360 FOOD SAFETY MANAGER PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://360foodsafetymngr.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. Which agency sets label standards and updates the food code?

A. The FDA

B. The USDA

C. The EPA

D. The CDC

2. What sanitizing solution concentration is recommended for a three-compartment sink?

A. Chlorine-based chemical sanitizing at 50 PPM

B. 200 PPM

C. 10 PPM

D. 150 PPM

3. What is thawing?

A. The process of heating frozen food directly to serving temperature.

B. The process of preserving frozen food by lowering its temperature.

C. The change of a liquid to a frozen solid.

D. The change of a frozen solid to a liquid.

4. Which statement correctly defines a hazard in food safety?

A. A hazard is a policy

B. A hazard is a recipe

C. A hazard is a biological, chemical, or physical agent with the potential to cause harm

D. A hazard is spoilage

5. Why is maintenance of temperature measuring devices important and what practices support accuracy?

A. Reliable readings are not essential; calibrate only when necessary.

B. Reliable readings are essential; calibrate regularly, place probes properly, clean probes, and maintain records.

C. Place probes anywhere; calibration is optional.

D. Use only one type of thermometer and never clean.

SAMPLE

6. What is the minimum temperature for using quaternary ammonium sanitizer?

A. 68°F

B. 80°F

C. 75°F

D. 90°F

7. Norovirus is best described as:

A. A highly contagious gastrointestinal illness lasting 3 days to 2 weeks, spread via contaminated surfaces.

B. A bacterial infection with short incubation.

C. A non-infectious plant toxin.

D. A chronic liver disease.

8. What is the range for dry storage temperatures?

A. 50°F to 70°F

B. 32°F to 40°F

C. 60°F to 90°F

D. 40°F to 50°F

9. Leftovers that will not be eaten immediately should be held at what temperature?

A. 120°F

B. 150°F

C. 140°F

D. 180°F

10. The incubation period for Hepatitis A is typically:

A. 15-50 days

B. 1-2 days

C. 6-8 hours

D. 90-120 days

SAMPLE

Answers

SAMPLE

1. A
2. A
3. D
4. C
5. B
6. C
7. A
8. A
9. C
10. A

SAMPLE

Explanations

SAMPLE

1. Which agency sets label standards and updates the food code?

A. The FDA

B. The USDA

C. The EPA

D. The CDC

The agency that handles both labeling standards and the Food Code is the FDA. It regulates how foods are labeled—nutrition facts, ingredients, allergens—and it publishes and updates the Food Code, which is a model set of guidelines for retail and foodservice operations that jurisdictions adopt. The USDA focuses more on meat, poultry, and certain egg products labeling, while the EPA and CDC have roles in environmental protection and disease control, not in establishing labeling rules or updating the Food Code.

2. What sanitizing solution concentration is recommended for a three-compartment sink?

A. Chlorine-based chemical sanitizing at 50 PPM

B. 200 PPM

C. 10 PPM

D. 150 PPM

The key idea is using a chlorine-based sanitizer at a moderate concentration in the third-compartment sink to reliably disinfect items without causing safety or residue issues. Fifty parts per million is the standard target because it provides effective microbial kill with the typical contact time required for sanitizing, assuming the surface is clean and the solution is properly maintained. Higher concentrations, like 150–200 ppm, aren't needed for routine sanitizing and can increase the risk of taste, odor, and corrosion concerns. A much lower level, such as 10 ppm, wouldn't achieve adequate disinfection. So, 50 ppm is the best choice to balance effectiveness and safety. Be sure to monitor with a test kit and follow the sanitizer's label for accurate use.

3. What is thawing?

A. The process of heating frozen food directly to serving temperature.

B. The process of preserving frozen food by lowering its temperature.

C. The change of a liquid to a frozen solid.

D. The change of a frozen solid to a liquid.

Thawing is the process of changing a frozen solid into a liquid. When food is frozen, water is held in a solid form as ice; thawing melts that ice as the product warms above freezing. This is not about heating to serving temperature (that would be cooking or warming), and it isn't preserving by lowering temperature (that's freezing), nor is it the change of a liquid to a frozen solid (that's freezing). For safety, thawing should happen with proper methods to limit time in the bacterial danger zone: in the refrigerator until fully thawed, in cold running water (water kept at 70°F/21°C or cooler, changed every 30 minutes), or in a microwave if the food will be cooked immediately after thawing. Avoid thawing at room temperature.

SAMPLE

4. Which statement correctly defines a hazard in food safety?

A. A hazard is a policy

B. A hazard is a recipe

C. A hazard is a biological, chemical, or physical agent with the potential to cause harm

D. A hazard is spoilage

In food safety, a hazard is any biological, chemical, or physical agent with the potential to cause harm if present in food. This covers things like bacteria or viruses (biological hazards), cleaning chemicals or pesticide residues (chemical hazards), and glass, metal fragments, or plastic pieces (physical hazards). The key idea is the potential to cause illness or injury, not whether it's currently causing harm. Why this fits best: the statement directly captures what a hazard is—the type of threat that must be controlled to keep food safe. Why the others don't fit: a policy is a rule or guideline, not an agent that can cause harm; a recipe is simply instructions for making food, not a danger source; spoilage describes deterioration or contamination over time and may indicate a problem, but it isn't itself defined as a hazard (though it can signal when hazards might be present).

