

HOME STUDY EXAM

Return exam to: Environmental Health • 2500 N. Fort Valley Road • Flagstaff, AZ 86001

Backcountry Homestudy Course Examination

(Revised 8/19/02)

Directions: Multiple Choice Questions – pick only one answer and fill-in the corresponding number on the answer sheet. True and false questions – pick only one answer and fill-in #1 if the statement is true, or #2 if it is false on the answer sheet.

MULTIPLE CHOICE

(Questions 1 – 25)

1. The temperature danger zone in which pathogens grow and multiply rapidly is:
 - 1) Greater than 45°F
 - 2) 0°F to 140°F
 - 3) Between 140°F and 165°F
 - 4) Between 45°F and 140°F

2. What is the best way to prevent an outbreak of Salmonellosis and Shigellosis:
 - 1) Wash hands after preparing raw meat and using the toilet
 - 2) Wash cutting boards with soap and water
 - 3) Make sure all ice chests have accurate thermometers
 - 4) Toilet facilities must be equipped with disinfectants

3. What is considered an approved food source:
 - 1) Food prepared at home
 - 2) Raw milk
 - 3) Food that is obtained from sources that comply with the law
 - 4) None of the above

3. What internal temperature must poultry and poultry products be cooked to?:
 - 1) 145°F for 15 seconds
 - 2) 140°F for 15 seconds
 - 3) 165°F for 15 seconds
 - 4) None of the above

5. The hand wash set up for food handlers in the kitchen area must include:
 - 1) Treated or potable water, dispensed soap, and sanitary towels
 - 2) Treated or potable water, dispensed soaps, and air-dry
 - 3) River water, dispensed soaps, and air-dry
 - 4) River water, dispensed soap, and sanitary towels

6. Cross-contamination is:
 - 1) The main cleaning method for all food-contact surfaces that have been contaminated
 - 2) The transfer of harmful substances or microorganisms to food from food or from a nonfood-contact surface, such as equipment, utensils, or hands
 - 3) The removal of certain bacteria from food by cooking it thoroughly
 - 4) The prevention of food borne illnesses

7. What is the best way to prevent tick borne diseases:
 - 1) Wear long sleeves and pants that hang over boots and shoes
 - 2) Use repellents
 - 3) Stay on a boat
 - 4) Wash and sanitize food surfaces

8. What is the best method to remove water borne parasites, such as *Giardia* and *Cryptosporidium*?:
 - 1) Pretreat water with alum
 - 2) Disinfect water with chlorine or iodine
 - 3) Filter water with a 1 micron “absolute” filter pore size that complies with NSF standard 53
 - 4) Allow a 30-minute settling time

9. Which material is approved for food contact surfaces:
 - 1) Enamelware that never chips
 - 2) Galvanized metal containers for storing juices, lemonade, and tea
 - 3) Hard maple wood or high density polyethylene
 - 4) Lead or lead-based pans, which do not rust

10. The most important rule of food service personal hygiene is that employees must:
 - 1) Wear gloves at all times
 - 2) Completely give up smoking
 - 3) Wash their hands often
 - 4) See a doctor twice per year

11. What is the best method for the removal of water borne viruses, such as Norwalk-like Virus?:
 - 1) Proper disinfection using chlorine or iodine
 - 2) Proper filtration
 - 3) Pretreatment with alum
 - 4) Air drying water containers

12. If food had to be chilled for emergency purposes, what is the proper procedure:
 - 1) Place the hot food in a sanitized bucket and chill in the river
 - 2) Leave the food out at an ambient air temperature then place in a cooler before bedtime
 - 3) Place hot food in a freezer bag, making sure the bag is no more than 2 inches thick, then place it directly on ice
 - 4) Cover the container of hot food and leave it out over night

13. Portable toilet facilities must be fly-tight primarily to:
 - 1) Prevent the spread of diseases
 - 2) Keep dust and dirt out
 - 3) Prevent odors from leaking out
 - 4) Keep rodents out

14. Discard any poultry that:
 - 1) Has been improperly chilled
 - 2) Has been improperly cooked
 - 3) Both 1 and 2
 - 4) None of the above

15. The fresh whole shell eggs must be held at:
 - 1) 25°F or less
 - 2) 45°F or less
 - 3) 55°F or less
 - 4) 60°F or less

16. In which case can a damaged hermetically sealed container of food be used:
 - 1) If it is dented on a top seam or side seam
 - 2) If it is rusted only on a side seam
 - 3) If it is bulged at one end and there are no dents
 - 4) If it is dented on the side where no seams are involved and the metal is not creased

