

How To Clean And Sanitize In A Three-Compartment Sink

Name _____ Date _____ Score _____

TRUE OR FALSE

- T _____ F _____ 1. You must always clean and sanitize each sink and drain board before using a three-compartment sink.
- T _____ F _____ 2. After cleaning and sanitizing items in a three-compartment sink they must be wiped dry with a clean cloth.
- T _____ F _____ 3. A test kit should be used to check the concentration of a chemical sanitizer in a three-compartment sink.

MULTIPLE CHOICE

- _____ 1. The third step of the five steps for cleaning and sanitizing is to
- scrape the item.
 - wash the item.
 - rinse the item.
 - air dry the item.
- _____ 2. Water in the sink used for washing should be replaced when
- it becomes dirty.
 - the water level doesn't reach the top of the sink.
 - it feels too hot.
 - it is diluted with bleach.
- _____ 3. Cleaned and sanitized items should always be
- wiped dry with a clean cloth.
 - allowed to air-dry.
 - placed under a warm air-dryer.
 - used again before being dried.

EXERCISE

Place the following steps for cleaning and sanitizing in a three-compartment sink in the proper order by putting a number in front of each step.

- _____ Immerse items in the sanitizing solutions.
- _____ Scrape or soak items.
- _____ Rinse items.
- _____ Allow items to air-dry.
- _____ Wash items with hot water and detergent.

Cleaning vs. Sanitizing

Name _____ Date _____ Score _____

TRUE OR FALSE

- T _____ F _____ 1. Surfaces must be sanitized before they can be cleaned.
- T _____ F _____ 2. Cleaning reduces the number of microorganisms on a surface to safe levels.
- T _____ F _____ 3. Surfaces that come into contact with food should be cleaned and sanitized each time you use them.

MULTIPLE CHOICE

- _____ 1. To be effective, cleaning and sanitizing must be a _____ step process.
 a. one
 b. two
 c. three
 d. four
- _____ 2. A surface must be cleaned with a _____
 a. chemical sanitizer.
 b. chlorine solution.
 c. detergent.
 d. bleach solution.
- _____ 3. Food-contact surfaces should be cleaned and sanitized at least every _____
 a. seven hours.
 b. six hours.
 c. five hours.
 d. four hours.

EXERCISE

Place a check mark next to the items that need to be both *cleaned and sanitized*.

- _____ stockpots
 _____ plates
 _____ cutting boards
 _____ walls
 _____ forks
 _____ floors

Proper Ways To Cool And Reheat Food

Name _____ Date _____ Score _____

TRUE OR FALSE

T _____ F _____ 1. Hot food should be cooled quickly to get it through the Temperature Danger Zone.

T _____ F _____ 2. Refrigerators are designed to cool hot food quickly.

T _____ F _____ 3. Reducing the size of the food is one way to cool it properly.

MULTIPLE CHOICE

_____ 1. Which of the following is an improper method for cooling a large pot of chili?

a. Pour the chili into shallow pans.

b. Place the pot of chili into an ice water bath.

c. Place the chili into a blast chiller.

d. Place the pot of hot chili directly into a refrigerator.

_____ 2. Food that will be hot-held must be reheated to an internal temperature of

a. 135°F (57°C) for 15 seconds within two hours.

b. 145°F (63°C) for 15 seconds within two hours.

c. 155°F (68°C) for 15 seconds within two hours.

d. 165°F (74°C) for 15 seconds within two hours.

_____ 3. Which of the following is *not* a proper way to cool hot food?

a. Using an ice-water bath

b. Reducing the size of the food

c. Placing it in a blast chiller

d. Placing it directly into a refrigerator



Under each picture describe what the server is doing wrong and explain why it is wrong.

EXERCISE

1. Coffee cups should be handled by the
 - a. rim.
 - b. handle.
 - c. inside.
 - d. top.
2. Ice should be handled using
 - a. a scoop.
 - b. a glass.
 - c. your hands.
 - d. a pitcher.
3. The proper way to handle a plate when serving food is to
 - a. stack it on top of another plate of food.
 - b. hold it by the bottom.
 - c. place your thumb on the rim.
 - d. balance it on your arm.

MULTIPLE CHOICE

1. Carrying utensils improperly can contaminate food. T ___ F ___
2. Serving a beverage while touching the rim of the glass is acceptable. T ___ F ___

TRUE OR FALSE

Name _____ Date _____ Score _____

Proper Ways To Serve Food

Minimum Internal Cooking Temperatures For Various Foods

Name _____ Date _____ Score _____

TRUE OR FALSE

- T ___ F ___ 1. Turkey should be cooked to a minimum internal cooking temperature of 155°F (68°C) for fifteen seconds.
- T ___ F ___ 2. Hamburger should be cooked to a minimum internal cooking temperature of 145°F (63°C) for fifteen seconds.
- T ___ F ___ 3. A steak should be cooked to a minimum internal cooking temperature of 145°F (63°C) for fifteen seconds.

