

# AMSA Food Safety & Science Certification Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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.

# 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!**

## Questions

- 1. Peptidase breaks down peptides into which of the following?**
  - A. Fatty acids**
  - B. Amino acids**
  - C. Sugars**
  - D. Nucleotides**
- 2. Which of the following terms can be described as the public health impact of a hazard?**
  - A. Risk**
  - B. Hazard**
  - C. Threat**
  - D. Exposure**
- 3. Which of the following does NOT occur during a hazard analysis?**
  - A. Setting critical limits**
  - B. Identification of hazards**
  - C. Determination of control measures**
  - D. Evaluation of risk factors**
- 4. What should the water temperature be when using hot water as a sanitation method?**
  - A. Under 200°F**
  - B. Above 140°F**
  - C. At least 180°F**
  - D. Exactly 160°F**
- 5. Which practice is essential for preventing cross-contamination in food preparation?**
  - A. Using the same utensils for different foods**
  - B. Washing hands frequently**
  - C. Rinsing food under cold water**
  - D. Marinating raw meat with cooked meat**

- 6. What is an example of a chemical hazard in food safety?**
- A. Rodent droppings**
  - B. Pesticide residues**
  - C. Hair in food**
  - D. Unsanitary equipment**
- 7. Which of the following is NOT an activity to verify a Critical Control Point?**
- A. Monitoring temperature**
  - B. Establishment of control points**
  - C. Conducting tests**
  - D. Documenting results**
- 8. Which term describes any chemical that accepts a hydrogen ion?**
- A. Acid**
  - B. Base**
  - C. Salt**
  - D. Oxide**
- 9. For a cream of mushroom soup hazard analysis, should the risk of a thermometer breaking be included in the HACCP plan?**
- A. Yes, it should be addressed**
  - B. No, the likelihood and severity of the hazard is low**
  - C. Yes, it raises food safety concerns**
  - D. No, if it has never been an issue**
- 10. Which hazard can be caused by improper storage of food items leading to toxic effects?**
- A. Physical hazards**
  - B. Chemical hazards**
  - C. Biological hazards**
  - D. Radiological hazards**



## **Answers**

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

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## **Explanations**

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**1. Peptidase breaks down peptides into which of the following?**

- A. Fatty acids**
- B. Amino acids**
- C. Sugars**
- D. Nucleotides**

Peptidase is an enzyme that specifically catalyzes the hydrolysis of peptide bonds, which are the links that hold amino acids together in a peptide chain. By breaking these bonds, peptidases facilitate the conversion of peptides into individual amino acids. This process is critical for protein digestion, as proteins must be broken down into their constituent amino acids before they can be absorbed by the body. Amino acids are the building blocks of proteins, and their availability is essential for numerous functions in the body, including tissue repair and the synthesis of hormones and enzymes. Thus, the correct identification of peptidase's role in breaking down peptides into amino acids underscores its significance in the digestive process. The other options, such as fatty acids, sugars, or nucleotides, do not relate to the function of peptidases, as they pertain to entirely different types of biological molecules and require different enzymes for their respective breakdown.

**2. Which of the following terms can be described as the public health impact of a hazard?**

- A. Risk**
- B. Hazard**
- C. Threat**
- D. Exposure**

The term that describes the public health impact of a hazard is risk. In the context of food safety and public health, risk is essentially a measure of the likelihood that a specific hazard will cause harm, as well as the severity of that harm. It incorporates both the probability of occurrence and the potential consequences of that hazard on the population's health, making it a critical concept in risk assessment processes. In comparison, a hazard refers to a biological, chemical, or physical agent in food that has the potential to cause adverse health effects, but it does not address the likelihood or severity of those effects. Threats are broader concepts that may encompass various kinds of dangers, not limited to public health. Exposure pertains to the amount of the hazard that individuals come into contact with, but it also does not fully account for the potential health impact. Thus, recognizing the distinction between these terms is essential for understanding food safety and risk management.

**3. Which of the following does NOT occur during a hazard analysis?**

- A. Setting critical limits**
- B. Identification of hazards**
- C. Determination of control measures**
- D. Evaluation of risk factors**

During a hazard analysis, the primary goal is to identify and assess potential hazards that could affect food safety. This process includes evaluating the risks associated with these hazards and determining appropriate control measures to mitigate them. Therefore, identifying hazards and evaluating risk factors are essential components of this analysis. Setting critical limits, on the other hand, occurs during the development of a Hazard Analysis Critical Control Point (HACCP) plan, which is a step that follows the hazard analysis. Critical limits are specific criteria that must be met to reduce the risk of identified hazards during food processing. Thus, this step is outside the actual scope of the hazard analysis itself, making it the correct response. While control measures involve ways to manage the identified hazards, they are also determined after hazards have been identified. Therefore, the process of hazard analysis focuses on understanding what hazards exist and how risky they might be, rather than defining the critical limits for controlling them.

