

1.1.1	What is a food borne illness?  <i>(Answer: A food borne illness is simply a disease that is carried, or transmitted to human beings by food.)</i>		
1.1.2	What are some, at least three, major causes of food borne illnesses?  <i>(Answer: Poor personal hygiene, employees with an infectious illness, improper food handling &amp; storage, unsafe food holding temperatures, unsafe reheating &amp; cooling of foods, unsanitary dishware, utensils and equipment, cross contamination, and improper chemical storage)</i>		
1.2.1	When is the first time you wash your hands when working?  <i>(Answer: Immediately prior to starting your shift.)</i>		
1.2.2	What other times must you wash your hands?  <i>(Answer: When you use the restroom, touch money, food, hair or skin, handle anything that may be dirty, cough sneeze or blow your nose, clean, or take out the garbage.)</i>		
1.2.3	What are the key steps to correctly washing your hands?  <i>(Answer Use warm water. Use soap to build up good lather. Use nail brush to clean nails. Rinse and repeat. Dry hands with a disposable towel or air dryer – never on your apron. Be sure to use the disposable towel to turn the water faucet off.)</i>		
1.2.4	Why do we practice good personal hygiene?  <i>(Answer: To help reduce the chances of food contamination or client illness – good personal hygiene eliminates the majority of causes for both.)</i>		
1.2.5	Should you wear jewelry on the job?  <i>(Answer: You should not wear rings or loose jewelry – it can get caught on sharp objects or equipment and cause an injury.)</i>		
1.2.6	Is it permissible to eat, drink or chew gum while you are working?  <i>(Answer: No. Drinks should always have a lid and straw and be stored in the designated area for employee drinks. Eating should only take place during your assigned break and not in the kitchen.)</i>		
1.2.7	When should you stay home from work?  <i>(Answer: If you have the flu, sore throat, fever, diarrhea, vomiting, headache, dizziness, or any potentially contagious illness. Make sure to contact the store manager and let them know in an appropriate timeframe.)</i>		
1.2.8	What are some of the personal hygiene standards that apply in the kitchen?  <i>(Answer: Keep your fingernails short and clean. Don't wear fingernail polish or false fingernails. Maintain clean teeth, hair, hands, and body. Use deodorant. Do not wear rings or loose jewelry; it can cause injury by getting caught on sharp objects and equipment. Use cologne or cosmetics in moderation. Never touch your hair or hair net while handling food. Stay at home if you have the flu, sore throat, fever, diarrhea, vomiting, headache, dizziness, or any potentially contagious illness.)</i>		
1.3.1	How do you determine the temperature of food products?  <i>(Answer: Use a thermometer.)</i>		

1.3.2	What are the maximum temperatures for safe food storage?  <i>(Answer: Milk and milk products should be 40°F or lower. Ice cream should be between 6-10°F and liquid eggs should also be 40°F or lower.)</i>		
1.3.3	What are some indications that a food may be unsuitable for use?  <i>(Answer: Cans are dented, leaky, rusty or are missing labels or if produce shows signs of mold, spoilage or insect damage.)</i>		
1.3.4	When can cross contamination occur?  <i>(Answer: Cross Contamination occurs when you handle two food products back to back without washing your hands, or handle food after handling a piece of equipment that has not been properly cleaned.)</i>		
1.3.5	What are some steps you can take to avoid cross contamination?  <i>(Answer: Use separate cutting boards for different types of food. Don't mix leftovers with fresh food. Sanitize thermometers, equipment, and containers after use. Place thawing foods on the lowest shelf in the refrigerator.)</i>		
1.3.6	What information is essential to include on the food label when storing food?  <i>(Answer: The name of the food, the date it was stored, the name of the person who made it and the use-by date.)</i>		
1.3.7	How often do you check the temperature of the freezers and refrigerators and what should their temperature be?  <i>(Answer: Check the temperature daily. The refrigerator should be between 35-38°F and the freezer should be between -10-0°F.)</i>		
1.3.8	What do you do if the temperature of either unit is too low?  <i>(Answer: Check and reset the thermostat. If that's not the issue, the store manager should be notified to schedule a repair visit.)</i>		
1.3.9	What do you do if the temperature of either unit is too high?  <i>(Answer: Check and reset the thermostat. If that's not the issue, the store manager should be notified to schedule a repair visit.)</i>		
1.3.10	At what point should food be thrown away?  <i>(Answer: When it gets beyond the use-by or expiration date or if the food has been in an environment where the temp is too high for 2 hours or more.)</i>		
1.3.11	Where should dry goods be stored?  <i>(Answer: In the storage area or a cool and dry place.)</i>		
1.3.12	Where should chemicals and pesticides be stored?  <i>(Answer: Separately from food, either in a different area of the store or at the minimum on the shelves below all food and food items.)</i>		
1.3.13	How do you pick up ice?  <i>(Answer: With a clean scoop or tongs. Do not use your hands or a glass.)</i>		
1.3.14	Can food or beverages be stored in the ice?  <i>(Answer: No, storing food or beverage in the ice can lead to cross contamination.)</i>		