17. If a supplier offers you a good deal on home-canned tomatoes:
 - 1) Take it, but wash off the cans
 - 2) Reject it, but see if the supplier has home-canned green beans
 - 3) Reject it, or any other offer for home-canned foods
 - 4) Take it, but chill the tomatoes to 41°F

18. If potentially hazardous food has to be reheated for emergency purposes, what is the proper procedure:
 - 1) Reheat to 165°F on the stove and hold at that temperature for at least 15 seconds and serve
 - 2) Reheat to 145°F on the stove and hold that temperature for at least 15 seconds and serve
 - 3) Reheat to a rolling boil and serve
 - 4) Reheat until hot to the touch and serve

19. Frozen raw fish should be stored:
 - 1) Unwrapped
 - 2) At 30°F for long-term thawing
 - 3) Wrapped in an air-tight and moisture proof wrapping
 - 4) Under raw chicken

20. Cutting boards may be constructed of which of the following materials:
 - 1) Hard oak wood or glass
 - 2) Hard maple wood or high density polyethylene
 - 3) All hard woods
 - 4) None of the above

21. Which one of the following foods is not a Potentially Hazardous Food:
 - 1) Dairy products including non-dairy liquid creamers
 - 2) Cooked and raw meat and meat products
 - 3) Cooked onions and chopped garlic in oil
 - 4) Chopped lettuce

22. What is the proper concentration of chlorine sanitize for the dish-wash buckets if the water temperature is at least 75°F and the pH is 8.0 or less:
 - 1) 400 ppm
 - 2) 200 ppm
 - 3) 50 ppm
 - 4) As much as you want

23. The proper dish-wash procedure is:
 - 1) Wash-rinse-sanitize for 60 seconds-air dry
 - 2) Wash-rinse-sanitize for 2 minutes-air dry
 - 3) Wash-sanitize for 2 minutes-rinse-air dry
 - 4) Wash-rinse-sanitize for 60 seconds-towel dry

24. What is the proper cooking temperature of ground beef:
- 1) 165°F for 15 seconds
 - 2) 145°F for 15 seconds
 - 3) 155°F for 15 seconds
 - 4) None of the above
25. The food borne parasite *Trichinella spiralis* is commonly found in:
- 1) Poultry
 - 2) Pork
 - 3) Beef
 - 4) Fish
26. Which one of the following water purification methods is recommended:
- 1) Boil for one minute and add an additional minute for each 1,000 foot above sea level
 - 2) Filter water through an “Absolute” 1-micron filter only
 - 3) Add two drops of bleach per quart of water and allow for a 30-minute detention period
 - 4) Surface water sources require no treatment
27. The most common vehicle of food borne diseases is:
- 1) Hair
 - 2) Hands
 - 3) Cutting boards
 - 4) Thermometers

TRUE OR FALSE

28. Refrigerating food at 45°F kills all microorganisms.
29. Food borne illness may occur even if bacteria are killed during the cooking process.
30. Wearing disposable gloves means you do not have to wash your hands.
31. People can carry and spread disease without showing any symptoms of the disease.
32. Sanitizing lotions or hand dips may be used after washing hands, but must be approved by the Food & Drug Administration for contact with food.
33. There are more reported illnesses associated with the consumption of food than all other environmental factors combined.
34. Human excreta may be disposed at a landfill.
35. The coldest area in an icebox is near the top.
36. Store cooked and ready-to-eat foods above the raw foods to avoid cross-contamination.
37. Thawing food at outdoor temperatures is safe.
38. Fresh whole eggs may be pooled and used the following day.

39. Ticks and mosquitoes spread the disease rabies.
 40. Hand wash facilities only need to be located near the toilet area.
 41. Fruit and vegetables never have to be washed if there is no visible dirt.
 42. A food worker who has acute gastrointestinal illness must report this to his/her supervisor and must be restricted from handling food.
 43. Suspended solids may be effectively removed from surface water prior to treatment by applying the proper amount of alum.
 44. If lettuce is contaminated with poultry blood and juices, just wash the lettuce and serve it.
 45. Both *Giardia lamblia* and *Cryptosporidium* cysts may be destroyed by a chlorine concentration between .1 and .5 ppm.
 46. Chlorine, iodine, and household ammonia may be used to sanitize food contact surfaces.
 47. The Food and Drug Administration develops and establishes guidelines for all types of food operations in the United States.
 48. Employees and guests may use their fingers to pick up food to eat if they wash and sanitize their hands just before they help themselves.
 49. If food smells, looks, and tastes good, you may be assured that is safe to eat.
 50. If human excreta is accidentally spilled on the ground, then it must be cleaned up and the area disinfected.
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COURSE EVALUATION

Please complete the following evaluation. (Your feedback is appreciated)

A. What did you like best about this homestudy course?

B. What did you like least about this course?

C. Suggestions/Comments: