ Infected Food Handler	H. Norovirus

27. What 4 populations are most vulnerable to a food-borne illness? (Hint: YOPI)

- a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_

28. Pathogens grow well in the Temperature Danger Zone. What is the Temperature Danger Zone?

29. Finish the phrase: Keep hot foods \_\_\_\_\_ and cold foods \_\_\_\_\_. (Hot Foods = Keep Above 135°F)  
(Cold Foods = Keep Below 41°F)

30. Finish the phrase: When in doubt, \_\_\_\_\_.

31. Identify the correct internal cooking temperatures for food safety.

Seafood, beef, veal, lamb & pork	Ground Meats	Poultry	Reheating Foods (Leftovers)
_____ °F	_____ °F	_____ °F	_____ °F

32. Where should the internal temperature of foods always be checked? What tool should be used to check the internal temperature?

33. \_\_\_\_\_ T or F Ready to eat TCS food must be marked if it will be held for longer than 24 hours with the date the food must be sold, eaten or thrown out.

34. List the 4 safe ways to thaw frozen foods:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

35. What is Cross-Contact?

36. List the Big Eight food allergens:

a.	e.
b.	f.
c.	g.
d.	h.

37. Place the Cleaning and Sanitizing Process in Order:

_____ Step One	A. Sanitize the surface.
_____ Step Two	B. Allow the surface to air dry.
_____ Step Three	C. Rinse the surface.
_____ Step Four	D. Clean the surface.

38. \_\_\_\_\_ T or F Sanitizer must be left on a food-contact surface for the correct amount of time to reduce pathogens on the surface to a safe level.

39. \_\_\_\_\_ T or F Food-contact surfaces that are in constant use must be cleaned and sanitized after 4 hours.

40. What are three safe ways to put out a grease fire?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

41. What is the first aid procedure for a burn?

42. What is the first aid procedure for a cut?

43. Which way should you lift lids off of hot pans with boiling water or other hot foods?

44. What is the FIRST thing you should do if someone is being electrocuted?