1.3.15 What is the first thing you do after handling chemicals?  <i>(Answer: Wash your hands thoroughly.)</i>		
1.3.16 What should you do if cleaning chemicals come into contact with food?  <i>(Answer: Immediately throw away any food that comes in contact with chemicals of any kind.)</i>		
1.3.17 How often do you take out the garbage and clean the garbage cans?  <i>(Answer: Take garbage out frequently and clean and sanitize garbage cans weekly.)</i>		
1.3.18 Should you feed animals?  <i>(Answer: No, never feed animals from the restaurant.)</i>		
1.4.1 When should you sanitize?  <i>(Answer: Sanitation solution (spray) should be used on all food contact surfaces after they have been cleaned or when switching from one food product to another.)</i>		
1.4.2 Do you need to rinse after using sanitation solution?  <i>(Answer: No rinsing is required. The sanitizing solution is safe to use on all equipment and surfaces that come into contact with food without finishing or wipe down after use.)</i>		
1.4.3 Where is the sanitation solution kept?  <i>(Answer: In plastic spray bottles, accessible anywhere in the kitchen and in small red buckets that must be changed every two hours.)</i>		
1.4.4 How are mops cleaned?  <i>(Answer: Wash mops like brushes – in hot water – and hang them up to dry.)</i>		
1.4.6 By what system are products rotated?  <i>(Answer: Product is rotated using the FIFO or first-in, first-out system.)</i>		
1.4.7 What do you do if the use-by date has passed?  <i>(Answer: Notify the kitchen manager of the issue and discard all the product in the container; the product cannot be used after the use-by date has passed. Waste must be recorded on a waste sheet in the kitchen.)</i>		
1.5.1 When deliveries are received, in what order do products need to be unloaded and placed?  <i>(Answer: Walk-in cooler first, then stuff going in the freezer, and the stockroom (dry storage) last.)</i>		
1.5.2 What type of products absorb odors and flavors from other foods?  <i>(Answer: Eggs and dairy products)</i>		
1.5.3 How far off the ground should items in the freezer be kept?  <i>(Answer: At least 6 inches off the floor.)</i>		
1.5.4 Can an item be refrozen?  <i>(Answer: Once an item has thawed, even partially, it should not be refrozen.)</i>		
1.5.5 Why is it important not to pack the contents in a freezer too tightly?  <i>(Answer: Packages packed too tightly in the freezer can cause the contents to defrost.)</i>		

1.6.1	What happens if a product is not properly vented?  <i>(Answer: Without proper venting, steam will continue to heat the product and it will take approximately twice as long to cool down.)</i>		
1.6.2	What happens if foil comes in contact with a product?  <i>(Answer: It can cause the product to become discoloured and possibly spoil.)</i>		
1.6.3	How much space should be left around cooling items?  <i>(Answer: Two inches of space between items to allow air to circulate and cool the product.)</i>		
1.6.4	Do some products take longer to cool than others?  <i>(Answer: Yes, large quantities or dense products take longer to cool.)</i>		
1.6.5	Can you put a food product in the walk-in if it is not fully cooled?  <i>(Answer: No, all products must be cooled before they are placed in the walk-in.)</i>		
1.6.6	What other method can you use to ensure food items remain fresh and good-tasting for as long as possible?  <i>(Answer: Cover them properly.)</i>		
1.6.7	Why is it important to cover products properly?  <i>(Answer: It keeps them fresh and good tasting.)</i>		
1.7.1	What are the training requirements related to kitchen safety?  <i>(Answer: All employees receive OJT training on key processes, and are tested following OSHA guidelines. The general manager must have ServSafe certification in place and up to date.)</i>		
1.7.2	What is the purpose of the monthly safety meeting?  <i>(Answer: To review and reinforce information presented from OJT training and to discuss additional safety and security issues as necessary.)</i>		
1.7.3	What action should you take if you see a potential safety hazard?  <i>(Answer: Notify a manager immediately. If it is a small issue, correct it and then notify the manager of the problem and solution.)</i>		
1.7.4	What steps do you follow to clean equipment?  <i>(Answer: Unplug equipment and disassemble, making sure your hands are dry. Disassemble, wash removable parts, and then stationary parts. Sanitize food contact surfaces. Air dry and then reassemble.)</i>		
1.7.5	What actions can you take to help prevent falls related to spills?  <i>(Answer: Wipe up spills as soon as they happen and use the wet floor signs to warn others.)</i>		
1.7.6	Should you stand on the top of the ladder to reach a high item?  <i>(Answer: No. Do not stand on top of the ladder and do not over reach.)</i>		
1.7.7	Is it okay if your hands are wet when you use electrical equipment?  <i>(Answer: No. Do not use electrical equipment if your hands are wet or if you are standing in water.)</i>		

1.7.8 Why should you not yank plugs out by the cord?  <i>(Answer: This can cause damage to the cords, which may then cause shocks. Damaged or worn plugs and cords should be reported to your supervisor.)</i>		
1.7.9 What questions should you ask yourself before lifting something heavy?  <i>(Answer: Do you need help? Could you use a cart? Where is it going and what's the best route?)</i>		
1.7.10 What is the most important thing to remember when lifting a heavy item?  <i>(Answer: Spread feet apart, shoulder width. Put one foot slightly in front of the other for a good support base. Squat down with back straight and head up. Do not bend over from the waist! Grip the object firmly with both hands. Keep elbows and arms close to body. Tuck in chin.)</i>		
1.7.11 What should you avoid when lifting a heavy item?  <i>(Answer: Lifting and twisting at the same time)</i>		
1.7.12 What should you do when setting down an item?  <i>(Answer: Bend your knees slowly and smoothly. Slide load into place; watch your fingers and toes.)</i>		
1.7.13 What is the best way to move a cart?  <i>(Answer: Push slowly and smoothly, rather than pulling and avoid sudden motions or twisting your back.)</i>		
1.7.14 How do you prevent cuts in a kitchen?  <i>(Answer: Pay attention when using sharp equipment, never touch the edges of sharp blades.)</i>		
1.7.15 Do you cut toward or away from yourself?  <i>(Answer: Always cut away from yourself and others.)</i>		
1.7.16 What items do you use when cutting besides the knife?  <i>(Answer: a cutting board with a damp towel under it and no-cut gloves if available.)</i>		
1.7.17 What do you do if you drop a knife?  <i>(Answer: Wait until it lands to carefully pick it up. Never try to catch a falling knife.)</i>		
1.7.18 How do you prevent burns?  <i>(Answer: Pay attention when working around hot equipment. Always alert other employees when carrying hot foods by saying, "HOT FOOD" or "BEHIND YOU." Avoid overcrowding range tops. Use dry potholders. Keep pot handles turned in from the edge of the range and open flames. Avoid overfilling containers with hot foods. Get help lifting heavy pots of hot foods. Open lids of pots and doors of steamers away from you, and do so slowly, to avoid a steam burn. Stir foods with long-handled spoons. Warn others of hot surfaces. Let equipment cool before cleaning, and do not use wet rags. Wear closed-toe and closed-heel shoes that do not absorb liquids. Metal containers, foil or utensils should never be used in microwaves. Warn guests of hot dishes.)</i>		
1.7.19 How do you open a container that may steam?  <i>(Answer: Open it away from you so that the steam can escape without burning you.)</i>		
1.7.20 Why do we keep equipment clean and prevent grease build-up?  <i>(Answer: Grease build up is a frequent cause of food service fires.)</i>		

