

Florida Department of Health
FOOD PROTECTION CERTIFICATION EXAMINATION STUDY GUIDE

INSTRUCTIONS: Provided is a list of resources to study and a practice exam.

Essential Material

- Chapter 64E-11, Food Hygiene, *Florida Administrative Code* (FAC)
- 2013 Food and Drug Administration Food Code & Annex

NOTE: It is important to have a thorough knowledge of these codes.

Good Reference Material

- Chapter 64E-12, FAC, Chapter 64D-3, FAC, Chapter 64E-6, FAC.
NOTE: A understanding of what these codes deal with and how they relate to the food program.

- Procedures to Investigate Foodborne Illness. 6th Edition, 2011.
International Association for Food Protection (IAFP)
<https://www.foodprotection.org/about/news-releases/iafp-procedures-to-investigate-foodborne-illness-revised/>

Phone: (515) 276-3344)

NOTE: This is a great resource to familiarize yourself with the most common foodborne diseases. If this reference is not available to you, please review other material that addresses this subject.

- Control of Communicable Diseases Manual, 20th Edition, 2014
<https://www.apha.org/ccdm>
NOTE: Comprehensive listing on communicable diseases. If this reference is not available to you, please review other material that addresses this subject.

Practice Exam

- The practice exam consists of 60 multiple choice and true/false questions.
- Once you complete the practice exam, scan and send it to Travis.Morris@flhealth.gov and cc VaKesha.Brown@flhealth.gov for scoring.
The practice exam will be scored and emailed back.
- 42 correct answers (70%) is a passing score on the practice exam.

Food Certification Exam

- The exam consists of 134 questions and you must get 94 correct answers (70%) to become certified.

If you have any questions, please contact any member of the Food Program Team.

GOOD LUCK! GOOD LUCK! GOOD LUCK!

FOOD PROTECTION CERTIFICATION PRACTICE EXAM

THIS IS A PRACTICE EXAM; used to assist in preparing for the Food Protection Certification Exam.

INSTRUCTIONS: Select the correct answer for each question. There is only one correct answer for each question. Questions with more than one answer selected will be scored as incorrect.

Grading Scale: 42 correct responses equal 70%; which you must score on the real certification exam to pass.

If you would like your practice exam scored, please email it to Travis.Morris@flhealth.gov and cc VaKeshha.Brown@flhealth.gov.

1. Salmonellosis, Staphylococcal disease, and Botulism are all examples of foodborne illnesses.
 - A. True
 - B. False

2. What occurs when the microorganism itself is ingested with food and then established itself in the hosts body and multiplies?
 - A. Infection
 - B. Intoxication
 - C. Contamination
 - D. Incubation

3. Chemical contaminants can include:
 - A. Pesticides
 - B. Dirt
 - C. Toothpicks
 - D. Broken Glass

4. Cyclospora found in water as well as anisakis found in fish are examples of:
 - A. Fungi
 - B. Viruses
 - C. Parasites
 - D. Physical Contaminants

5. What does the following characteristics describe?
 - Do not replicate while in food
 - Introduced through contaminated water
 - Introduced by poor personal hygiene
 - A. Parasites
 - B. Viruses
 - C. Fungi
 - D. All of the above

6. In the lag phase of bacterial growth, cells may increase in size, but the actual number of cells do not increase
 - A. True
 - B. False

7. Bacteria growth:
 - A. Occurs rapidly during the lag phase with increases in the number of cells
 - B. Can occur at temperatures below 40 degrees F
 - C. Can occur in a dehydrated or water-free environment
 - D. Both A and B

