

## 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
- 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
- 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
- ④ A server setting tables touches the food-contact surfaces of a water glass when placing it on the table.
  - A Cross-contamination
  - B Poor personal hygiene
  - C Time-temperature abuse

**Activity** Quiz 1: Providing Safe Food

**TCS Food**

Place an **X** 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 A

### TCS Food

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

## 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</i> Typhi                       | C Meat                |
| ④ _____ <i>Shigella</i> spp.                          | 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.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Answer Key

### True or False?

- ① F
- ② F
- ③ F
- ④ T

### Pathogen Growth

Pathogens need these conditions to grow:

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

### Pathogens and Linked Food

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

### Contaminants

Here are the three types of 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 5

# The Flow of Food: Purchasing, Receiving, and Storage



Name \_\_\_\_\_ Date \_\_\_\_\_

### True or False?

- ① \_\_\_\_\_ You can store food near chemicals as long as the chemicals are stored in sturdy, clearly labeled containers.
- ② \_\_\_\_\_ You can store food in any durable container that you can cover.
- ③ \_\_\_\_\_ Arrange stored food by its use-by-date so that you use the oldest food first.
- ④ \_\_\_\_\_ 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.

A circular food storage label template. At the top, it says "USE BY". Below that is a line for "Date". Underneath the date line are two checkboxes: one for "a.m." and one for "p.m.". Below the checkboxes are two blank lines for additional information.

USE BY  
Date \_\_\_\_\_  
 a.m.  
 p.m.  
\_\_\_\_\_  
\_\_\_\_\_

### Fill in the Blank

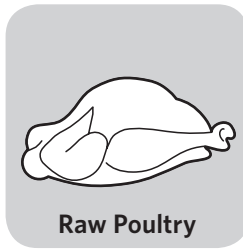
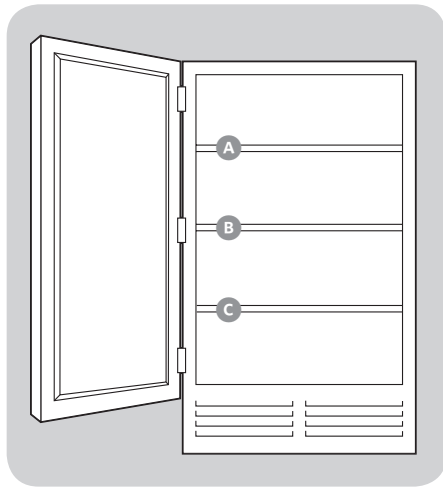
Fill in the blank with the correct word.

- 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 5: The Flow of Food: Purchasing, Receiving, and Storage

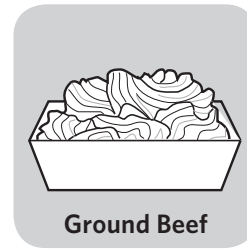
**Store the Food**

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



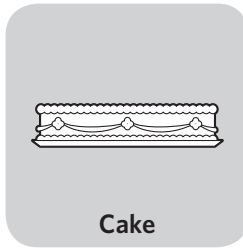
**Raw Poultry**

① \_\_\_\_\_



**Ground Beef**

② \_\_\_\_\_



**Cake**

③ \_\_\_\_\_

## Answer Key

### True or False

- ① F
- ② F
- ③ T
- ④ T

### Complete the Label

USE BY

Date 8/9

a.m.

  2:00    p.m.

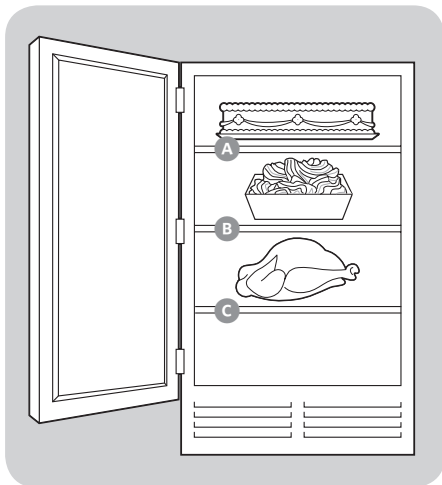
Melon Balls

### 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               | A 165°F (74°C) for 15 seconds |
| ② _____ Whole chicken                  | B 155°F (68°C) for 15 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?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 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



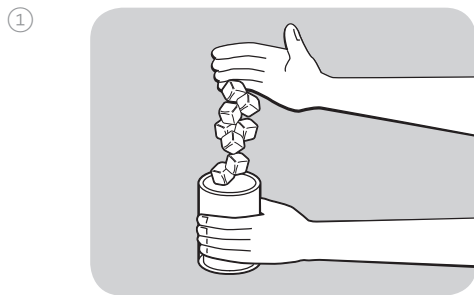
Name \_\_\_\_\_ Date \_\_\_\_\_

### True or False?

- ① \_\_\_\_\_ Hold cold TCS food at an internal temperature of 41°F (5°C) or lower.
- ② \_\_\_\_\_ Hold hot TCS food 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 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

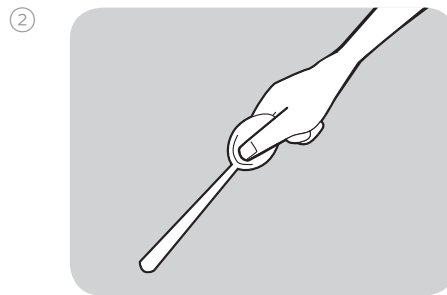
Under each picture, describe what the server is doing wrong and explain what the server should do instead.



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### Short Answer

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

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- ② What can happen if food has not been held at the correct temperature?

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## 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.
- 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 Pathogens present in the food can grow to harmful levels and cause a foodborne illness.

## 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 \_\_\_\_\_ A critical control point (CCP) is a point in the flow of food where a hazard can be prevented, eliminated, or reduced to safe levels.
- ④ \_\_\_\_\_ If cooking ground-beef patties is a critical control point (CCP) in an operation, then an appropriate critical limit is to make sure the internal temperature of the ground-beef patties reaches 155°F (68°C) for 15 seconds.

### Active Managerial Control

List the five common risk factors responsible for foodborne illness.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### HACCP

① List three processes that require a HACCP plan.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

② In what order must an operation creating a HACCP plan consider the following seven principles?

- (A) \_\_\_\_\_ Establish procedures for record keeping and documentation.
- (B) \_\_\_\_\_ Establish monitoring procedures.
- (C) \_\_\_\_\_ Conduct a hazard analysis.
- (D) \_\_\_\_\_ Identify corrective actions.
- (E) \_\_\_\_\_ Determine critical control points (CCPs).
- (F) \_\_\_\_\_ Verify that the system works.
- (G) \_\_\_\_\_ Establish critical limits.

## Answer Key

### True or False?

- ① T
- ② T
- ③ T
- ④ T

### Active Managerial Control

Here are the common risk factors:

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

### HAACP

① Any three of the following are correct:

- Smoking food as a method of preserving food
- Using food additives or adding components, such as vinegar, to preserve or alter food so it no longer requires time and temperature control for safety
- Curing food
- Custom-processing animals
- Packaging food using reduced-oxygen packaging (ROP) methods
- Treating (e.g., pasteurizing) juice on-site and packaging it for later sale
- Sprouting seeds or beans

② Here are the HACCP principles in order:

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

## 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?

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### Building Systems

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

- ① \_\_\_\_\_ Air gap
- ② \_\_\_\_\_ Backflow
- ③ \_\_\_\_\_ Cross-connection
- ④ \_\_\_\_\_ Foot-candle

- 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 Device for preventing the backflow of contaminants into safe water
- 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 E



## 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 the 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 10: Cleaning and Sanitizing

**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
- Any time food handlers are interrupted during a task and the items being used may have been contaminated
- After four hours if items are in constant use

### Clean In Place Equipment

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

### Sanitizers

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

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

### Cleaning and Sanitizing in a Three-Compartment Sink

- Ⓐ 4
- Ⓑ 5
- Ⓒ 3
- Ⓓ 1
- Ⓔ 2