



Name ONE  
Foodborne Illness

Name ONE  
type of thermometer  
used in Food Service

When should  
HAND ANTICEPTICS  
be used?

Name TWO items  
that should be  
located at the  
HAND WASHING  
SINK

Name TWO ways  
food can become  
unsafe

What TWO things  
should be written  
on a food label  
(for food prepared in the  
operation or taken out of it's  
original container)

Name the THREE compartments in a 3-compartment sink

Name the THREE types of food contaminants

Name THREE high risk populations

Name THREE foods that are time and temperature controlled for safety

Name FOUR food allergies

Name the FOUR methods for thawing food

Name FIVE times  
when handwashing  
is necessary

Put these FIVE items  
in order in the fridge:

*(top to bottom shelf)*

Ground Beef, Shredded Cheese,  
Pork Roast, Raw Turkey Breast,  
Salmon Filet

What is the  
minimum internal  
cooking temperature  
for CHICKEN?

Where should the  
ICE SCOOP  
be stored?

What is the  
minimum internal  
cooking temperature  
for PORK CHOPS?

What is the  
TEMPERATURE  
DANGER ZONE?

Explain the process  
of COOLING food  
correctly

Demonstrate proper  
HANDWASHING

What temperature  
should HOT FOOD  
be held at?

What temperature  
should COLD FOOD  
be held at?

What are the proper  
steps to CLEANING  
and SANITIZING  
a tabletop?

What is one  
symptom of an  
ALLERGIC  
REACTION?

Name the FOUR symptoms that must be reported to a manager

What is the minimum internal cooking temperature for BEEF MEATBALLS?

What is the minimum internal cooking temperature for LASAGNA?

What is the minimum internal cooking temperature for REHEATED CHILI?

Explain what is CROSS CONTAMINATION

What temperature is the water for HANDWASHING?