EXERCISE

Match each food item with its proper minimum internal cooking temperature by putting the appropriate letter in the space provided. (The temperatures may be used more than once.)

- ___ Swordfish steaks
- ___ Chicken
- ___ Grilled pork chops
- ___ Ground beef

- a. 165°F (74°C) for fifteen seconds.
- b. 155°F (68°C) for fifteen seconds.
- c. 145°F (63°C) for fifteen seconds.

How To Store Food Properly

Name _____ Date _____ Score _____

TRUE OR FALSE

- T F 1. Deliveries should be stored immediately once they have been inspected.
- T F 2. Chemicals can be stored near food if you are careful.
- T F 3. Food should be stored so the oldest product gets used first.

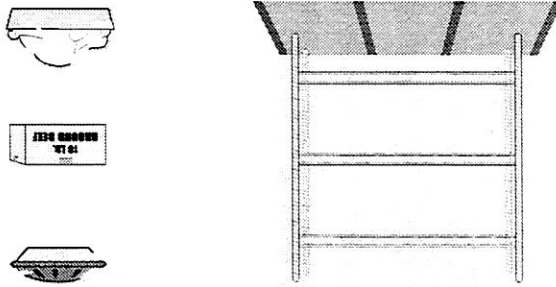
MULTIPLE CHOICE

- _____ 1. Food should be stored at least _____ inch(es) off the floor.
- a. one
b. two
c. four
d. six
- _____ 2. Food should be stored at least _____ inch(es) away from the wall.
- a. one
b. two
c. four
d. six

- _____ 3. Raw food should be stored
- a. above cooked and ready-to-eat food.
b. on the same shelf as cooked and ready-to-eat food.
c. below cooked and ready-to-eat food.
d. behind cooked and ready-to-eat food.

EXERCISE

Draw a line from each food item to the proper walk-in storage shelf.



When And How To Wash Your Hands

Name _____ Date _____ Score _____

TRUE OR FALSE

- T _____ F _____ 1. Hands can be washed in a pot and pan sink.
- T _____ F _____ 2. If you are taking a break to smoke, you should wash your hands before handling food.
- T _____ F _____ 3. You should wash your hands with cold running water.

MULTIPLE CHOICE

- _____ 1. You should wash your hands after
- a. using chemicals.
 - b. sneezing into your hands.
 - c. taking out the garbage or trash.
 - d. All of the above.
- _____ 2. When washing your hands, you should scrub them for at least
- a. five seconds.
 - b. ten seconds.
 - c. fifteen seconds.
 - d. twenty seconds.

EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

- _____ Clean under your fingernails and between fingers.
- _____ Apply soap.
- _____ Scrub hands and arms for at least twenty seconds.
- _____ Dry hands and arms with a single-use paper towel or warm-air hand dryer.
- _____ Rinse your hands thoroughly under running water.
- _____ Wet your hands with running water as hot as you can comfortably stand.

- | | | | |
|-------|----|-------|----|
| _____ | 3. | _____ | 3. |
| _____ | 2. | _____ | 2. |
| _____ | 1. | _____ | 1. |

What Laura did right

What Laura did wrong

What did Laura do right and what did she do wrong?

Laura, a server at the local restaurant, began her day by preparing to go to work. She took a shower, trimmed her nails, and put on a fresh coat of nail polish. Then she put on earrings, a watch, and her clean uniform, and went to work.

EXERCISE

2. What should you do before coming to work?

1. To keep food safe, what should you leave at home?

SHORT ANSWER

- T ___ F ___ 1. Jewelry should not be worn while handling food.
- T ___ F ___ 2. Nail polish and false fingernails should not be worn when handling food.
- T ___ F ___ 3. You should shower or bathe before you come to work each day.

TRUE OR FALSE

Name _____ Date _____ Score _____

Before You Come To Work...

- _____ Running your fingers through your hair
- _____ Wearing a hat or hair net
- _____ Touching a sore or pimple
- _____ Wearing a clean apron
- _____ Wiping your nose

Place a check mark next to each action that can lead to the contamination of food.

EXERCISE

1. Name four ways that you can contaminate food.

SHORT ANSWER

- T _____ F _____ 1. You can contaminate food if you touch it after sneezing into your hands.
- T _____ F _____ 2. You should never touch a pimple or sore before handling food.
- T _____ F _____ 3. Wearing a dirty uniform or apron can contaminate food.

TRUE OR FALSE

Name _____ Date _____ Score _____

How Food Can Become Contaminated