

What federal agency regulates food?	Food & Drug Administration
Define Food Borne Illness (FBI) List 5 risk factors for how food becomes unsafe and may cause Food borne Illness.	
Define “Ready to Eat” food and why is handling so important?	
Define Potentially Hazardous Food/ TCS and give 6 examples from your facility.	
What 6 characteristics of food help pathogens grow?	
Who is a highly susceptible population?	
Which pathogen grows in badly canned food?	

Does the FDA Food Code require there to be a Person in Charge at all times

8 steps in “Flow of Food”

List 3 examples of **physical** hazards

List 3 examples of **chemical** hazards

List the 8 major food allergens?

List 3 examples of **biological** hazards

What hazard causes most food illness?

Define “Food Intoxication”

Does **normal** cooking destroy toxins?

What's the temperature danger zone?

What is the best way to prevent spreading of viruses such as Norovirus or Hepatitis?

What is a spore and why is it so dangerous to food?
Can they cause FBI?

What U.S. agency inspects meat, poultry, dairy, fruit/veg?

How should **fresh** shellfish be delivered? What temperature?

What's an I.D. tag and what does it tell us?

What are the correct temperatures to receive shell eggs, meats & fish, frozen food?

What is the purpose of reducing or eliminating air in a package?

Is it o.k. to use home prepared foods in your food establishment?

Once deliveries are accepted what items should be put away first?

What does FIFO stand for & what does it ensure?

When should deliveries be received?

Why do we cook food to specific temperatures?

What's the internal cooking temperature of: eggs, pork/fish, other meat, ground meat, poultry/stuffed meats, leftovers?

What temperature must leftover foods be reheated to in what amount of time? What temperature do they need to be held at to remain safe?

Metal stemmed thermometers should read what degree range to measure both hot and cold food

Once food items are properly cooked, what type of equipment is used to keep them above 135 degrees?

Why can't a steam table be used to cook or reheat foods?

Potentially hazardous food items must be kept under what temperature using what type of equipment?

What are the rules for using **4-hour** time limit as a public health control instead of **temperature**?

Why do we need to cool foods fast?

What temperatures are important in the 2-step **cooling** process?

List general rules for rapid cooling.

4 ways to properly thaw frozen foods?

Can parasites in fish be killed by freezing?

How long can potentially hazardous foods be stored in the refrigerator?

What are the 3 types of cross contamination?

List ways to minimize bare hand contact with ready to eat foods?

What type of protection do you need for self service foods to prevent cross contamination?

What types of foods can be re-served?

What does HACCP stand for and what profession
1st used it?

What is a gastrointestinal illness?

List the three critical factors to maintain safety of Ready To Eat foods.

Can you have a beverage at your food prep area?

What are employees required to report to the food service operator or PIC?

By law, what diagnosed illnesses must an employee report to their manager? Big 6

A food worker has a cut on the hand, what should they do?

Define “restrict”

If a food employee is **diagnosed** with an illness listed on page 37 what is a manager required to do?

Effective hand washing takes __seconds
What step takes 15 seconds?

When can a food handler use a hand sanitizer?

When should you wash your hands? (before/after)

What are the 3 required items for hand washing?

What symptoms require notifying the person in charge?

If a manager thinks an employee is sick, what should the manager do?

What bacteria is common on skin?

hint look at primary food source row

What practice can cause customers to be sick with Norovirus? *hint look at route/mechanism row

Give examples of a hair restraints and types of jewelry that are ok to wear during food prep

Define “cleaning”

Define “sanitizing”

What factors affect the cleaning agents?

List the 4 types of cleaning agents and their uses.

What are the 2 methods of sanitizing?

How do you verify the concentration of the prepared chemical sanitizer?

At what concentration should **chlorine** be used to sanitize food surfaces?

At what concentration should **iodine** be used to sanitize food surfaces?

At what concentration should **quaternary ammonium** (Quat) be used to sanitize food surfaces?

Define “Clean in Place”

What is an MSDS or SDS?

Under 5.8 “types of equipment” The FDA model food code requires equipment to be.....

What frees the kitchen of steam, smoke, grease vapor, and heat?

What are the 5 steps of manual dishwashing using a 3-compartment sink?

Temperature of the sanitizing water (no chemical) in a hi temperature dish washer?

Glasses/dishes/utensils should be stored with rim up or down? Why?

What guide provides guidelines for the layout and design for building a food establishment?

The most important factors to consider when choosing wall/floor materials?

What is coving and what does it do?

What are the 3 listed lighting requirements for different areas of the food facility

What type of sink is every food facility required to have with what water temperature?

Where should chemicals be stored

What type of surface is best for storing outdoor garbage bins/dumpsters?

How to prevent fly infestations?

What type of cockroach is common in restaurants?
What are some signs of infestation?

List signs of rodent infestation.

List 3 common rodents found in food establishments.

The most important Integrated Pest Management (IPM) principles are?

What do we call water that is safe?

Example of cross-connection?

What is an air gap?

List imminent health hazards that are cause for the food establishment to close?