

Sample Certification Test 1

1. Bi Metallic stemmed thermometers need to be calibrated:
 - a) if dropped
 - b) if used to measure repeated extreme temperatures
 - c) before their first use
 - d) all of the above
2. Spores are most likely to turn vegetative when
 - a) they are heat shocked
 - b) optimum conditions exist for growth
 - c) temperatures are in the temperature danger zone
 - d) all of the above
3. Examples of potential hazardous foods do NOT include:
 - a) red meat, including beef
 - b) shellfish
 - c) citrus fruits
 - d) dairy products
4. The correct order for the bacterial growth cycle is:
 - a) log, lag, decline and stationary
 - b) lag, log, stationary and decline
 - c) decline, lag, log and stationary
 - d) lag, log, decline and stationary.
5. Eating foods that contain toxins will result in a food borne infection.
 - a) true
 - b) false
6. Which of the following is NOT a biological hazard?
 - a) toxin
 - b) bacteria
 - c) virus
 - d) parasite
7. Under ideal conditions, bacteria will reproduce in:
 - a) 12 – 20 minutes
 - b) 13 – 15 minutes
 - c) 20 – 25 minutes
 - d) 18 – 22 minutes
8. Time and temperature are the most critical factors affecting the growth of bacteria in foods.
 - a) true
 - b) false

9. Which of the following is NOT an example of a virus?
- a) hepatitis A
 - b) anisakis spp
 - c) Norwalk group
 - d) Rotovirus
10. Which of the following is a significant factor about campylobacter jejuni?
- a) It is a non spore forming bacteria.
 - b) It reproduces in the normal generation time.
 - c) It requires a significant amount of oxygen for growth.
 - d) It is commonly found in fully cooked foods.
11. After a boil water advisory, the quality of water can be checked by the colour, odour and taste.
- a) true
 - b) false
12. When washing hands, the approved cleaning compounds must be vigorously rubbed for:
- a) 10 seconds
 - b) 15 seconds
 - c) 20 seconds
 - d) 30 seconds
13. Foods that have been served to a customer and returned, should not be re-offered for service EXCEPT for the following:
- a) if it appears that the product has not been touched by the customer
 - b) if it is in a container of a non potentially hazardous food and is dispensed in such a way that it protects the food
 - c) if the amount of time that has elapsed is very short
 - d) if it appears the product has not been touched by the customer and is still within the proper temperature range
14. Foods that need to be reheated must be done so to an internal temperature of 74 C within
- a) 30 minute
 - b) 2 hours
 - c) 3 hours
 - d) 4 hours and 30 minutes
15. Risk is defined as the conditions or circumstances during the preparation and service of food that may lead to potential contamination and disease outbreaks.
- a) true
 - b) false

16. Which of the following breakfast food items represent the lowest risk?
- a) hash browns
 - b) cheese omelette
 - c) French toast
 - d) oatmeal
17. Cutting boards and kitchen tools should be cleaned and sanitized:
- e) once a shift
 - f) periodically through the shift
 - a) at the end of each of the meal period rush hours
 - b) as often as necessary in order to prevent the accumulation of grease deposits and other residues.
18. Sever nausea, acute abdominal pain, vomiting and diarrhea, with an onset time of 1–6 hours, is indicative of the following illness:
- a) staphylococcus aureus
 - b) shigellosis
 - c) salmonellas
 - d) clostridium perfringens
19. Which of the following is NOT an acceptable method for thawing foods:
- a) using cold running water
 - b) using cooking as a means of thawing
 - c) let stand at room temperature until ready to cook
 - d) using the microwave as part of the cooking process
20. The main objective of a good purchasing system includes:
- a) buying the proper quantity of the item
 - b) paying the right price
 - c) dealing with only reputable suppliers
 - d) all of the above
21. During the course of a water stoppage, the courses of action should be include:
- a) use thoroughly boiled water
 - b) use commercially prepared ice
 - c) use boiled water for essential cleaning
 - d) all of the above.
22. A surfactant is a chemical property in a detergent that emulsifies dirt.
- a) true
 - b) false

23. The rinse temperature in a single tank dishwashing machine should be a minimum of:

- a) 60 C
- b) 74 C
- c) 81 C
- d) 86 C

24. The temperature danger zone is:

- a) 3.2 C – 60 C
- b) 4 C – 60 C
- c) 3 C – 70 C
- d) 4.1 C – 63 C

25. Ground meats should be cooked to an internal temperature of:

- a) 63 C
- b) 72 C
- c) 70 C
- d) 76 C

26. Sous vide foods do NOT:

- a) require an expiry date
- b) require refrigeration
- c) need too follow the time an temperature principle
- d) none of the above

27. Grading criteria for eggs include:

- a) interior conditions
- b) exterior conditions
- c) diet of the hen
- d) a and b only

28. Pasteurization is a chilling treatment that is used to destroy disease causing bacteria.

- a) true
- b) false

29. Fresh fruits and vegetables requiring refrigeration should be stored at:

- a) 5 C – 7 C
- b) 3 C - 6 C
- c) 5 C – 10 C
- d) 2 C – 8 C

30. To keep shelves clean, it is an acceptable practice to line the shelves with tin foil.

- a) true
- b) false

31. Measuring the temperature of packaged frozen foods can be achieved by:
- a) assuming that the products are frozen, and that the temperature is below zero.
 - b) placing a thermometer between the packages and recording the measurement.
 - c) chipping off a portion, and then recording the temperature as it thaws.
 - d) measuring the air temperature of the freezer where the foods are stored.
32. A refrigerated, ready to eat, potentially hazardous food is safe to eat if:
- a) it is at room temperature for an amount of time that exceeds the time and temperature principle
 - b) it is in a container that bears no label or expiry date
 - c) the expiry date has passed, but the product still looks edible
 - d) none of the above
33. One of the benefits of consistent, ongoing training is:
- a) higher staff turnover
 - b) fewer accidents
 - c) better overall quality of work performance
 - d) b and c only
34. The Canadian Food Inspection Agency primarily inspects at:
- a) the retail level
 - b) federally registered processing plants
 - c) restaurants
 - d) distribution centers
35. Pressurized water is one of the most effective ways in dealing with a kitchen fire.
- a) true
 - b) false
36. Potable water is that which:
- a) is from a local supplier
 - b) is approved for consumption by the local health authority
 - c) is in plentiful supply
 - d) comes in sealed packages.
37. Giardia is usually found in:
- a) feces of wild animals
 - b) water that has been contaminated with manure
 - c) parasites found in fruits
 - d) improperly stored dairy products

38. The following jewellery is acceptable to wear in a food production premise:
- a) nose ring
 - b) ear rings that dangle
 - c) plain wedding band
 - d) rings on all fingers.
39. Which of the following bacteria produce a toxin that is most likely to cause death of consumed?
- a) campylobacter jejuni
 - b) clostridium botulinum
 - c) escherichia coli
 - d) listeria monocytogens
40. Good personal hygiene practices include:
- a) using hand sanitizers instead of handwashing
 - b) keeping hands and clothes clean and sanitary
 - c) wearing attractive uniforms
 - d) cleaning and sanitizing food contact surfaces
41. For which of the following products may it NOT be necessary to construct a HACCP flow chart?
- a) chicken salad
 - b) tuna salad
 - c) seafood salad
 - d) citrus fruit salad
42. Which of the following materials would be acceptable for food production purposes:
- a) brass
 - b) stainless steel
 - c) lead
 - d) copper
43. Wood, used as a food production tool, is
- a) impervious to bacteria
 - b) repels food odours and stains
 - c) holds up well under normal use
 - d) is acceptable under isolated circumstances
44. A convection oven usually requires more cooking time than a conventional oven.
- a) true
 - b) false

45. In food premises, the use of non potable water can be for:
- a) ventilation and air conditioning
 - b) making ice
 - c) water for cleaning purposes only
 - d) non of the above
46. What is the best surface for a kitchen floor?
- a) terrazzo quarry tile
 - b) concrete
 - c) plywood
 - d) carpeting
47. You are surveying your establishment for unsafe conditions. Which one of the following situations requires corrective action?
- a) a waste receptacle with the lid off during service
 - b) a handwashing station with single use hand drying towels
 - c) light-coloured ceramic tile on the walls of the food prep areas
 - d) anti slip flooring in the ware washing areas that has cracks in the surface
48. Which of the following is approved for drying hands in an employee restroom:
- a) single use paper towels
 - b) a common towel for staff use only
 - c) an approved hot air device
 - d) a and c only
49. Foods that are damaged, spoiled or otherwise unusable should be:
- a) rejected outright
 - b) labelled and set aside as rejected
 - c) used if it can be determined the damage is minimal
 - d) a and b only
50. All red meat in Canada must be graded before retail sale.
- a) true
 - b) false