<p>1.7.21 What common materials should you keep away from heat, such as a stovetop?</p> <p><i>(Answer: Matches, garbage, chemicals, and any other flammable materials.)</i></p>		
<p>1.8.1 What is the first thing to do when using chemicals?</p> <p><i>(Answer: Carefully read the labels and follow the directions for proper storage, handling and use of all chemicals.)</i></p>		
<p>1.8.2 What should you do if you have questions or concerns about using a certain chemical product?</p> <p><i>(Answer: Ask the restaurant manager to clarify the usage for you.)</i></p>		
<p>1.8.3 Where should chemicals never be kept?</p> <p><i>(Answer: In or close to food storage, preparation or serving areas, or in unmarked containers.)</i></p>		
<p>1.8.4 What is the MSDS?</p> <p><i>(Answer: Material Safety Data Sheet – explains the hazards and precautions required with a specific chemical.)</i></p>		
<p>1.8.5 What types of information will you find on an MSDS?</p> <p><i>(Answer: Fire hazards, health hazards, spill precautions and special protection measures.)</i></p>		
<p>1.8.6 What safety equipment may be required when working with chemicals?</p> <p><i>(Answer: Gloves, face shield, shoes.)</i></p> <p><i>What is the biggest problem with mixing raw foods together with cooked food?</i>  <i>(answer: cross contamination)</i></p> <p><i>Cockroaches like areas that are:</i>  <i>(answer: warm, dark and moist)</i></p> <p><i>Physical contaminants impose a risk if consumed. A glass bottle breaks by the cold line. Should you pick out any pieces of glass you find in food and assume the food is okay?</i>  <i>(answer: no, throw out and record all food that could be contaminated)</i></p> <p><i>Is it okay to touch meat on the hot bar and then using the same gloves touch anything on the cold bar?</i>  <i>Answer: no, this causes cross contamination</i></p> <p><i>Anytime you sweep or touch the phone you should:</i>  <i>Answer: wash your hands</i></p> <p><i>Who is allowed to touch the chip scoop:</i>  <i>Answer: only someone without gloves on. If you touch it with gloves on then you are contaminating your gloves)</i></p>		

*How often should temperatures be checked?*

*(answer: the best practice is to check food temperatures every four hours)*

*How do you prevent food allergens from being transferred to food?*

*(answer: clean and sanitize utensils before use)*

*What should food handlers take off after prepping food and before using the restroom?*

*(answer: their apron)*

*What is the maximum temperature for cold TCS food?*

*(answer: 41 degrees)*

*What is the minimum internal temperature for hot holding hot TCS food?*

*(Answer: 135 degrees)*

*If you cut your finger, what should you do?*

*(answer: wash hands, and clean the cut. Put on a bandage and an impermeable finger cot with a single use glove.)*

*What are some bad habits that impose hazards to food safety?*

*(answer: scratching your scalp, running fingers through hair, wiping or touching nose or face, rubbing your ears, touching pimples or infected boils, wearing or touching dirty clothing, wearing apron to the restroom, coughing or sneezing on you hands)*

*Food contact surfaces that are in constant use must be cleaned and sanitized every:*

*(answer: 4 hours)*

*How do you properly clean and sanitize a prep table?*

*(answer: remove all food particles, then wash the area, rinse the area, spray with sanitizer and let it air dry)*