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Question: 1

Which bacteria could be contaminating food that was purchased in a damaged can?

A. Shigella
B. Salmonella
C. Clostridium botulinum
D. Staphylococcus

Answer: C

Explanation: The bacteria that could be contaminating food purchased in a damaged can is Clostridium botulinum. These bacteria can grow without oxygen and can cause fatal illness. Symptoms of botulism start with nausea and vomiting then progress to weakness, double vision and difficulty speaking or swallowing. To reduce risk, inspect canned food for damage.

Question: 2

Rachael is opening a new seafood restaurant and wants to try a dish made with barracuda. What toxin does she need to be concerned about?

A. Brevetoxin
B. Ciguatoxin
C. Histamine
D. Saxitoxin

Answer: B

Explanation: If Rachael wants to try a dish make with barracuda in her new seafood restaurant, she needs to be concerned about Ciguatoxin. This toxin is found in some marine algae that are eaten by small fish that are then eaten by predatory fish like barracuda. Ciguatoxin has no smell or taste. Rachael needs to be sure she buys barracuda from approved, reputable suppliers.

Question: 3

Why should you only buy mushrooms from approved suppliers?

A. Because some mushrooms are toxic
B. Because mushrooms cause allergies
C. Because mushrooms need temperature control

D. All of the above

Answer: A

Explanation: You should only buy mushrooms from approved suppliers because some mushrooms are toxic. It is easy for amateurs to mistake toxic mushrooms for the edible varieties. These toxins are not eliminated by cooking. Symptoms of mushroom toxicity vary depending on the type of mushroom.

Question: 4

What is the best way to avoid seafood toxins?

A. Cook seafood to an internal temperature of 165°F
B. Store seafood in the freezer until cooked
C. Buy seafood from reputable, approved suppliers
D. Smell seafood to detect any toxins

Answer: C

Explanation: The best way to avoid seafood toxins is to buy seafood from reputable, approved suppliers. Seafood toxins cannot be destroyed by cooking or freezing. These toxins cannot be identified by smell or taste.

Question: 5

Which of these foods could be a source of a biological toxin?

A. Honey
B. Rice
C. Spinach
D. All of the above

Answer: A

Explanation: Honey could be a source of a biological toxin. If bees are allowed to collect nectar from toxic plants, the honey will be toxic as well. Always buy honey from an approved reputable supplier.

Question: 6

Yeasts grow best in what types of food?

A. Wet foods with low acid
B. Hard cheeses
C. Acidic food with little moisture
D. Oils that have not been packaged correctly

Answer: C

Explanation: Yeasts grow best in acidic foods with little moisture. Foods like jam, syrup, honey and fruit juice can be spoiled by yeast. Food that smells or tastes like alcohol or is discolored or bubbling should be thrown away.

Question: 7

Coughing up worms is a common symptom caused by ingesting what parasite?

A. Anisakis simplex
B. Giardia intestinalis
C. Fungi
D. Clostridium botulinum

Answer: A

Explanation: Coughing up worms is a common symptom caused by ingesting Anisakis simplex.
The illness caused by eating food containing this parasite is anisakiasis. This illness can be prevented by cooking fish to minimum internal temperatures and purchasing sushi-grade fish frozen to the correct temperature.

Question: 8

What is the most important step food handlers can take to prevent the spread of staphylococcal gastroenteritis?

A. Control insects in the operation
B. Sneeze into tissues instead of hands
C. Wash hands properly
D. Rotate food shipment using FIFO

Answer: C

Explanation: The most important step food handlers can take to prevent the spread of staphylococcal gastroenteritis is to wash hands properly. This illness is caused by bacteria found on humans and spread through people touching their skin or hair and then food. These bacteria cannot be killed by cooking.

Question: 9

Bridget dropped a glass which shattered near an open bin of flour. What does she need to do with the flour?

A. Sift through it for broken glass.

B. Dispose of the entire bin of flour.
C. Dispose of the first inch of flour.
D. If she finds all the glass, the flour is fine.

Answer: B

Explanation: If Bridget dropped a glass that shattered near an open bin of flour, she needs to dispose of the entire bin of flour. Broken glass is a physical contaminant that can cause serious injury if accidently consumed with food. When glass shatters, the pieces can be too small to see but could still cause injury. It is safer to throw out all the flour than to take the risk that there is no glass contaminating it.

Question: 10

If a customer is experiencing shortness of breath and swelling of the face, what could be happening?

A. The customer has bronchitis.
B. The customer is having an allergic reaction.
C. The customer is causing a scene.
D. The customer needs water.

Answer: B

Explanation: If a customer is experiencing shortness of breath and swelling of the face, the customer could be having an allergic reaction. It is possible that the customer did not know he/she had an allergy and is having his/her first reaction to a food. Medical professionals should be called immediately.

Question: 11

The four types of pathogens that can contaminate food are viruses, bacteria, parasites and what?

A. Mucus
B. Fungi
C. Growths
D. Slime

Answer: B

Explanation: The four types of pathogens that can contaminate food are viruses, bacteria, parasites and fungi. Pathogens are a type of microorganism that can cause illness. Preventing the growth of pathogens is the best way to reduce the risk of food borne illnesses.

Question: 12

Which of these foods is likely to cause an outbreak of foodborne illness?

A. Sliced melon
B. Baked potato
C. Cooked rice
D. All of the above

Answer: D

Explanation: All of these foods are likely to cause an outbreak of foodborne illness. Any food may become contaminated, but some foods have the right conditions for pathogens to grow. Controlling time and temperature conditions is the best way to prevent foodborne illnesses.

Question: 13

What bacteria can cause hemorrhagic colitis?

A. Shiga toxin-producing E. coli
B. Clostridium perfringens
C. Bacillus cereus
D. Listeria monocytogenes

Answer: A

Explanation: Shiga toxin-producing E. colican cause hemorrhagic colitis. These bacteria can be found in undercooked ground beef or contaminated produce. Symptoms include diarrhea, abdominal cramps and in some cases, kidney failure.

Question: 14

What bacteria can be transferred to food by flies?

A. Bacillus cereus
B. Staphylococcus aureus
C. Shigella spp.
D. Shiga toxin-producing E. coli

Answer: C

Explanation: Shigella spp. is the bacteria that can be transferred to food by flies. These bacteria are found in human feces. Flies carry the bacteria from feces to food. Shigella spp. can also be transferred to food if handled by an infected person. Keep potentially infected workers out of the operation and control access to food by flies to prevent the spread of Shigella spp.

Question: 15

Danielle likes to experiment by changing ingredients in recipes. What is the potential risk if she makes food in a way other than described on the menu?

A. Toxins may be introduced to the food.
B. A customer could have an allergic reaction.
C. Customers could complain about the change.
D. Another restaurant could hire Danielle as a chef.

Answer: B

Explanation: If Danielle changes ingredients in a recipe, the risk in making a food in a way other than described on the menu is that a customer could have an allergic reaction. Customers with allergies depend on menu descriptions to order food that will not cause a reaction. The wait staff needs to know that recipes are the same every day so they can make recommendations to customers with allergies.

Question: 16

What food is a common allergen?

A. Dairy products
B. Wheat
C. Soy
D. All of the above

Answer: D

Explanation: All of these foods are common allergens. Staff should be aware of menu items containing common allergens and be able to make recommendations to customers with allergies. Food allergies can have serious, sometimes fatal, consequences and should be taken seriously by food handlers.

Question: 17

The manager of The Camelot Café recently fired a line cook, Jim. A week later, the manager sees Jim leaving the backroom. Why should the manager be concerned?

A. Jim could be bad mouthing the manager.
B. Jim could be contaminating food as revenge.
C. Jim could be working without pay.
D. Jim could be stealing silverware.

Answer: B

Explanation: The manager should be concerned about seeing Jim leave the backroom a week after he was fired because Jim could be contaminating food as revenge. It would be easy for Jim to add contaminants to food and cause an outbreak of illness or an allergic reaction. The Camelot Café could

lose business, customers and its reputation. This can be prevented by limiting those who have access to foods.

Question: 18

What toxin could be the cause of memory loss or confusion in a person who recently ate clams?

A. Domoic acid
B. Saxitoxin
C. Brevetoxin
D. Histamine

Answer: A

Explanation: Domoic acid could be the cause of memory loss or confusion in a person who recently ate clams. Domoic acid is the cause of amnesic shellfish poisoning and can be ingested with shellfish such as clams or oysters. The risk of amnesic shellfish poisoning can be reduced
by purchasing shellfish from approved suppliers.

Question: 19

According to FDA recommendations, mold can be removed from hard cheese by cutting how far around the mold?

A. At least ½ inch
B. At least 2 inches
C. At least 1 inch
D. None, mold cannot be removed

Answer: C

Explanation: According to FDA recommendations, mold can be removed from hard cheese by cutting at least 1 inch around the mold. In this case, mold is a naturally part of the cheese. It is also possible to cut mold away from salami and some fruits and vegetables.

Question: 20

What type of toxin can cause reddening of the face and neck, sweating and headache?

A. Histamine
B. Ciguatoxin
C. Brevetoxin
D. Domoic acid

Answer: A

Explanation: Histamine is the toxin that can cause reddening of the face and neck, sweating and headache. Histamine is commonly linked with tuna, mackerel, bonito, and mahi mahi. Bacteria on these fish produce histamine if time/temperature abused. Histamine cannot be eliminated by freezing, cooking, curing or smoking.

Question: 21

Which of the following foods is most likely to cause norovirus gastroenteritis?

A. Raw poultry
B. Uncooked eggs
C. Shellfish
D. Milk

Answer: C

Explanation: Shellfish is the most likely food to cause norovirus gastroenteritis. Norovirus has been linked to contaminated water and can transfer to shellfish raised in that water. To reduce risk, only purchase shellfish from reputable suppliers.

Question: 22

Which group of people is most vulnerable to listeriosis?

A. Pregnant women
B. Teenagers
C. Elderly men and women
D. All of the above

Answer: A

Explanation: Pregnant women are most vulnerable to listeriosis. Newborns are also highly susceptible. The bacteria that cause listeriosis can be found in soil, water and plants. It is most commonly found in raw meat, ready-to-eat foods and unpasteurized dairy products.