5. Why is maintenance of temperature measuring devices important and what practices support accuracy?

A. Reliable readings are not essential; calibrate only when necessary.

B. Reliable readings are essential; calibrate regularly, place probes properly, clean probes, and maintain records.

C. Place probes anywhere; calibration is optional.

D. Use only one type of thermometer and never clean.

Accurate temperature readings are essential in food safety because they show whether foods stay out of the danger zone where bacteria can grow. Keeping temperature measuring devices well maintained ensures those readings are trustworthy. Regular calibration prevents drift so the thermometer reflects the true temperature; use established standards like an ice bath (0°C) and boiling water (100°C) and follow the device's instructions. Placing probes correctly matters too: measure the correct location (such as the thickest part or the center of a product), ensure the probe is fully inserted, and avoid touching bone, fat, packaging, or cold air drafts, so the reading represents the actual internal temperature. Cleaning probes between uses removes food residues and biofilms that can insulate the sensor or cause cross-contamination, helping readings stay accurate and safe. Keeping records of calibrations, maintenance, and temperature logs provides traceability and helps detect any gradual drift or malfunction over time. Together, these practices uphold accuracy and support reliable decisions about food safety.

SAMPLE

6. What is the minimum temperature for using quaternary ammonium sanitizer?

A. 68°F

B. 80°F

C. 75°F

D. 90°F

Quaternary ammonium sanitizers rely on having sufficient warmth to work effectively. The minimum water temperature for using them is 75°F. At or above this temperature, the sanitizer maintains its ability to disinfect within the recommended contact time. If the water is cooler than 75°F, the chemical reactions slow down and disinfection becomes less reliable, even if the sanitizer concentration is correct. So, 75°F is the threshold that ensures the sanitizer can perform as intended. Remember to pre-clean surfaces first, use the proper concentration, and keep the surface wet for the labeled contact time, since soil and organic matter can interfere with effectiveness.

7. Norovirus is best described as:

A. A highly contagious gastrointestinal illness lasting 3 days to 2 weeks, spread via contaminated surfaces.

B. A bacterial infection with short incubation.

C. A non-infectious plant toxin.

D. A chronic liver disease.

Norovirus is a highly contagious virus that causes acute gastroenteritis, meaning sudden stomach flu with vomiting and diarrhea. It spreads easily through the fecal-oral route and by touching contaminated surfaces or objects, and it can move quickly from person to person, especially in crowded or close-contact settings. The illness typically lasts a few days, and people can remain contagious after symptoms stop. The option that describes a highly contagious GI illness lasting a few days and spreading via contaminated surfaces matches this pattern. It's not a bacterial infection, not a non-infectious plant toxin, and not a chronic liver disease, which is why the other choices don't fit.

8. What is the range for dry storage temperatures?

A. 50°F to 70°F

B. 32°F to 40°F

C. 60°F to 90°F

D. 40°F to 50°F

Dry storage is kept in a cool, dry space to slow spoilage, mold, and pest activity on non-refrigerated foods like grains, flour, canned goods, and dry snacks. The best range is 50°F to 70°F because it provides a stable, moderate temperature that minimizes moisture movement and microbial growth. If the area gets too warm, above 70°F, fats can go rancid faster and pests can thrive. If it gets too cold, near freezing, condensation can occur on products when they're moved to warmer places, promoting moisture-related spoilage. Refrigeration (32–40°F) isn't necessary for dry goods and can lead to condensation and wasted energy, while 40–50°F is closer to refrigerated conditions and still isn't ideal for standard dry storage.

SAMPLE

9. Leftovers that will not be eaten immediately should be held at what temperature?

A. 120°F

B. 150°F

C. 140°F

D. 180°F

Keep leftovers out of the temperature danger zone by hot-holding them at 140°F or above. Bacteria multiply quickly between 40°F and 140°F, so maintaining 140°F or higher prevents growth during holding. While temperatures above 140°F are also safe, 140°F is the minimum required for safe hot holding, making it the best standard to aim for.

10. The incubation period for Hepatitis A is typically:

A. 15-50 days

B. 1-2 days

C. 6-8 hours

D. 90-120 days

Incubation period is the time between exposure to the virus and the first signs of illness. For Hepatitis A, this period is typically 15 to 50 days, often around 2 to 4 weeks after exposure. This window exists because the virus must replicate in the liver and reach a level that produces noticeable symptoms. That range matches how HAV behaves in most people and helps public health investigators determine when someone may have been exposed and who else might be at risk. Times like 1–2 days or 6–8 hours would imply a very rapid onset more typical of toxin-mediated illness, not a viral hepatitis. A span of 90–120 days is much longer than what is observed with HAV.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://360foodsafetymngr.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE