

## Module 4 – FoodHandlers Certification Program

### Objective 4.01: Understand the basics of food safety and sanitation

#### Getting Started on Day 1 - Directions:

- 1) Go to <https://www.ncfoodhandlers.com/Register3.aspx>
- 2) On the top right of the screen, click on “LOG IN”
- 3) Fill in the required fields:
  - a. **First Name**
  - b. **Last Name**
  - c. **Birthdate (year, month and day)**
- 4) Select Wake County
- 5) Type in your school email
- 6) click the “I certify” button

TO BEGIN .. click on the “Elearning course”

There are 6 chapters in the elearning course (see list below). Make sure to sign & date each chapter once you have completed the chapter. Make sure to turn this signed sheet in to your teacher at the end of the course.

Make sure to start with Chapter 1 by clicking on the “Proceed” button to begin Chapter 1.

Chapter 1: Importance of Food Safety \_\_\_\_\_/Date: \_\_\_\_\_

Chapter 2: Health and Hygiene \_\_\_\_\_/Date: \_\_\_\_\_

Chapter 3: Temperature Control \_\_\_\_\_/Date: \_\_\_\_\_

Chapter 4: Avoiding Contamination \_\_\_\_\_/Date: \_\_\_\_\_

Chapter 5: Safe Food Sources \_\_\_\_\_/Date: \_\_\_\_\_

Chapter 6: Food Worker Top 10 \_\_\_\_\_/Date: \_\_\_\_\_

NOTE: When it’s time for class to end, you MUST logout of the system so your place in the program can be saved.

To log out **correctly**, click on the “Home” button on the top of the screen, then click on “Logout” at the top of the next screen. Do NOT just close out the window or browser without logging out or you will lose all of your work.

## **NCFOODHANDLER program NOTES:**

- You can only save your work at the end of a chapter. It does not save in the middle and you have to go through it all over again.
- When you finish a chapter and go to the next one, you cannot go back to any previous chapters to review.
- If you don't finish a chapter and have to start over, you can go into the alternate videos and possibly try to get it to fast forward and then give you the PROCEED button. However, you have to go through the slides again.
- "BACK" returns you to the beginning not to the previous SLIDE or VIDEO.

## **TAKE THE TEST**

- Once you finish Chapter 6, you cannot go back to any of the Chapters to review. You can only select "TAKE THE TEST".
- All tests are generated separately. That means there is an Item bank and they randomly select the 40 test questions per student.
- When it is time to take the TEST, select the one with the certificate and not the practice test.

## **Student Notes:**

- You cannot fast forward the videos. You have to watch them. You can go back and watch them again as long as you have not finished the chapter. Once you finish the chapter, you cannot go back.
- The only way to go back to a particular video and watch it again is to start back at the beginning of the chapter and go through everything.
- There is review questions after each chapter. You do not get a grade for this.
- When you have finished all 6 chapters, you click on Take the Test. If it says that you need to pay the fee, then sign completely out and out of the web browser screen and sign back in. It should then click that the fee has been paid. It is free for WCPSS.
- You should print out the certificate for you. However, if you had some trouble with the program, you need to print out a copy of the certificate for me to show you completed it.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

## NC Food Handler Work Packet

**Directions:** Use the web address [www.ncfoodhandlers.com](http://www.ncfoodhandlers.com) & bring this packet with you each day to class. You are responsible for keeping up with this packet. There are review questions at the end of each chapter. Questions in this packet are organized by chapter, though they may not be in the exact order of which they appear in the program. Be detailed in your responses as this packet becomes your study guide for the test at the end of the program.

To access the program after logging in click "Resume Training" and scroll down and click on "[elearning course](#)".

If you need additional help completing this packet or missed the questions during the course, you can use this study guide: (It can be viewed online.)

<http://core.efoodhandlers.com/StudyGuides/FlashManual/index.html>

### **Chapter 1: Why food safety is important**

1. DATA: \_\_\_\_\_ are sick each year  
\_\_\_\_\_ are hospitalized each year  
\_\_\_\_\_ deaths each year
2. Define: Foodborne Illness
3. Identify and define 3 main food hazards that cause foodborne illness. Give examples of each.
  - a.
  - b.
  - c.
4. Which one of the food hazards above connects to the article that you read on Food Poisoning?
5. What are the 8 most common Food Allergens?
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
  - h.

