REHIS HAZARD ANALYSIS AND CRITICAL CONTROL POINT (HACCP) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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. What is the key action described by 'clear and clean as you go' when a spill occurs?

A. Remove spillages and waste packaging immediately

B. Ignore spillages

C. Wipe with water only

D. Cover spillages with food before continuing

2. High risk foods are best described as which of the following?

A. Foods that require no refrigeration

B. Foods that never spoil

C. Foods that are always safe to eat

D. Foods that provide ideal conditions for pathogenic bacteria to grow

3. Why is calibration of monitoring devices important?

A. To ensure accuracy of measurements used to determine whether critical limits are met; prevent false deviations.

B. To speed up production

C. To reduce energy consumption

D. To simplify data recording

4. Which of the following is a source of physical hazards?

A. Water

B. Noise

C. Electronic timer

D. Packaging materials

5. Which elements are typically included in HACCP records?

A. Packaging designs and marketing plans.

B. Hazard analysis, CCPs, critical limits, monitoring, corrective actions, verification activities, and documentation.

C. Guest satisfaction surveys.

D. Sales forecasts.

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6. Which statement about the HACCP team is correct?

A. The HACCP team is responsible for only documenting the plan.

B. The HACCP team develops, implements, and maintains the HACCP plan, and includes cross-functional members.

C. The HACCP team handles marketing and consumer communications.

D. The HACCP team is optional for small operations.

7. Cooking temperatures of at least ___°C should normally be achieved to centre of food to ensure safety.

A. 75

B. 70

C. 80

D. 60

8. What is the relationship between HACCP and food safety legislation?

A. HACCP is a systematic approach to meeting legal safety requirements; compliance often requires having an effective HACCP system.

B. HACCP replaces all legislation.

C. HACCP is unrelated to regulation.

D. HACCP is only for quality control, not safety.

9. Perishable food is defined as which of the following?

A. Foods that can become unsafe or spoil quickly if not refrigerated or frozen

B. Foods that never spoil

C. Foods that are always shelf-stable

D. Foods that do not require storage

10. What constitutes monitoring for a CCP, and what might be a typical method?

A. Regular measurement or observation to ensure a CCP stays within its critical limits

B. Post-production customer surveys

C. Visual inspection of packaging only

D. Annual audits

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Answers

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

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Explanations

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1. What is the key action described by 'clear and clean as you go' when a spill occurs?

A. Remove spillages and waste packaging immediately

B. Ignore spillages

C. Wipe with water only

D. Cover spillages with food before continuing

The action described is about handling a spill right away to stop it from spreading and contaminating the area. "Clear and clean as you go" means act during the process: when a spill happens, remove the spill and any waste packaging immediately, then clean the surface so it's safe to continue work. This approach prevents contamination, cross-contact, and slip hazards, and it helps maintain sanitary conditions essential to HACCP. It also supports good hygiene practices by keeping work areas orderly and reducing opportunities for pests or residues to linger. Ignoring spills creates risk, wiping with water only may not remove all residues or hazards, and covering spillages with food would contaminate product and hide the problem. That's why removing spillages and waste immediately is the best choice.

2. High risk foods are best described as which of the following?

A. Foods that require no refrigeration

B. Foods that never spoil

C. Foods that are always safe to eat

D. Foods that provide ideal conditions for pathogenic bacteria to grow

High-risk foods are those that can support rapid growth of harmful bacteria if they are not kept under proper temperature and handling. They tend to be perishable, with high moisture and nutrient content, and often have a near-neutral pH, making them especially susceptible to contamination. Because these conditions allow pathogens to multiply quickly, these foods require strict control measures such as rapid cooling, thorough heating, and maintaining cold temperatures to prevent growth. In practice, this includes items like cooked meats, dairy products, eggs, prepared salads, and other ready-to-eat or moist foods. The description that foods provide ideal conditions for pathogenic bacteria to grow best fits this concept. The other statements describe conditions that aren't characteristic of high-risk foods—some are shelf-stable and don't require refrigeration, some can spoil or become unsafe, and none are guaranteed to be safe to eat.

3. Why is calibration of monitoring devices important?

A. To ensure accuracy of measurements used to determine whether critical limits are met; prevent false deviations.

B. To speed up production

C. To reduce energy consumption

D. To simplify data recording

Calibration keeps monitoring readings trustworthy. In HACCP, monitoring devices tell you whether a CCP is within its critical limit, so the data must reflect true values. If a thermometer, pH meter, or timer drifts, you could misread the process state—believing everything is within limits when it isn't, or triggering actions when there's no real issue. Regular calibration against known standards reduces measurement bias and uncertainty, so decisions about critical limits are based on accurate data. It also provides traceability and records of instrument performance, supporting timely corrective actions and product safety. The other options don't fit because calibration doesn't directly speed production, reduce energy use, or simplify data recording; its primary effect is ensuring measurement accuracy and reliable decision-making.

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4. Which of the following is a source of physical hazards?

A. Water

B. Noise

C. Electronic timer

D. Packaging materials

Physical hazards are foreign objects that could contaminate food and cause harm. Packaging materials are a source because pieces can break off, shed, or become dislodged into the product during production, packaging, or handling. A fragment from plastic film, a shard from glass in packaging, or a metal piece from damaged components can end up in the food and pose choking or injury risks. That's why controls focus on packaging integrity, supplier quality, and detection methods (like metal detectors or visual checks) to prevent these contaminants from reaching the consumer. Water isn't a discrete object entering the food as a foreign body, noise affects workers rather than the product, and an electronic timer is equipment that doesn't normally become part of the food as a contaminant. Packaging materials, however, can become actual contaminants if they degrade or shed into the product.

5. Which elements are typically included in HACCP records?

A. Packaging designs and marketing plans.

B. Hazard analysis, CCPs, critical limits, monitoring, corrective actions, verification activities, and documentation.

C. Guest satisfaction surveys.

D. Sales forecasts.

In HACCP practice, records capture the evidence of how safety controls are planned, implemented, and verified. They typically include the hazard analysis, the identified critical control points, the critical limits set for each CCP, how those CCPs are monitored, any corrective actions taken when monitoring shows a deviation, verification activities to confirm the system is functioning, and the overall documentation that ties these elements together. This ensures the safety plan is auditable and ongoing. Items like packaging designs and marketing plans, guest satisfaction surveys, or sales forecasts aren't part of documenting how hazards are controlled, so they don't belong in HACCP records.

6. Which statement about the HACCP team is correct?

A. The HACCP team is responsible for only documenting the plan.

B. The HACCP team develops, implements, and maintains the HACCP plan, and includes cross-functional members.

C. The HACCP team handles marketing and consumer communications.

D. The HACCP team is optional for small operations.

The main idea is that HACCP is a teamwork-driven, ongoing system, not a one-person task. The HACCP team is a cross-functional group that takes ownership of the entire plan—from hazard analysis and CCP determination to setting limits, designing monitoring and verification procedures, implementing corrective actions, and keeping records up to date. Because the plan needs broad process understanding, input from different functions (production, quality, maintenance, procurement, sanitation, etc.) ensures all hazards are considered and controls are practical and effective. It's not only about documenting the plan; the team actively develops, implements, and maintains it to ensure ongoing safety. Marketing or consumer communications aren't the focus of HACCP and don't define the team's roles. And while the team may be small in a tiny operation, HACCP still requires a team with appropriate authority and responsibility to manage hazards, not the option to skip it. So the statement that the HACCP team develops, implements, and maintains the HACCP plan, including cross-functional members, best captures how HACCP should work.

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7. Cooking temperatures of at least ___°C should normally be achieved to centre of food to ensure safety.

A. 75

B. 70

C. 80

D. 60

Reaching a high enough core temperature throughout the food is essential to safety because heat must penetrate to the centre to kill harmful bacteria that may be present. If the centre doesn't reach enough heat, pathogens can survive even if the outside looks cooked. The standard target used in HACCP practice is at least 75°C at the centre of the food, for a sufficient time, to reliably destroy common foodborne bacteria such as Salmonella and Campylobacter. This makes 75°C the best-supported general guideline for ensuring safety across a range of foods. Lower values like 60°C aren't reliably safe, while 70°C or 80°C aren't the universal targets used for all foods, making 75°C the appropriate default choice.

8. What is the relationship between HACCP and food safety legislation?

A. HACCP is a systematic approach to meeting legal safety requirements; compliance often requires having an effective HACCP system.

B. HACCP replaces all legislation.

C. HACCP is unrelated to regulation.

D. HACCP is only for quality control, not safety.

HACCP is a practical way to meet legal food-safety obligations. It's a preventive, science-based framework for identifying hazards in a food operation and putting in place controls at critical points. Food-safety legislation sets the duties to keep food safe, requiring hazard analysis, control measures, monitoring, corrective actions, verification, and records. An effective HACCP system is how many businesses demonstrate that they are meeting those legal requirements in a structured, ongoing way. It doesn't replace the law, and it isn't just about quality control; its focus is safety, with a clear regulatory compliance role. In many jurisdictions, the law explicitly requires HACCP or recognizes it as the appropriate method to achieve compliance.

9. Perishable food is defined as which of the following?

A. Foods that can become unsafe or spoil quickly if not refrigerated or frozen

B. Foods that never spoil

C. Foods that are always shelf-stable

D. Foods that do not require storage

Perishable foods are those that can become unsafe or spoil quickly if not kept cold. They have high moisture and nutrient content, which supports rapid microbial growth, so they need time-temperature control to stay safe. In practice, keeping these foods refrigerated (typically at or below 5°C) slows microbial growth, and freezing (at or below -18°C) can halt it. Because pathogens can multiply and toxins can form in the danger zone (roughly 5–60°C), perishable foods require continuous cold storage and careful handling from receipt to service. Examples include dairy, raw and prepared meats, fish, and cut fruits and vegetables. Foods that are shelf-stable or never spoil, or foods that don't require storage, aren't considered perishable in this context.

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10. What constitutes monitoring for a CCP, and what might be a typical method?

A. Regular measurement or observation to ensure a CCP stays within its critical limits

B. Post-production customer surveys

C. Visual inspection of packaging only

D. Annual audits

Monitoring a CCP means regularly measuring or observing a process parameter to ensure the CCP stays within its defined critical limits. It's about collecting data in a timely and repeatable way so you can tell, during production, whether the process is in control or if an action is needed. A typical method is using a calibrated device to record the parameter at set intervals or continuously. For example, you might monitor the internal temperature of food during cooking with a thermometer or data logger, or check the cooling temperature/time profile at scheduled points. If the reading approaches or crosses a critical limit, you follow the predetermined corrective actions to bring the process back under control. This monitoring should be documented so trends can be reviewed and improvements made. Other activities like post-production customer surveys look at consumer response rather than the process control itself. Visual inspection of packaging alone isn't sufficient to confirm that a CCP is under control, because many CCPs depend on factors like temperature, time, or pH that visual checks alone can't reliably verify. Annual audits are verification activities done less frequently and don't provide the ongoing, real-time data needed to ensure continuous control of the CCP.

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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://rehishaccp.examzify.com

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

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