FOOD SAFETY MANAGER PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. How long must shellstock tags from a shipment of oysters be kept on file?

A. 60 days after sale

B. 90 days after all the oysters are sold

C. 30 days after shipment

D. 1 year

2. If the water supply is shut off overnight, what action must a manager take first?

A. Open service with bottled water

B. Post signs and proceed

C. Continue operations and ignore the outage

D. Close the establishment and notify the regulatory authorities

3. Between which tasks is a cutting board required to be cleaned and sanitized?

A. After cutting raw pork and dicing raw carrots

B. After cutting raw pork only

C. After dicing raw carrots only

D. At the end of the shift

4. A large container of potato salad has been removed from cold holding at the correct temperature. How long can it be held without temperature control, as long as it does not exceed 70°F?

A. Two hours

B. Eight hours

C. Six hours

D. Four hours

5. How should a food worker avoid contaminating ready-to-eat food?

A. Do not wash hands

B. Use tongs or other utensils

C. Wear gloves at all times

D. Use bare hands

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6. Which statement accurately reflects the minimum internal cooking temperature for ground meat?

A. Ground meat must be cooked to 145°F for 15 seconds.

B. Ground meat must be cooked to 150°F for 15 seconds.

C. Ground meat must be cooked to 155°F (68°C) for 15 seconds.

D. Ground meat must be cooked to 165°F for 15 seconds.

7. When disposable gloves are used continuously for a single task, how often should they be changed?

A. After 4 hours of continuous use

B. At least every 4 hours

C. Only when torn

D. Every 8 hours

8. What should be included in a routine sanitation program's plan?

A. Cleaning schedules and the use of a single sanitizer for all surfaces.

B. Cleaning schedules, approved cleaners/sanitizers, contact times, equipment cleaning, and verification procedures.

C. A monthly inspection log only.

D. Pest control only.

9. Which practice requires a variance based on a HACCP plan for regulatory compliance?

A. Serving raw oysters without a consumer advisory

B. Reheating leftovers

C. Freezing seafood

D. Cooking undercooked poultry without a consumer advisory

10. Which element is essential in sanitation verification?

A. Cleaning schedules

B. Verification procedures to confirm cleaning effectiveness.

C. Employee vacation policies.

D. Inventory control.

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Answers

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

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Explanations

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1. How long must shellstock tags from a shipment of oysters be kept on file?

A. 60 days after sale

B. 90 days after all the oysters are sold

C. 30 days after shipment

D. 1 year

The main concept here is traceability for shellfish. Shellstock tags identify the harvest area, date, and supplier, and keeping them on file allows you to trace a lot back to its source if a problem arises. The correct practice is to retain those shellstock tags for 90 days after the last shellstock from that shipment has been sold or discarded. This ensures you have complete records throughout the typical recall or trace-back window. The other timeframes don't align with standard traceability requirements: 60 days is too short to cover potential issues, 30 days after shipment doesn't reflect when the product has fully left the operation, and keeping records for a full year is unnecessary.

2. If the water supply is shut off overnight, what action must a manager take first?

A. Open service with bottled water

B. Post signs and proceed

C. Continue operations and ignore the outage

D. Close the establishment and notify the regulatory authorities

Water is essential for every step of food safety—handwashing, cleaning and sanitizing equipment, and cooking. When the water supply is unavailable, those critical sanitation practices can't be reliably performed, creating a real hazard to public health. The proper first action is to close the establishment and notify the regulatory authorities. This right away protects guests and staff, and gets official guidance on how to proceed, including any permitted interim measures and when it's safe to reopen. Other options don't address the core risk: continuing operations or pretending the outage is harmless.

3. Between which tasks is a cutting board required to be cleaned and sanitized?

A. After cutting raw pork and dicing raw carrots

B. After cutting raw pork only

C. After dicing raw carrots only

D. At the end of the shift

Preventing cross-contamination hinges on cleaning and sanitizing between tasks that involve different foods. After you finish cutting raw pork, you should clean and sanitize the cutting board before you start dicing raw carrots. This breaks the path for any pork bacteria to move onto the carrots. Cleaning only after pork or only after carrots would still allow cross-contamination during the next task, and waiting until the end of the shift lets contamination linger on the board. So the safest practice is to sanitize between tasks, i.e., after handling raw pork and before handling raw carrots.

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4. A large container of potato salad has been removed from cold holding at the correct temperature. How long can it be held without temperature control, as long as it does not exceed 70°F?

A. Two hours

B. Eight hours

C. Six hours

D. Four hours

When potentially hazardous foods like potato salad are left without temperature control, the amount of time they can be held is determined by the ambient temperature. If the temperature stays at or below 70°F, you may hold the item for up to six hours. After six hours, discard or recondition the food. If the temperature rises above 70°F, the safe window shortens (typically to two hours). This is because warmth accelerates bacterial growth, so keeping a mayo-based salad out at 70°F or cooler extends the safe holding period more than if it gets warmer. The six-hour limit is the approved time frame for safe hold without temperature control under those conditions.

5. How should a food worker avoid contaminating ready-to-eat food?

A. Do not wash hands

B. Use tongs or other utensils

C. Wear gloves at all times

D. Use bare hands

To prevent contaminating ready-to-eat foods, keep hands away from direct contact with the food. Using tongs or other utensils creates a barrier between your hands and the food, dramatically reducing the chance that germs, oils, or dirt from skin will transfer to the food. This is especially important for items that won't be cooked before serving, so any contamination would remain on the surface. While washing hands is essential for overall hygiene, simply not washing hands would defeat safety goals, and wearing gloves can help in some settings but isn't a universal substitute for proper hand hygiene and must be changed appropriately. Handling food with bare hands directly increases the risk of transferring contaminants.

6. Which statement accurately reflects the minimum internal cooking temperature for ground meat?

A. Ground meat must be cooked to 145°F for 15 seconds.

B. Ground meat must be cooked to 150°F for 15 seconds.

C. Ground meat must be cooked to 155°F (68°C) for 15 seconds.

D. Ground meat must be cooked to 165°F for 15 seconds.

Ground meat needs a thorough interior kill because grinding distributes any surface microbes throughout the entire product. To ensure safety, the internal temperature must reach a level that reliably reduces pathogens across the whole mass, not just on the surface. The minimum safe combination used is 155°F (68°C) held for at least 15 seconds. This temperature–time duo provides an adequate level of pathogen reduction in ground beef and similar products, even when bacteria are dispersed inside. Cooking to 145°F is safe for whole cuts like steaks and roasts, but not for ground meat, since those pathogens could be inside. Waiting until 165°F would be safe as well, but it's higher than the minimum required and can impact quality. The 15-second hold matters because it's the time the product spends at that temperature, which helps ensure the kill is achieved throughout the meat. Always verify doneness with a calibrated thermometer in the thickest part.

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7. When disposable gloves are used continuously for a single task, how often should they be changed?

A. After 4 hours of continuous use

B. At least every 4 hours

C. Only when torn

D. Every 8 hours

Glove use is about keeping a reliable barrier between hands and food. As you wear disposable gloves for a continuous task, moisture, sweat, and residues can accumulate and tiny, even invisible, tears can develop, increasing the chance of contaminating surfaces or food. To maintain protection, change gloves at least every four hours during continuous use, and sooner if they become visibly soiled or torn or if you switch tasks or handle different types of food (especially after raw to ready-to-eat). Waiting until a fixed later time or only changing when torn doesn't address the ongoing risk, and eight hours is too long. So, the best practice is to change at least every four hours.

8. What should be included in a routine sanitation program's plan?

A. Cleaning schedules and the use of a single sanitizer for all surfaces.

B. Cleaning schedules, approved cleaners/sanitizers, contact times, equipment cleaning, and verification procedures.

C. A monthly inspection log only.

D. Pest control only.

A routine sanitation plan works best when it clearly specifies how to clean, with what products, how long those products must act, and how you confirm that the sanitation is effective. The correct plan includes cleaning schedules to ensure tasks are done consistently and regularly; approved cleaners and sanitizers so you use products that are safe for food-contact surfaces and compatible with equipment; contact times to guarantee the sanitizer actually has enough time to kill or reduce microbes; equipment cleaning to address all surfaces and components that come into contact with food; and verification procedures to prove the sanitation effort is working, such as records, swab tests, or ATP checks. These elements come together to prevent contamination and provide a measurable way to maintain food safety. Without one or more of these parts, cleaning may be inconsistent, inappropriate products might be used, sanitizers may not be effective due to insufficient contact time, equipment might be inadequately cleaned, or there would be no way to verify that the plan is effective.

9. Which practice requires a variance based on a HACCP plan for regulatory compliance?

A. Serving raw oysters without a consumer advisory

B. Reheating leftovers

C. Freezing seafood

D. Cooking undercooked poultry without a consumer advisory

High-risk foods served raw or undercooked require special regulatory oversight. A variance, granted after reviewing a HACCP plan, allows a facility to use a preparation method that isn't covered by standard code because the plan shows how hazards will be controlled at specific points, with ongoing monitoring, corrective actions, verification, and records. Raw oysters carry a real risk of pathogens that normal cooking alone may not fully eliminate, so the HACCP-based variance is needed to legally serve them and is typically paired with a consumer advisory on the menu to warn customers. Without that approved variance (and the advisory), serving raw oysters would be noncompliant. Reheating leftovers, freezing seafood, and cooking poultry to safe temperatures are standard practices that don't require such a HACCP variance.

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10. Which element is essential in sanitation verification?

A. Cleaning schedules

B. Verification procedures to confirm cleaning effectiveness.

C. Employee vacation policies.

D. Inventory control.

Sanitation verification hinges on having procedures that provide proof that cleaning and sanitizing actually reduce soil and contaminants to safe levels. It's about collecting objective evidence that the sanitation steps worked, not just performing the steps. Verification procedures can include swab sampling of key surfaces with microbial analysis, ATP testing for a quick read on residual organic matter, and guided visual inspections with documented records. These methods should have clear acceptance criteria and a plan for corrective actions if results don't meet standards. Cleaning schedules tell you when to clean, but they don't prove that cleaning was effective. Policies like employee vacations or inventory control don't directly demonstrate sanitation effectiveness.

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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://foodsafetymngr.examzify.com

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

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