# SUFFOLK FOOD MANAGERS CERTIFICATION PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://suffolkfoodmanagers.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 ..... 16


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. Scombroid Fish Poisoning is associated with which type of fish?**

A. Catfish

B. Tuna and mackerel

C. Trout

D. Salmon

**2. What type of bacteria can survive at the highest temperatures, classified as heat-loving?**

A. Psychrophilic bacteria

B. Thermatolerant bacteria

C. Mesophilic bacteria

D. Thermophilic bacteria

**3. Which aspect of sanitation is important in preventing cockroach infestations?**

A. Ordering food in bulk

B. General cleanliness

C. Regularly changing light bulbs

D. Storing food in opened containers

**4. What does New York State Law require regarding CPR equipment?**

A. It must be kept in a locked cabinet

B. It must be located out of public view

C. Availability of specific masks and gloves with patron notification

D. Only training sessions need to be provided

**5. Which of the following is not one of the five risk factors identified by the US FDA?**

A. Contaminated equipment

B. Foodborne outbreak reports

C. Poor personal hygiene

D. Inadequate cooking

SAMPLE

**6. What is the correct cooking temperature for ground meat?**

A. 150°F

B. 158°F

C. 165°F

D. 145°F

**7. What is the policy on tips for department sanitarians?**

A. They can accept up to $50 for exceptional service

B. They may accept tips under all circumstances

C. They cannot accept tips as it is against policy

D. They can accept any amount as long as it is anonymously given

**8. Which pest is known to expel saliva containing disease-causing bacteria while feeding?**

A. Cockroaches

B. Flies

C. Ants

D. Beetles

**9. What must be stated on the alcohol consumption warning sign?**

A. “Consume responsibly”

B. “Be cautious when drinking”

C. “WARNING: CONSUMING ALCOHOL MAY CAUSE BIRTH DEFECTS”

D. “Minors are prohibited from drinking”

**10. What is the purpose of inspecting deliveries?**

A. To check for freshness

B. To assess signs of tampering or unusual characteristics

C. To ensure proper temperatures

D. To verify the delivery person

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. Scombroid Fish Poisoning is associated with which type of fish?

A. Catfish

B. Tuna and mackerel

C. Trout

D. Salmon

*Scombroid Fish Poisoning is specifically linked to certain types of fish that have high levels of histidine, which can be converted into histamine when the fish is improperly stored or handled. Tuna and mackerel are the primary species associated with this type of foodborne illness. When these fish are not kept at appropriate temperatures, bacteria can grow and convert the histidine into histamine. If the fish is then consumed, high levels of histamine can lead to scombroid poisoning, which can cause symptoms such as flushing, sweating, headache, and gastrointestinal distress. The other types of fish mentioned are not commonly linked to scombroid poisoning. For instance, catfish, trout, and salmon do not contain the same levels of histidine and are less prone to spoilage issues that would lead to the formation of harmful histamines. Understanding the specific characteristics of fish that cause scombroid poisoning helps in implementing proper food safety measures to prevent associated health risks.*

## 2. What type of bacteria can survive at the highest temperatures, classified as heat-loving?

A. Psychrophilic bacteria

B. Thermatolerant bacteria

C. Mesophilic bacteria

D. Thermophilic bacteria

*Thermophilic bacteria are specialized microorganisms that thrive in high-temperature environments, typically ranging from 45 to 80 degrees Celsius (113 to 176 degrees Fahrenheit). These bacteria have developed unique adaptations that allow their cellular structures, enzymes, and metabolic processes to be stable and function efficiently even under extreme heat conditions. This ability to survive and grow at elevated temperatures is largely due to the presence of heat-stable enzymes, which play a crucial role in their metabolism. For example, the enzymes of thermophiles can remain active and functional at temperatures that would denature enzymes from other bacteria, such as those that are mesophilic or psychrophilic, which grow better at moderate or cold temperatures. In food safety, understanding the characteristics of thermophilic bacteria is important, especially in contexts where food is exposed to high temperatures, as these bacteria can survive processes like cooking or pasteurization if not properly managed. This understanding can help in preventing foodborne illnesses associated with improperly stored or handled food items.*

SAMPLE

## 3. Which aspect of sanitation is important in preventing cockroach infestations?

A. Ordering food in bulk

B. General cleanliness

C. Regularly changing light bulbs

D. Storing food in opened containers

*General cleanliness is a crucial aspect of sanitation when it comes to preventing cockroach infestations. Cockroaches are attracted to food debris, spills, and clutter, as these environments provide both food and shelter for them. Maintaining a clean environment by promptly cleaning up spills, properly storing food, and regularly removing waste helps eliminate food sources that cockroaches rely on. This proactive approach not only deters cockroaches from entering and infesting an area but also contributes to an overall healthier and safer food handling environment. Other options fail to address the direct relationship between cleanliness and pest control. Ordering food in bulk can lead to more potential spills and clutter if not properly managed. Regularly changing light bulbs does not directly impact sanitation in relation to pest prevention, and storing food in opened containers significantly increases the risk of attracting pests by providing easy access to food.*

## 4. What does New York State Law require regarding CPR equipment?

A. It must be kept in a locked cabinet

B. It must be located out of public view

C. Availability of specific masks and gloves with patron notification

D. Only training sessions need to be provided

*New York State Law mandates that specific CPR equipment, including masks and gloves, must be readily available for use. Additionally, patrons must be notified about the availability of this equipment. The requirement emphasizes the importance of preparedness in emergency situations, ensuring that both staff and patrons are aware of the safety measures in place. Having accessible CPR equipment allows for quick response in case of an emergency, which can be critical in saving lives. Masks and gloves are essential protective gear that help prevent the transmission of diseases during CPR. The law's focus on notification also encourages an awareness culture where patrons feel secure, knowing that safety measures are implemented. While other options may suggest storage or training protocols, they do not align with the specific legal requirement for immediate access to CPR equipment and patron awareness.*

