# SURE 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. When should food employees receive training regarding allergens?**

A. Only when issues arise

B. During initial onboarding

C. Only when new allergens are introduced

D. Continuous throughout their employment

**2. What is an example of a physical contaminant?**

A. Hair

B. Bacteria

C. Pesticides

D. Viruses

**3. What must the PIC monitor in self-service areas?**

A. The food is protected from contamination

B. Customers like the food

C. Food does not go to waste

D. Employees get enough hours

**4. What is the importance of keeping people informed about food safety trends?**

A. It helps in promoting awareness and proactive measures in preventing foodborne illnesses

B. It ensures supplies are available

C. It increases marketing opportunities

D. It reduces training costs for new hires

**5. What is a wash/warn methodology in food safety?**

A. It includes hand washing and cooking food to safe temperatures

B. It involves washing hands, surfaces, and equipment

C. It refers to warning signs for allergens in food

D. It pertains to washing raw ingredients before cooking

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**6. Fresh pork bone-in roasts should be checked for freshness by verifying what characteristic?**

A. Taking the temperature to ensure it does not exceed 48 F

B. Verifying that the color of the meat is not black or grey

C. Observing whether the meat is slippery or slimy

D. Touching the roast to see if it bounces back

**7. Which of the following indicates a cross-contamination risk?**

A. Using separate cutting boards for meat and vegetables

B. Storing raw meat on the bottom shelf

C. Washing vegetables in cold water

D. Using the same utensils for raw and cooked foods

**8. Which of the following is not reportable to the regulatory authority?**

A. Staphylococcus skin infection

B. Shigella

C. E. coli 0157:H7

D. Salmonella typhi

**9. TCS foods require _____.**

A. time control for safety

B. temperature control for safety

C. time and temperature control for safety

D. time control for storage

**10. Which of the following is a symptom of foodborne illness?**

A. Normal appetite

B. Sudden weight gain

C. Nausea and vomiting

D. Increased energy levels

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# Answers

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

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# Explanations

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## 1. When should food employees receive training regarding allergens?

A. Only when issues arise

B. During initial onboarding

C. Only when new allergens are introduced

D. Continuous throughout their employment

*Food employees should receive training regarding allergens continuously throughout their employment to ensure they are always equipped with the most current knowledge and practices related to allergen management. Allergen awareness is crucial in the food industry, as it can directly impact customer safety and health. Continuous training helps reinforce critical information, updates employees on new research, policies, or best practices, and ensures that ongoing changes to menu items or ingredients are communicated effectively. While initial onboarding is important for establishing a foundational understanding, this may not be sufficient as the knowledge and regulations regarding allergens can evolve. Relying solely on training during onboarding or when issues arise could lead to gaps in awareness and compliance, potentially putting customers with allergies at risk. Ongoing training ensures that employees remain vigilant and knowledgeable about allergen risks, prevention strategies, and proper communication with customers, ultimately fostering a safer dining experience.*

## 2. What is an example of a physical contaminant?

A. Hair

B. Bacteria

C. Pesticides

D. Viruses

*A physical contaminant refers to any foreign object that can contaminate food and potentially cause harm when consumed. Hair is a clear example of a physical contaminant because it can accidentally fall into food during preparation or serving and poses a risk to customer safety. It can create an unpleasant dining experience and may cause choking or other health issues. Other options like bacteria, pesticides, and viruses represent different types of contaminants. Bacteria and viruses are biological contaminants, while pesticides are considered chemical contaminants. Each type of contaminant poses unique hazards and requires different control measures to ensure food safety, but hair specifically qualifies as a physical contaminant due to its tangible presence and the physical nature of contamination it causes.*

## 3. What must the PIC monitor in self-service areas?

A. The food is protected from contamination

B. Customers like the food

C. Food does not go to waste

D. Employees get enough hours

*The Person in Charge (PIC) must monitor that the food is protected from contamination in self-service areas to ensure food safety. This is critical because self-service setups increase the risk of foodborne illnesses due to multiple handling of food items by customers. By ensuring that the food is protected from contamination, the PIC helps maintain safe food temperatures, avoid cross-contamination, and make sure that any food handling practices prevent pathogen growth or contamination. This focus on protection is essential in preventing health risks associated with improper handling of food, such as foodborne illnesses. Other concerns, like customer satisfaction with the food, managing food waste, or monitoring employee hours, are important for overall business operation but do not directly pertain to the immediate safety of food in self-service areas.*

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## 4. What is the importance of keeping people informed about food safety trends?