8. A fast food restaurant located on a college campus is regulated by the Division of Hotels and Restaurants (DBPR)
- A. True
 - B. False
9. Some examples of Time/Temperature Control for Safety Foods consist in whole or in part of:
- A. Milk, eggs, shellfish
 - B. Soy, fresh fruit, nuts
 - C. Water, coffee, tea
 - D. Both A and B
10. A warehouse located at the county school board is regulated by which agency or agencies:
- A. DOH
 - B. DOH and DACS
 - C. DACS and DBPR
 - D. DACS
11. For a quicker assessment and increased accuracy, it is best to check internal food temperatures with an infra-red thermometer
- A. True
 - B. False
12. Food cooked in a microwave
- A. Should be uncovered to retain moisture
 - B. Should be allowed to stand covered for 45 minutes
 - C. Should be heated at least 25 degrees higher than what is required for traditional cooking (i.e., stove or oven)
 - D. Must be rotated or stirred throughout or midway during the cooking process
13. Some of the most prevalent factors that contribute to foodborne illness include
- A. Cross contamination and inadequate refrigeration
 - B. Adequate hot holding
 - C. Uncertified Food Managers
 - D. Rodent infestations
14. Which characteristics best describe safe employee practices
- A. Proper labeling of foods
 - B. Food that is properly date marked
 - C. No food stored on floor, and meeting the 6" height requirement on racks that are easily movable
 - D. All of the above
15. After properly washing and rinsing, in order to sanitize with hot water during the manual dishwashing process, the Food Code requires dishes to be immerse in hot water of at least 170°F for no less than 1 minute in the third compartment of the 3-compartment sink.
- A. True
 - B. False
16. It is not permissible to keep ready-to-eat TCS foods beyond the date marking limitation when it is held at 41°F or lower.
- A. True
 - B. False

17. Food service employee cleanliness practices include which of the following?
- A. Maintaining dirty outer clothing
 - B. Employees eating in food preparation area provided that they wash their hands immediately after they finish eating.
 - C. Must have appropriate hair restraint
 - D. Both B and C
18. Safe food service employee hand-washing practices include which of the following?
- A. Wash hands before working with exposed food and clean equipment
 - B. Wash hands prior to using the restroom
 - C. Wash hands before handling money
 - D. All of the above
19. A food service employee is required to wash their hands when switching between raw meats and raw vegetables because the vegetables are ready-to-eat and doesn't require further cooking.
- A. True
 - B. False
20. Once an employee completes cutting up raw chicken, before using the cutting board to cut up a raw pork loin, the employee must thoroughly and completely rinse-off any remaining chicken food particles from the cutting board. Sanitization is not necessary since both products are raw and will be subsequently cooked.
- A. True
 - B. False
21. It is not permissible to thaw food on the counter while the food item is completely covered (protected from contamination) and all contact surfaces are smooth, easily cleanable, and sanitized.
- A. True
 - B. False
22. Food contact surfaces such as can openers, cutting boards and mixers must be thoroughly cleaned but aren't required to be sanitized.
- A. True
 - B. False
23. Which of the following is correct regarding a proper dishwashing machine?
- A. Dish machines should have an adequate sanitizing cycle that reaches a minimum of 150 degrees in the final rinse.
 - B. The manufacturer's instructions and specifications must be attached to the machine.
 - C. Dish machines must have wet nesting equipment
 - D. Answers A and B
24. In maintaining compliance, what is the specific order of a three-compartment sink?
- A. 1st: wash-hot detergent, 2nd: sanitize, 3rd: rinse-remove solution
 - B. 1st: sanitize, 2nd: rinse-remove solution, 3rd: wash-hot detergent solution
 - C. 1st: rinse-remove debris, 2nd: sanitize, 3rd: wash-hot detergent solution
 - D. 1st: wash-hot detergent solution, 2nd: rinse- remove solution, 3rd: sanitize
25. Once it's determined what sanitization method is used by a particular facility, an inspector need only carry that specific sanitization test strips because the facility must notify the department prior to changing their sanitization method.
- A. True
 - B. False

26. In the final rinse cycle, multi-use utensils that are washed in a mechanical dish machine that uses hot water to sanitize must:
- A. Reach a surface temperature of 140°F
 - B. Reach a surface temperature of 160°F
 - C. Reach a surface temperature of 180°F
 - D. Reach a surface temperature of 165°F
27. In the acronym HACCP, C-C-P means Cross Contamination Prevention.
- A. True
 - B. False
28. If chlorine is used to sanitize during manual dishwashing, the minimum concentration must be:
- A. 50 ppm at 75 degrees F
 - B. 12.5 ppm at 75 degrees F
 - C. 25 ppm at 75 degrees F
 - D. 5 ppm at 75 degrees F
29. The correct manual dishwashing process is wash-rinse-sanitize. This allows the sanitizer, such as a bleach solution, to remove 99.999% of pathogens from the dishes prior to the dish reaching a consumer.
- A. True
 - B. False
30. A gift store in a University does no food preparation; however, the store sales pre-packaged sandwiches and ice cream, and cartons of milk, all of which is delivered by a DACS licensed commercial processor. Thereafter, the DOH will regulate this gift store.
- A. True
 - B. False
31. Under which of the following circumstances are employees required to wear gloves:
- A. An employee using their hands to mix raw meatloaf with an approved AOP.
 - B. An employee using their hands to mix a ready-to-eat chicken salad
 - C. An employee with polished nails using their hands to sort un-packaged single-service utensils
 - D. Both B and C
32. A Meals-On-Wheels program is not required to be regulated and is not licensed; however, they voluntarily follow all applicable requirements of The Food Code. Therefore, they are allowed to provide catered food to an Elementary School.
- A. True
 - B. False
33. Employees cannot drink in the food preparation area unless the cup has a tight-fitting lid and straw.
- A. True
 - B. False
34. A food handler wears a ring on each finger. In order to comply with the current rule requirements, they must properly wear intact gloves, in good repair.
- A. True
 - B. False

35. Catfish are stuffed with a crab, cheese, and eggs mixture. They must be cooked to a minimum internal temperature of:

- A. 165 degrees F for 15 seconds
- B. 160 degrees F for 15 seconds
- C. 155 degrees F for 15 seconds
- D. 145 degrees F for 15 seconds

36. Dry beans are a non time/temperature control for safety foods and may be stored outside the refrigerator; however, when they are cooked for hot holding, they must reach a minimum internal temperature of:

- A. 155 degrees F for 15 seconds
- B. 145 degrees F for 15 seconds
- C. 135 degrees F for 15 seconds
- D. No minimum internal temperature is required unless it is reheated

37. A food service establishment baked a casserole to the proper internal temperature and then transferred to a pre-heated steam table, which maintained the proper holding temperature. The casserole is then served directly from the cooking pan. Since the product will be discarded after the meal and the subsequent use of the casserole pan will be exactly the same, the pan is not required to be sanitized:

- A. True
- B. False

38. Which of the following establishments must have a certified food manager:

- A. A public or private school where food service is operated by the school employees
- B. A civic organization
- C. A movie theatre with a limited menu of prepackaged foods.
- D. None of the above

39. An assisted living facility with a staff of 2 people prepares food in its own kitchen. A certified manager must be present at all times when food is prepared, stored, or served.

- A. True
- B. False

40. Pork chops must be cooked to a minimum internal temperature of:

- A. 165 degrees F for 15 seconds
- B. 160 degrees F for 15 seconds
- C. 155 degrees F for 15 seconds
- D. 145 degrees F for 15 seconds

41. An establishment's mechanical hot water dishwashing machine displays 190 degrees F at the manifold gauge. However, the utensil temperature did not reach 160 degrees F when measured; therefore, this is a violation under the Food Code:

- A. True
- B. False

42. Which of the following locations require a certified food manager:

- A. An elementary charter school cafeteria
- B. A bar that serves only drinks
- C. A church's congregate meal site for the homeless
- D. A bar that caters in time/temperature control for safety foods

43. Given the list below, what is the first thing an inspector should do upon enter the food establishment:
- A. Inspect the dry storage
 - B. Take temperatures in the walk-in cooler
 - C. Properly wash hands and adorn hair restraint
 - D. Sample food on the serving line
44. Which of the following items do not require date marking:
- A. Commercially prepared tuna salad that was partially used two-days prior, now in the freezer.
 - B. Left-over rice that will be properly stored until it is served again the next week
 - C. Chicken salad that was prepared on Monday and refrigerated until Wednesday
 - D. Air-cooled hard-boiled eggs that will be held in refrigeration for one week.
45. Which of the following is a violation of The Food Code:
- A. Serving a medium rare hamburger, upon request, to Assisting Living Facility clients.
 - B. Serving meals that do not meet the USDA Nutritional Pyramid at an elementary school.
 - C. Sliced watermelon is placed on a table and held at room temperature throughout the day.
 - D. Both A and C
46. Which of the following facilities would be regulated by DOH:
- A. A food operation inside of a county courthouse.
 - B. A civic organization's bar that prepares hot dogs and meatballs for Wednesday happy hour.
 - C. A bar that prepares and serves chicken wings.
 - D. A church food booth at the county fairgrounds.
47. A bar uses raw shell eggs (i.e. eggs within the shell) to prepare its *Bloody Mary* drink. The eggs are intact and stored in the walk-in cooler at 41°F, immediately adjacent to a raw turkey; therefore, this is a violation under Chapter 64E-11, FAC:
- A. True
 - B. False
48. An establishment has a sink in the food preparation area with hot and cold water under pressure. The restroom used by both patrons and food workers has only cold water; therefore, this is a violation under the Food Code:
- A. True
 - B. False
49. Given the list below, which of the following violations should an inspector emphasize most because of its impact on foodborne illness:
- A. Employee removes a 10-quart pot of cooked rice from hot holding at 135 °F and places it immediately in the refrigerator to cool.
 - B. There is no air gap on the ice machine.
 - C. There is no certified food manager for a detention facility food service.
 - D. None of the above
50. Given the list below, which of the following violations should an inspector emphasize most because of its impact on foodborne illness:
- A. Food employees does not wear hair restraints
 - B. There is no thermometer in the freezer
 - C. The certified food manager does not know the correct cooking temperature for fish
 - D. An employee does not properly wash his/her hands after using the restroom

51. A facility purchased commercially processed chili in #10 cans. Their method of preparation is to open the cans, pour the contents into a pan, re-heat the chili, place on the steam table, and then immediately portion the chili onto plates and deliver the plates to patients. Any leftover chili is discarded. The chili must be reheated to a minimum temperature of:

- A. 155 degrees F
- B. 145 degrees F
- C. 135 degrees F
- D. there is no minimum cooking temperature required

52. Every first Monday of the month, the local Order of Moose Brotherhood, prepares roast beef for their members and guests of their civic organization. The roast beef is cooked to a temperature of 140 degrees F for 12 minutes so that it can be served somewhat rare. Upon the completion of the meal service time period, any of the remaining carved roast beef is discarded and the un-sliced portion is stored in the walk-in refrigerator. Which of the following statements are most accurate?

- A. The un-sliced portion must be reheated to a minimum temperature of 130 degrees F
- B. The facility must be informed that they must apply for a license from DBPR and must discontinue cooking after one month if they have not received their license
- C. The un-sliced portion must be reheated to a minimum temperature of 165 degrees F within 2 hours
- D. Both A and C

53. A school cafeteria food worker wears a wedding band on his left hand and a high school graduation class ring on his right hand. As long as he wears gloves while preparing food, he is in compliance with the Food Code; he is not required to remove either of the rings.

- A. True
- B. False

54. A small assisted living facility prepares meals for its 10 residents in an onsite kitchen. Since there are so few clients, the facility administrator has hired only two food service workers. In accordance with The Food Code, the food operation must have a certified manager; however, the manager is not required to be present at all times when food is being prepared.

- A. True
- B. False

55. A large assisted living facility prepares meals for its 150 residents in an onsite kitchen. There are two shifts of food workers employed in the food operation with at least 10 workers per shift. In accordance with 64E-11, FAC, the food operation must have a certified manager at all times when food is being prepared.

- A. True
- B. False

56. Raw chicken that is to be cooked in a microwave oven must be cooked to a minimum temperature of:

- A. 155 degrees F
- B. 165 degrees F
- C. 175 degrees F
- D. 190 degrees F

57. The university cafeteria purchases pre-cooked commercially canned baked beans from the local grocery store for their Summertime Inside BBQ. The beans will be poured into a pan and placed in the oven. After heating, a portion of the beans will be placed on the serving line approximately 1.5 hours prior to service. The remainder of the beans will be placed into a warmer for re-filling the serving line. The meal service time will last 2.5 hours and any leftovers will be stored in the walk-in cooler. In accordance with the Food Code, the leftover beans must be reheated to a minimum temperature of:

- A. 145 degrees F
- B. 165 degrees F
- C. 135 degrees F
- D. Since the baked beans are commercially canned and ready-to-eat, no minimum cooking temperature is required

58. The fry cook for the school cafeteria cooks continuously on the grill from 11:00am to 2:00pm. Since the ambient air temperature around the grill area is extremely high, the fry cook is allowed to drink from a closed container with a tight-fitting lid and straw in the food preparation area as long as drinking does not become a source of contamination.

- A. True
- B. False

59. The fry cook in the previous question is also allowed to eat non time-temperature control for safety foods in the preparation area, as long as eating does not become a source of contamination and he washes his hands immediately afterwards.

- A. True
- B. False

60. A small private school kitchen has a three-compartment sink and a food preparation sink. The food preparation sink can be used as a handwashing sink during the times that it is not used for food preparation, provided that it is washed, rinsed, and sanitized afterwards.

- A. True
- B. False