SAMPLE

## 5. Which of the following is not one of the five risk factors identified by the US FDA?

A. Contaminated equipment

B. Foodborne outbreak reports

C. Poor personal hygiene

D. Inadequate cooking

*The identification of the risk factors that can lead to foodborne illnesses is essential for food safety. Among the five risk factors outlined by the US FDA, inadequate cooking, poor personal hygiene, and contaminated equipment play direct roles in the prevention of safe food handling. Contaminated equipment contributes to foodborne illnesses by introducing pathogens that can contaminate the food being prepared. Poor personal hygiene among food handlers, such as improper handwashing, can spread harmful bacteria to food products. Inadequate cooking is crucial as it does not achieve the temperatures necessary to kill harmful microorganisms, thereby increasing the risk of foodborne illness. Foodborne outbreak reports, while important for understanding and tracking food safety issues, do not constitute a risk factor in the same way the others do. Instead, they are the result of risk factors being present and do not directly contribute to the risk of foodborne illness in food preparation. Thus, this distinction is why foodborne outbreak reports are not considered one of the five key risk factors by the FDA.*

## 6. What is the correct cooking temperature for ground meat?

A. 150°F

B. 158°F

C. 165°F

D. 145°F

*Ground meat must be cooked to an internal temperature of 158°F to ensure that harmful bacteria, such as E. coli and Salmonella, are effectively killed. This temperature is above the safe threshold for most types of ground meats, including beef, pork, lamb, and veal. Cooking ground meat to this temperature minimizes the risk of foodborne illness, which can be particularly severe in undercooked products. When preparing ground meat, careful monitoring of the temperature is critical, as any lower temperature may not sufficiently eliminate pathogens. Therefore, ensuring that ground meat reaches a minimum of 158°F is an essential practice in food safety and sanitation. The other temperature options do not align with the safe cooking requirements for ground meat: while 145°F may be sufficient for whole cuts of meat, it is too low for ground varieties. Similarly, while 150°F and 165°F are higher, they do not reflect the specific requirement established for ground meat. Thus, knowing the correct temperature is vital for ensuring food safety in food management practices.*

SAMPLE

## 7. What is the policy on tips for department sanitarians?

A. They can accept up to $50 for exceptional service

B. They may accept tips under all circumstances

C. They cannot accept tips as it is against policy

D. They can accept any amount as long as it is anonymously given

*Department sanitarians are often public officials responsible for enforcing health and safety regulations. Because of their role, accepting tips can create potential conflicts of interest, lead to perceptions of bias, or suggest impropriety in their professional conduct. Therefore, policies typically prohibit them from accepting any form of gratuity or tips to maintain integrity and public trust. This ensures that their actions remain unbiased and focused solely on public health and safety standards, without external influences affecting their judgment or decision-making. Other options may suggest scenarios where tips could be permissible; however, they do not align with the standard practices and ethics governing public health officials. Accepting tips, regardless of amount or circumstance, could undermine the impartiality expected from sanitarians in their enforcement of health regulations.*

## 8. Which pest is known to expel saliva containing disease-causing bacteria while feeding?

A. Cockroaches

B. Flies

C. Ants

D. Beetles

*Flies are indeed known to expel saliva containing disease-causing bacteria while feeding. This behavior occurs because flies often feed on decaying organic matter, which can be contaminated with pathogens. When flies land on food or surfaces, they may regurgitate or excrete fluids that contain bacteria, transferring these pathogens to the food or environment. This is particularly concerning in food safety, as flies can easily spread foodborne illnesses. Understanding the behavior of flies helps in implementing effective pest control measures to prevent contamination in food establishments. Proper sanitation and food handling practices can mitigate the risks posed by flies in food environments.*

## 9. What must be stated on the alcohol consumption warning sign?

A. “Consume responsibly”

B. “Be cautious when drinking”

C. “WARNING: CONSUMING ALCOHOL MAY CAUSE BIRTH DEFECTS”

D. “Minors are prohibited from drinking”

*The correct choice indicates that the warning sign must state, "WARNING: CONSUMING ALCOHOL MAY CAUSE BIRTH DEFECTS." This is a specific legal requirement in many jurisdictions, particularly in the context of public health. The rationale behind this requirement is to inform individuals, especially pregnant women, about the risks associated with alcohol consumption during pregnancy. Consuming alcohol can lead to fetal alcohol syndrome, which can cause serious developmental issues, making it crucial to include such warnings to protect public health. The explicit warning serves as a clear notification to the public regarding the potential harm alcohol can inflict not only on individuals but also on unborn children, thereby emphasizing the importance of responsible drinking.*

SAMPLE

## 10. What is the purpose of inspecting deliveries?

A. To check for freshness

B. To assess signs of tampering or unusual characteristics

C. To ensure proper temperatures

D. To verify the delivery person

*Inspecting deliveries serves multiple important functions in ensuring food safety and quality. One of the primary purposes is to assess signs of tampering or unusual characteristics. This includes looking for any damage to packaging, inconsistencies in labeling, or anything that might indicate that the food has not been handled properly during transit. Recognizing signs of tampering is crucial, as it can help prevent contaminated or spoiled food from being used or served, thereby protecting public health. While checking for freshness, ensuring proper temperatures, and verifying the delivery person are also important aspects of food safety inspections, the assessment of tampering specifically relates to the overall security of the food supply. By focusing on this area, food managers can identify potential hazards before the products are accepted into the establishment, thus minimizing risks to consumers.*

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://suffolkfoodmanagers.examzify.com

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

SAMPLE