

Home Study Course in Food Safety

Instructions for Completing the Exam

Although there is no time limit, you should try and complete this exam within four weeks after receiving it. The exam has a total of 25 multiple-choice questions. For the correct response, choose the **MOST CORRECT ANSWER** based on the information from each section. To choose your answer, check the box with the corresponding letter on the answer sheet provided.

Complete the personal information sheet. Please print clearly. We would also appreciate it if you would complete the evaluation form. When you are finished, return the answer sheet, the personal information sheet and the evaluation form, and mail it to:

Alberta Health Services
Environmental Public Health
HSBC Building
Suite 700, 10055 - 106 Street
Edmonton, AB T5J 2Y2
Attention: Health Educators

OR

Alberta Health Services
Environmental Public Health
10101 Southport Road SW
Calgary, AB T2W 3N2
Attention: Health Educators

Red Deer and regions south of Red Deer please send the exam package to Calgary.
Regions north of Red Deer please send the exam package to Edmonton.

Upon successful completion of the exam, you will be awarded a **Home Study Course Certificate**, which is valid for three years. The passing mark is 80%.

Home Study Course in Food Safety

Personal Information Sheet

PLEASE PRINT CLEARLY

Name: _____

Address: _____

_____ Postal Code

Phone (home): _____ (business): _____

E-mail Address: _____

Years employed in foodservice: _____ Present position: _____

Name and Address of place of employment:: _____

_____ Postal Code

Date course was completed: _____

FOR OFFICE USE ONLY

Code #: -052710-455

Date received: _____ Date Exam/Certificate returned: _____

Exam marked by: _____ Pass Fail Score _____

Educator's Comments: _____

* If you receive a score of less than 80% on the multiple-choice exam, you will not receive a certificate. Please contact our office at (780) 735-1800 in Edmonton or (403) 943-2295 in Calgary for more information.

Home Study Course in Food Safety

Answer Sheet (Please check the correct answer)

Name: _____

- | | | | | | | | | | |
|-----|----------------------------|----------------------------|----------------------------|----------------------------|-----|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 14. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 2. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 15. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 3. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 16. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 4. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 17. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 5. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 18. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 6. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 19. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 7. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 20. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 8. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 21. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 9. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 22. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 10. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 23. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 11. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 24. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 12. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | 25. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d |
| 13. | <input type="checkbox"/> a | <input type="checkbox"/> b | <input type="checkbox"/> c | <input type="checkbox"/> d | | | | | |

Home Study Course in Food Safety

Evaluation

Please mark the rating that best expresses your opinion of this course.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I learned how to handle food safely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will be able to put into practice the information I learned.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The manual was easy to read and understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The layout of the manual helped me to learn the material.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The font size of the text was easy to read.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The review questions at the end of each unit were useful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The stories of foodborne illness were interesting and useful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The exam questions were easy to read and understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How do you rate the course overall?				
Excellent	Good	Average	Poor	Very Poor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How can we improve this course?

Is there more specific food safety information you would like to see included in this course?

Any other comments or suggestions?

Home Study Course in Food Safety

Multiple Choice Exam

- Which of the following is a term for a disease-causing microorganism?
 - yeast
 - pathogen
 - spore
 - cell
- Which of the following is not a type of microorganism?
 - virus
 - atom
 - parasite
 - bacteria
- Animals can be a source of:
 - Clostridium botulinum*
 - Salmonella*
 - fungi
 - none of the above
- Which of the following is not a common allergen?
 - chocolate
 - eggs
 - wheat
 - soy
- Food stored in the freezer should ideally be at a temperature of:
 - 18°C (0°F)
 - 4°C (40°F)
 - 0°C (32°F)
 - 8°C (18°F)
- The total time that food is in the "Danger Zone" from receiving to storage, should not be longer than:
 - 5 hours
 - 30 minutes
 - 2 hours
 - 60 seconds
- Which of the following is an example of a practice that could cause cross-contamination?
 - storing raw chicken in a tightly sealed container on the bottom shelf of a fridge
 - using separate cutting boards for raw and ready-to-eat foods
 - washing hands after handling raw meats
 - using the same knife for cutting raw chicken and then fresh vegetables

8. What is the best way to stop the growth of bacteria in food?
 - a. clean countertops and cutting boards daily
 - b. control the temperature of food
 - c. use clean cloths to clean up spills
 - d. cover food

9. You can cool foods quickly by:
 - a. using an ice water bath
 - b. dividing the food into smaller containers
 - c. stirring food frequently with an ice wand
 - d. all of the above

10. Which of the following do bacteria need to grow?
 - a. dry conditions
 - b. water, food and the right temperature
 - c. light
 - d. temperatures below 4°C

11. The "Danger Zone" is the range of temperatures between:
 - a. 0°C (32°F) and 60°C (140°F)
 - b. 60°C (140°F) and 70°C (158°F)
 - c. 4°C (40°F) and 60°C (140°F)
 - d. 0°C (32°F) and 4°C (40°F)

12. What is the proper method for manual dishwashing?
 - a. wash, rinse, sanitize, air dry
 - b. wash, sanitize, rinse, air dry
 - c. sanitize, wash, air dry, rinse
 - d. rinse, wash, sanitize, air dry

13. Which answer is correct?
 - a. you do not need to wash your hands if you use a lot of hand sanitizer
 - b. hand sanitizer works well when your hands are greasy
 - c. you should rinse your hands with water after you use hand sanitizer
 - d. hand sanitizer should only be used after proper hand washing with soap and warm water

14. Which of the following statements is true?
 - a. chemical food poisoning is only caused by cleaning products
 - b. soil can contain harmful microbes so you should always wash fruits and vegetables
 - c. reheating leftover food to high temperatures will always make it safe to eat
 - d. contaminated or unsafe food will always smell or look bad

15. How do you make up a small batch of chlorine (bleach) solution to sanitize a cutting board?
 - a. add 1/2 teaspoon of bleach (2.5ml) to one liter (1000ml) of water
 - b. add one cup of bleach (250ml) to one liter (1000ml) of water
 - c. add one tablespoon of bleach (15ml) to a wet cleaning cloth
 - d. add 1/4 cup of bleach (60ml) to one liter (1000ml) of water

16. Which of the following is **not** a sanitizer that is approved for use in Alberta?
 - a. hot water 77°C (171°F) to 82°C (180 °F)
 - b. quats
 - c. silver
 - d. iodine

17. Are wooden cutting boards acceptable to use in a food facility?
 - a. yes, if they are made of finished hardwood
 - b. no, only plastic cutting boards are acceptable
 - c. yes, if they are made of unfinished wood
 - d. yes, if they are made of softwood

18. What is the best way to control the spread of viruses?
 - a. keep hot foods hot
 - b. wash cutting boards with soapy water
 - c. wash your hands
 - d. refrigerate potentially hazardous foods

19. Leftover foods should be reheated to what temperature?
 - a. 74°C (165 °F)
 - b. 60°C (140 °F)
 - c. 4°C (40 °F)
 - d. 82°C (180 °F)

20. Which legislation do food operators need to follow?
 - a. the Alberta Municipal Act
 - b. the Alberta Food Regulation
 - c. the Alberta Occupational Health and Safety Act and Regulations
 - d. the Alberta Environmental Regulation and the Water Safety Code

21. If the conditions are right such as temperature, bacteria can grow and double their numbers every:
 - a. 20 seconds
 - b. 20 minutes
 - c. hour
 - d. 2 hours

22. Who is at high risk of getting a foodborne illness?
 - a. children
 - b. seniors
 - c. people with a weak immune system
 - d. all of the above

23. To thaw meat, poultry and fish, it is best to:
 - a. use the refrigerator
 - b. use a large pail to catch drips
 - c. use warm running water
 - d. leave the food in the sink overnight

24. You can determine if the roast beef is thoroughly cooked by:
- looking at it
 - always touching and feeling it
 - using a meat thermometer
 - cooking it at the same length of time
25. How long should you wash your hands?
- at least 5 seconds
 - at least 20 seconds
 - at least 1 minute
 - at least 2 minutes

For more information, please contact your nearest Environmental Public Health office.

*Edmonton Main Office
Calgary Main Office
Lethbridge Main Office*

*780-735-1800
403-943-2295
403-388-6689*

*Grande Prairie Main Office
Red Deer Main Office
www.albertahealthservices.ca/eph.asp*

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