



# Food Handler Training Workbook

## ANSWER KEY

### FOOD FROM UNSAFE SOURCES

1

1. R 2. R 3. A 4. R 5. R 6. R 7. R 8. R 9. R 10. R 11. A 12. R 13. R 14. R 15. A

### POOR PERSONAL HYGIENE

2



### POOR PERSONAL HYGIENE

3

#### SYMPTOMS

1. Vomiting
2. Diarrhea
3. Jaundice
4. Sore throat with fever
5. Infected cuts or burns on hands and wrists

#### PATHOGENS

1. Salmonella Typhi
2. Shigella
3. E. coli O157:H7
4. Hepatitis A virus
5. Norovirus

### IMPROPER COOKING TEMPERATURES

4

From top to	<b>165° F</b>
bottom on the	<b>155° F</b>
thermometer	<b>145° F</b>
	<b>135° F</b>

### IMPROPER COOKING TEMPERATURES

5

- STEP 2** Add clean water  
**STEP 5** Allow 30 seconds before adjusting...  
**STEP 3** Stir well  
**STEP 4** Immerse thermometer  
**STEP 1** Fill a glass with ice

# IMPROPER HOLDING TEMPERATURES

6

**NO GROWTH** 135° F  
**SLOW GROWTH** 41° F

**STAGE 1** Cool from 135° F to 70° F in 2 hours  
**STAGE 2** Cool from 70° F to 41° F in 4 hours

# IMPROPER HOLDING TEMPERATURES

7

Raw shell eggs; soft serve ice cream; cooked lobster; cooked fish sticks; cooked spaghetti; cooked hamburger; tofu; cooked rice; yogurt; cut watermelon; salad (cut lettuce); cheese; cheesecake; bean sprouts; milk; cooked hot dog



# FOOD CONTAMINATION

8

- A** Cooked and ready-to-eat food
- B** Cleaned, prepared fruits and vegetables
- C** Unwashed fruits and vegetables
- D** Raw fish, seafood, whole muscle meat and shell eggs
- E** Raw ground meats
- F** Raw chicken, turkey, poultry and stuffed foods

# FOOD CONTAMINATION

9

**120° F**

Pre-clean Rinse/scrape/soak	Hot soapy water At least 110° F	Clean water	Approved chemical sanitizer	Air dry (do not dry with towel)
	WASH	RINSE	SANITIZE	
T	C	T	C	N