These allergens send someone to the emergency room every \_\_\_\_\_.

6. What is the management's (Person In Charge) role in helping prevent foodborne illness? (NOTE: 5 things should be listed)
  
  
  
  
  
  
  
  
  
  
7. When the health inspector visits a restaurant, why do they check cleanliness of the facility and whether there is a PIC present?
  
  
  
  
  
  
  
  
  
  
8. Which 4 segments of the population are highly susceptible to foodborne illness? Remember you were told to remember it as an **acronym "YOPI"**.
  - a.
  - b.
  - c.
  - d.

## **Chapter 2: Health and Hygiene**

9. What is biological contamination in a restaurant?
  
  
  
  
  
  
  
  
  
  
10. How does a food worker's health affect food safety?
  
  
  
  
  
  
  
  
  
  
11. What should food workers do if they are sick? (Be specific)
  
  
  
  
  
  
  
  
  
  
12. The 24-hour rule is how long one should wait from last observed symptom to return to work. What **4 symptoms** are classified with the 24-hour rule?
  - a.
  - b.
  - c.
  - d.

13. In addition to not working while sick, what **other 5 habits** promote good personal hygiene for food workers?
- a.
  - b.
  - c.
  - d.
  - e.
14. When is it appropriate for food workers to wash hands? In other words, under which circumstances should you wash your hands? (**list 4 circumstances**)
- a.
  - b.
  - c.
  - d.
15. Name **at least 5** sources of germ contamination in which a food worker **must wash** their hands.
- a.
  - b.
  - c.
  - d.
  - e.
16. What are the 'Big 6' Food Borne Illnesses?
- a.
  - b.
  - c.
  - d.
  - e.
  - f.
17. What is the 6 step process for washing hands (per this video)?
- Step 1:
- Step 2:
- Step 3:
- Step 4:
- Step 5:
- Step 6:
-

18. Why are cloth dishtowels unacceptable for drying dishes?
19. Can hand sanitizer be a substitute for handwashing? Why or Why not?
20. Why should food handlers keep short unpolished finger nails?
21. What types of jewelry is acceptable for food handlers to wear?
22. Can food service gloves be used as a substitute for hand washing? Why or Why not?
23. \_\_\_\_\_ % of all Food borne illness are caused by \_\_\_\_\_.
24. What are 5 suitable items to help prevent bare hand contact with ready-to-eat food?
  - a.
  - b.
  - c.
  - d.
  - e.

### **Chapter 3: Temperature Control**

25. Why is temperature control important in food safety?
26. What does “**temperature danger zone**” refer to and what is the temperature range for this?
27. What are potentially hazardous foods?
28. What are the 6 main types of potentially hazardous foods?
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.

29. After how many hours (when known when the time started) can potentially hazardous food be left out prior to being thrown out? \_\_\_\_\_

30.

| <u>Internal Cooking Temperatures</u> | <u>Raw Animal Foods</u>  |
|--------------------------------------|--|
| _____ for _____ seconds              | Raw Eggs cooked for immediate service<br>Fish/Seafood (Fresh or Frozen)<br>Meat (Pork or Beef steaks)<br>EXCEPTION: Beef or Pork Roast – for _____ minutes instead.  |
| _____ for _____ seconds              | Meats injected with liquids (to enhance flavoring or texture)<br>Tenderized meats<br>Raw eggs for later service<br>Ground beef, ground pork, sausage, or flaked fish |
| _____ for _____ seconds              | Poultry (Chicken, Turkey), Ground Poultry<br>Stuffed Fish, meat, pork, pasta<br>Stuffing containing fish, meat, & poultry  |

31. Foods cooked in microwaves should be cooked at \_\_\_\_\_. Then you should let them stand for \_\_\_\_\_ minutes after cooking. Cook, \_\_\_\_\_, & \_\_\_\_\_ half way through the cooking process for even heating.