A. It helps in promoting awareness and proactive measures in preventing foodborne illnesses

B. It ensures supplies are available

C. It increases marketing opportunities

D. It reduces training costs for new hires

*Keeping people informed about food safety trends is crucial because it promotes awareness and encourages proactive measures to prevent foodborne illnesses. When individuals and food industry professionals are aware of emerging trends, such as new pathogens, changes in food regulations, or best practices, they are better equipped to implement necessary precautions. This can lead to more vigilant handling and preparation of food, effectively decreasing the likelihood of contamination and outbreaks. Active awareness helps stakeholders, including consumers, restaurant staff, and food producers, to recognize risk factors and stay educated on the best practices for safe food handling. Consequently, a well-informed community can collectively raise the standards of food safety across various platforms, contributing significantly to public health. The other choices focus on aspects that, while potentially beneficial, do not directly relate to the primary goal of food safety communication, which is the prevention of foodborne illnesses through awareness and education.*

## 5. What is a wash/warn methodology in food safety?

A. It includes hand washing and cooking food to safe temperatures

B. It involves washing hands, surfaces, and equipment

C. It refers to warning signs for allergens in food

D. It pertains to washing raw ingredients before cooking

*The wash/warn methodology in food safety emphasizes the critical importance of cleanliness and sanitation to prevent foodborne illnesses. It includes the practice of washing hands, surfaces, and equipment thoroughly to eliminate harmful pathogens that can contaminate food. This practice is essential because improper sanitation can lead to cross-contamination and the spread of bacteria, viruses, and other foodborne contaminants. Washing hands before handling food, cleaning utensils and surfaces used in food preparation, and ensuring equipment is sanitized are all integral parts of this methodology. It serves as a foundational practice in maintaining food safety and promoting public health. Other choices, while they may reflect important aspects of food safety, do not fully encompass the comprehensive approach implied by the wash/warn methodology. For instance, cooking food to safe temperatures and warning signs for allergens are separate aspects of food safety that are vital but are not covered under the wash/warn framework. Additionally, washing raw ingredients, while relevant to food preparation, does not address the full scope of washing hands and sanitizing surfaces and equipment that are central to preventing contamination.*

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## 6. Fresh pork bone-in roasts should be checked for freshness by verifying what characteristic?

A. Taking the temperature to ensure it does not exceed 48 F

B. Verifying that the color of the meat is not black or grey

C. Observing whether the meat is slippery or slimy

D. Touching the roast to see if it bounces back

*Verifying that the color of the meat is not black or grey is essential in assessing the freshness of fresh pork bone-in roasts. Fresh pork should have a bright pinkish-red color. Discoloration, such as black or grey hues, can indicate spoilage or that the meat has been exposed to air for too long, which could lead to oxidation and the growth of harmful bacteria. Color is a visual cue that demonstrates how the meat has been handled and stored. If the meat appears off-color, it raises concerns about its quality and safety for consumption. This characteristic is a straightforward and effective method for quickly assessing freshness before cooking or serving the meat. In contrast, the other methods, while possibly relevant to certain aspects of meat handling, do not directly relate to the freshness of pork roasts. For example, measuring temperature is critical for food safety but does not alone determine the freshness of the meat. Similarly, assessing slipperiness or sliminess could indicate spoilage but is not as immediate a sign of freshness as color. Touching the roast for bounce back may relate to tenderness but is not a standard practice for verifying freshness.*

## 7. Which of the following indicates a cross-contamination risk?

A. Using separate cutting boards for meat and vegetables

B. Storing raw meat on the bottom shelf

C. Washing vegetables in cold water

D. Using the same utensils for raw and cooked foods

*Using the same utensils for raw and cooked foods presents a significant cross-contamination risk because it can transfer harmful bacteria from the raw foods to the cooked foods. Raw meats and other uncooked items often carry pathogens that can cause foodborne illnesses. When utensils, such as knives, cutting boards, or tongs, are used for raw food and then reused for cooked food without proper washing in between, these pathogens may contaminate the cooked food, which is intended to be safe for consumption. This practice directly undermines food safety protocols, which emphasize the importance of preventing cross-contamination at all stages of food preparation. In contrast, using separate cutting boards for meat and vegetables, storing raw meat on the bottom shelf, and washing vegetables in cold water are actually methods that help to minimize cross-contamination. Maintaining separation between raw and cooked items, as well as keeping raw meats below other foods in storage to avoid drips, are crucial steps in safe food handling practices.*

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## 8. Which of the following is not reportable to the regulatory authority?

A. Staphylococcus skin infection

B. Shigella

C. E. coli 0157:H7

D. Salmonella typhi

*In the context of food safety, certain illnesses are considered reportable because they pose significant public health risks and are associated with foodborne outbreaks. These illnesses require reporting to regulatory authorities to implement controlling measures and follow up on potential outbreaks. Staphylococcus skin infections, while they can lead to contamination in food handling situations, are generally not considered reportable to regulatory authorities in the same way as the other listed pathogens. This is mainly because Staphylococcus aureus, which can produce toxins leading to food poisoning, is typically associated with foodborne illness rather than being classified as a communicable disease that would warrant reporting under food safety regulations. On the other hand, Shigella, E. coli O157:H7, and Salmonella typhi are all highly communicable and can lead to severe foodborne illnesses, thus requiring them to be reported to health authorities. These bacteria are associated with outbreaks and significant health risks, necessitating close monitoring and control when cases arise. Therefore, the focus on these pathogens in regulatory reporting protocols highlights their importance in safeguarding public health.*

## 9. TCS foods require _____.

A. time control for safety

B. temperature control for safety

C. time and temperature control for safety

D. time control for storage

*TCS foods, which stands for Time/Temperature Control for Safety foods, require time and temperature control to minimize the risk of foodborne illness. These foods are able to support the rapid growth of bacteria and pathogens if they are not stored or held at safe temperatures or for excessive amounts of time. Controlling both time and temperature is critical because leaving TCS foods in the "danger zone" (typically between 41°F to 135°F) for more than two hours can allow harmful microorganisms to multiply to levels that can cause illness. Thus, effective management of both elements is essential in food safety practices. This comprehensive approach ensures that TCS foods remain safe for consumption from preparation to serving.*

## 10. Which of the following is a symptom of foodborne illness?

A. Normal appetite

B. Sudden weight gain

C. Nausea and vomiting

D. Increased energy levels

*Nausea and vomiting are classic symptoms of foodborne illness. When individuals consume contaminated food, their bodies can react in various ways to rid themselves of the harmful pathogens or toxins. Nausea is often experienced as the body's way of signaling that something is wrong, prompting the need to expel the contents of the stomach. Vomiting can occur as a direct response to the stomach's irritation caused by these harmful substances. Recognizing these symptoms is crucial in identifying and mitigating the impacts of foodborne illness, leading to timely medical care if necessary. In contrast, the other options do not align with the typical responses to foodborne illness. A normal appetite would generally indicate that no disturbance is occurring, while sudden weight gain and increased energy levels are not usually connected with the symptoms of foodborne illness, which typically involve a loss of appetite and overall reduced energy due to illness. Thus, understanding these symptoms is vital for effective food safety management and for preventing the spread of contamination.*

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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:

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

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