ADVANCED.fst® Practice Exam

Directions: Circle the letter of the best answer to each question below.

1. Most foodborne illnesses are:
   A. caused by poor eating habits
   B. caused by eating foods high in protein
   C. carried or transmitted to people by food
   D. transmitted by potable water

2. Fill in the blank.
   A thermometer inserted into a chicken leg reads 74°C (165°F). The cook knows the chicken is safe to serve because the ________________ has been reached.
   A. minimum internal temperature
   B. boiling point
   C. temperature danger zone
   D. pH level

3. Which statement about gloves is correct?
   A. Gloves must always be worn during food preparation.
   B. Gloves should be changed before starting a new task.
   C. Always apply hand sanitizer to gloves between tasks.
   D. Wash gloves between tasks (for example, after handling raw meat and before chopping raw vegetables).

4. When a food product touches something that contains harmful micro-organisms:
   A. a physical hazard occurs
   B. cross-contamination occurs
   C. a chemical hazard occurs
   D. good food-safety practices are being used

5. Infants and the elderly are seriously threatened by foodborne illness because they:
   A. are unable to defend themselves in a lawsuit
   B. cannot fight off diseases very well
   C. cannot use strong medicine
   D. cannot tell the doctor what is wrong with them

6. Which of the following is a key factor in preventing bacterial growth?
   A. personal hygiene
   B. menu evaluation
   C. time and temperature control
   D. small quantities of food additives
7. All of the following are conditions that support the growth of micro-organisms except:

A. moisture  
B. a protein or carbohydrate food source  
C. high acidity  
D. temperatures between 4°C and 60°C (40°F and 140°F)

8. A foodborne infection can result from eating:

A. toxins that are present in food  
B. moulds that grow on cheeses  
C. washed, whole, or cut fruits and vegetables  
D. foods that contain live, harmful micro-organisms

9. Which of the following statements about “Bacteria” is true?

A. bacteria causes chemical contamination  
B. bacteria is a virus  
C. bacteria has a strong odour  
D. bacteria is the cause of most foodborne illness

10. The Hepatitis A Virus is most frequently introduced into food by:

A. an infected foodhandler who handles ready-to-eat food  
B. cross-contamination from raw poultry products that are left at room temperature  
C. time-temperature abuse  
D. dirt that accidentally gets into the food

11. Which of the following are examples of physical hazards that can result in food contamination?

A. pesticides, additives and preservatives in food  
B. dirt, broken glass and staples from packaging in food  
C. toxins produced by micro-organisms  
D. living micro-organisms in food

12. Which of the following describes the proper way to dry hands after they have been washed?

A. dry hands thoroughly with hot-air dryer or a single-use towel  
B. dry hands by wiping them vigorously on an apron or wiping cloth  
C. dry hands with a cloth towel that is kept in the restroom  
D. dry hands with a cloth towel back at the work station
13. A manager notices that a cook has an open cut on his finger and is about to season and pound veal cutlets for the evening’s special. The manager should:

A. make sure that the veal cutlets are cooked to the proper temperature
B. instruct the cook to clean and bandage the cut and wear a finger cot or clean disposable glove
C. instruct the cook to clean and bandage the cut and continue cooking
D. check to make sure the cook does not have a fever or sore throat

14. Which of the following statements is true about “Hand Sanitizers”?

A. they should be applied before hand washing
B. they provide a secure barrier between your hands and the food they touch
C. they help to reduce micro-organisms on your hands
D. none of the above statements are true

15. Employees needing to use the restroom should:

A. wait until their break
B. use the closest restroom to their workstation
C. use the restroom designated for staff
D. check that their clothing/apron is clean before using the public restroom

16. Which of the following statements about bacteria is correct?

A. all bacteria is harmful when ingested
B. bacteria are multiple celled organisms
C. bacteria cannot survive freezing temperatures
D. aerobic bacteria require oxygen to grow

17. To measure the temperature of shellfish delivered by the case, you should:

A. take the temperature of each piece of shellfish in the case
B. check the temperature of the refrigerated delivery truck
C. insert the thermometer stem into the middle of the case
D. use an infrared thermometer to take the temperature of the case

18. What is an acceptable criterion for receiving eggs?

A. whites that do not cling to the yolk
B. eggs that are delivered at 21°C (70°F)
C. eggs are received at 4°C (40°F) or lower and shells are dry, clean and unbroken
D. yolks that break easily
19. Poultry should be rejected during receiving if it:

A. is received on crushed ice
B. is received at a temperature below –2°C (28°F)
C. is firm to the touch
D. has darkened wing tips

20. Which of the following statements about food storage is true?

A. it is acceptable to combine cold and dry storage areas
B. all storage areas should have at least 70% humidity levels
C. dry food should be stored 6” (15 cm) off the ground
D. never use drip proof trays when storing raw food

21. Mario is inspecting a shipment of frozen fish fillets and discovers that the packages contain large ice crystals. What should Mario do?

A. immediately put the shipment in the freezer
B. reject the shipment
C. fully thaw the fish and cook within 24 hours
D. remove the ice crystals and put the fish in the refrigerator

22. The term “Lux” refers to:

A. a measurement of lighting
B. a bacteria
C. a sanitizing solution
D. the flow of food

23. The best way to measure the internal temperature of roast beef is to:

A. insert a bi-metallic stemmed thermometer in the thickest portion of the roast
B. leave a calibrated digital thermometer in the roast throughout the cooking process
C. check the temperature on the oven thermometer to make sure the oven is heated properly
D. insert a time-temperature indicator (TTI) into the roast and note the colour change

24. Which step in the flow of food is the first step where hazards can be controlled?

A. receiving
B. storing
C. preparing
D. cooking
25. A case of illness in which two or more persons experience similar symptoms after exposure to the same food is called:

A. a foodborne incident  
B. an outbreak  
C. a recall  
D. risk exposure

26. If stored foods have passed their “use-by” or expiration dates, you should:

A. freeze the food for later use  
B. cook and serve the food at once  
C. discard the food  
D. leave the food in the refrigerator for later use

27. Which of the following tools is used with a sous vide package?

A. a cross connection  
B. a Time Temperature Indicator (TTI)  
C. a residual spray  
D. a calibration nut

28. Which of the following is a safe and acceptable way to thaw a frozen twenty-pound turkey?

A. gradual thawing at room temperature  
B. rapid thawing in boiling water  
C. gradual thawing under hot running water  
D. gradual thawing under refrigeration

29. Food mixtures containing poultry, eggs, meat, or fish should be cooked without interruption to a minimum internal temperature of:

A. 60°C (140°F)  
B. 66°C (150°F)  
C. 74°C (165°F)  
D. 77°C (170°F)

30. Which of the following potentially hazardous foods must be cooked to a minimum internal temperature of 74°C (165°F)?

A. ground beef  
B. ground fish  
C. ground chicken  
D. ground pork
31. You measure the temperature of foods being held in hot-holding equipment every two hours. During one of your checks, you discover that the temperature of the beef stew has dropped to 49°C (120°F). If all other time-temperature procedures have been followed, which of the following corrective actions should you implement?

A. add new hot stew to the old batch and stir it briskly to raise the temperature
B. raise the temperature of the hot-holding equipment to reheat the stew
C. discard the stew and replace it with a fresh batch
D. return the stew to the stove and reheat it to 74°C (165°F)

32. All of the following are acceptable ways to protect food on display at a self-serve, hot-food bar except:

A. providing long-handled spoons, forks and tongs for service
B. adding replacement foods to foods already on display
C. issuing fresh plates to customers when they return to the food bar
D. installing properly designed food shields

33. A cook measures the temperature of chili in hot holding every two hours. He inserts the thermometer in the centre of the batch and writes the temperature in a log. At one check, he discovers that the temperature has fallen below 60°C (140°F). He tells his manager, then returns the chili to the stove and reheats it to 74°C (165°F) for at least fifteen seconds. Which of the following was the corrective action?

A. telling his manager that the chili is below 60°C (140°F)
B. reheating the chili to 74°C (165°F) for at least fifteen seconds
C. writing the temperature of the chili every two hours in the log
D. measuring the temperature of the chili every two hours

34. A Critical Control Point (CCP) for the preparation of whole roast turkey is:

A. cooking the turkey to a minimum internal temperature of 85°C (185°F) or higher for at least fifteen seconds
B. sanitizing equipment, utensils and food-contact surfaces
C. weighing or measuring all ingredients, including the spices
D. storing the turkey on the bottom shelf of the refrigerator below a raw beef roast in marinade

35. The flow of food refers to the:

A. amount of time food is left in storage
B. amount of time food spends in the temperature danger zone
C. movement of food from the buffet to the table
D. path that food travels through an establishment
36. If cooking were a CCP, which of the following would be the standard?

A. cook chicken breasts to 74°C (165°F) for fifteen seconds  
B. store chicken breasts at 4°C (40°F)  
C. discard chicken breasts if they remain between 4°C and 60°C (40°F and 140°F) for more than four hours  
D. hold chicken breasts for service at 60°C (140°F)

37. Which of the following is an effective method of sanitizing?

A. immersing an object in soapy water at a temperature of 43°C (110°F)  
B. hot-water sanitizing in a dishwashing machine with a final rinse water temperature of 60°C (140°F)  
C. immersing an object in a chlorine solution at 100 ppm  
D. chemical sanitizing in a dishwashing machine with a water temperature above 93°C (200°F)

38. Which statement is correct?

A. a water activity value between 0.97 – 0.99 is ideal for the growth of bacteria  
B. acidity is measured by the water activity level of food  
C. water activity levels can be reduced through refrigeration  
D. the amount of water in food can be measured by the pH level

39. Which of the following is not a sign of a rodent infestation?

A. shiny black droppings  
B. scraps of paper and cloth gathered in the corner of a drawer  
C. small gnawed holes in a wall  
D. a strong oily odour

40. The temperature range 13°C - 49°C (55°F-120°F) is:

A. the temperature danger zone  
B. the range for effective chemical sanitation  
C. the temperature range for holding food on a steam table  
D. none of the above