**SAFE THERMOMETER USE VIDEO (NOT OPTIONAL)**

32. When using a thermometer, the stem must be pushed in \_\_\_\_\_ inches and left in for \_\_\_\_\_ seconds.

33. You should not use a \_\_\_\_\_ thermometer when foods are thin such as hamburger patties. You should use a \_\_\_\_\_ thermometer instead.

34. Food thermometers should be able to read between \_\_\_\_\_ and \_\_\_\_\_.

35. How do you check the accuracy of a food thermometer?

### Chapter 3: Temperature Control (Continued)

36. Identify 3 ways to keep hot foods at the appropriate temperature (this is known as **hot holding**).
- a.
  - b.
  - c.

The steam table should be turned on and be kept at \_\_\_\_\_° before placing any food on it.

**ALWAYS HOLD HOT FOODS @ \_\_\_\_\_°F or above.**

37. Identify 2 ways to keep cold foods at the appropriate temperature (this is known as **cold holding**).
- a.
  - b.

**ALWAYS HOLD COLD FOODS @ \_\_\_\_\_°F or below.**

38. What temperature and time should be used to reheat cold foods?  
\_\_\_\_\_° for \_\_\_\_\_ seconds within \_\_\_\_\_ hours.

39. What are the 3 methods to cooling food safely?
- a.
  - b.
  - c.

In the Time & Temperature Monitored method – food must cool to \_\_\_\_\_° in \_\_\_\_\_ hours and \_\_\_\_\_° to \_\_\_\_\_° in \_\_\_\_\_ hours.

40. What are the 3 recommended methods to thawing food in a restaurant?
- a.
  - b.
  - c.

### Chapter 4: Cross Contamination

41. What is cross contamination?

42. What are some causes of cross contamination?



43. What are 5 ways that cross contamination be prevented while preparing food?
- a.
  - b.
  - c.
  - d.
  - e.
44. Cross contamination can be prevented while food is being stored. Where should raw food be store in relation to ready to eat food? How should food be stored based on their cooking temperature?
- a.
  - b.

#### **Chapter 4: Cleaning and Sanitizing**

45. What is the difference between cleaning and sanitizing?
46. How do you use a 3-compartment sink when washing dishes by hand?
- Compartment #1 –  
Compartment #2 –  
Compartment #3 –
47. Why do you not use a dish towel to dry dishes in a restaurant?
48. How should you store bowls, dishes & utensils?
- a. Bowls –
  - b. Utensils & Dishes –

Never touch a part of a dish or utensil that a guest's \_\_\_\_\_ might touch.

#### **Chapter 5: Safe Food Sources**

49. All food served must come from a source approved by the \_\_\_\_\_.
50. You may not serve food prepared \_\_\_\_\_.
51. \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ must be inspected by the USDA.
52. When food arrives, it must be inspected before you accept it. Check fruits and vegetables for \_\_\_\_\_ or \_\_\_\_\_. Check \_\_\_\_\_ for signs of spoiling.
53. Packaged or canned food – if it is \_\_\_\_\_, \_\_\_\_\_, or severely \_\_\_\_\_, then it is not in good condition and must be returned or thrown away.
54. Potentially hazardous foods must be kept refrigerated and arrive at \_\_\_\_\_ ° F or colder.

55. Name the 5 ways to **keep pests out** and keep a sanitary environment in a restaurant kitchen?

- a.
- b.
- c.
- d.
- e.

**Chapter 6: The Food Workers Top 10**

56. Identify the **top 10 key points of food safety** as mentioned in this section of the course

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**At this point you have completed the online course for food safety. Remember, you are only allowed to take the FINAL test once. You may use this work packet to review for the FINAL test. Remember you are only allowed to take the FINAL test once. The FINAL test and this work packet completed will be your two grades for NCFoodHandler.**

**Student Name:** \_\_\_\_\_ **Class Period:** \_\_\_\_\_

**FINAL TEST Grade:** \_\_\_\_\_ **Date Taken:** \_\_\_\_\_ **Teacher's Initials:** \_\_\_\_\_

**Work Packet Grade:** \_\_\_\_\_/28 **Date Due:** \_\_\_\_\_ **Date Turned in:** \_\_\_\_\_

**(Each question worth ½ point on Work Packet)**