**4. What should the water temperature be when using hot water as a sanitation method?**

- A. Under 200°F**
- B. Above 140°F**
- C. At least 180°F**
- D. Exactly 160°F**

Using hot water as a sanitation method requires understanding the effectiveness of temperature in killing pathogens. The correct answer indicates that the water temperature should be under 200°F. Typically, the most effective range for sanitizing surfaces is between 170°F and 185°F, as temperatures above this can scald and may not be necessary for effective sanitation. While hot water above 140°F can reduce the number of microorganisms, it does not constitute the optimal sanitization temperature needed for thorough cleaning and disinfection. Therefore, keeping the temperature under 200°F ensures a balance between efficiency in sanitizing and safety in handling. Focusing on other temperatures, while they may seem valid, do not align with the ideal range defined in food safety practices. For example, temperatures exactly at 160°F or above 140°F may not guarantee the same effectiveness as adhering to the specified range under 200°F for optimal results. The aim is to ensure that water is hot enough to be effective while still manageable to work with safely.

**5. Which practice is essential for preventing cross-contamination in food preparation?**

- A. Using the same utensils for different foods**
- B. Washing hands frequently**
- C. Rinsing food under cold water**
- D. Marinating raw meat with cooked meat**

Washing hands frequently is essential for preventing cross-contamination in food preparation because it helps to eliminate harmful pathogens that can be transferred from one food item to another through touch. When preparing food, hands often come into contact with various ingredients, surfaces, and equipment that may harbor bacteria or viruses. Regularly washing hands with soap and water, especially after handling raw meat, poultry, or seafood and before touching ready-to-eat foods, reduces the risk of spreading potentially dangerous microorganisms. In the context of food safety, maintaining proper hygiene by washing hands is a fundamental practice that protects not only the food being prepared but also the health of consumers. This practice is part of a broader strategy to ensure safe food handling and avoid foodborne illnesses, which can arise from cross-contamination.

**6. What is an example of a chemical hazard in food safety?**

- A. Rodent droppings**
- B. Pesticide residues**
- C. Hair in food**
- D. Unsanitary equipment**

A chemical hazard in food safety refers to harmful substances that can contaminate food and pose a risk to human health. Pesticide residues on food products are a prime example of a chemical hazard, as pesticides are often used in agricultural practices to control pests and diseases. If not properly managed, these chemicals can remain on food items, leading to potential health issues for consumers. Understanding the nature of chemical hazards is crucial for ensuring food safety and preventing foodborne illnesses. In contrast, other types of hazards mentioned, such as rodent droppings, hair in food, and unsanitary equipment, are classified as biological or physical hazards, which do not fall under the chemical category. Recognizing the different types of hazards is essential for effective food safety practices and implementing appropriate controls.

**7. Which of the following is NOT an activity to verify a Critical Control Point?**

- A. Monitoring temperature**
- B. Establishment of control points**
- C. Conducting tests**
- D. Documenting results**

The establishment of control points is a foundational step in developing a Hazard Analysis and Critical Control Points (HACCP) plan, but it is not an activity that verifies a Critical Control Point (CCP) during the operation of food safety protocols. Verifying a CCP involves checking to ensure that the control measures are effective and that critical limits are being met and maintained. Monitoring temperature, conducting tests, and documenting results are all active processes that confirm whether a CCP is functioning as intended. Monitoring involves regular checks of conditions (like temperature) to ensure they are within predetermined limits. Conducting tests could include microbiological testing or validating that the control measures are effectively reducing or eliminating hazards. Documenting results provides a record that can be referred back to, supporting the consistency and reliability of the control measures applied to the CCP. In contrast, establishing control points is more about planning and setting up the framework for ensuring food safety, rather than verifying ongoing compliance with those controls.

**8. Which term describes any chemical that accepts a hydrogen ion?**

- A. Acid**
- B. Base**
- C. Salt**
- D. Oxide**

The term that describes any chemical that accepts a hydrogen ion is "base." In the context of acid-base chemistry, bases are substances that can neutralize acids by accepting protons ( $H^+$  ions). This concept is a fundamental aspect of the Brønsted-Lowry acid-base theory, which defines acids as proton donors and bases as proton acceptors. For instance, when mixed with an acid, a base will react to form water and salt, demonstrating its role as a hydrogen ion acceptor. This property is essential in many chemical reactions, including those relevant to food safety and preservation, where understanding the pH levels can impact microbial growth and food quality. The other terms listed have different definitions. An acid is a substance that donates hydrogen ions, a salt is the result of a reaction between an acid and a base, and an oxide refers to a compound that contains at least one oxygen atom and one other element. This distinction emphasizes the role of bases in accepting hydrogen ions as a key characteristic in various chemical processes.

**9. For a cream of mushroom soup hazard analysis, should the risk of a thermometer breaking be included in the HACCP plan?**

**A. Yes, it should be addressed**

**B. No, the likelihood and severity of the hazard is low**

**C. Yes, it raises food safety concerns**

**D. No, if it has never been an issue**

In the context of a hazard analysis for cream of mushroom soup, addressing the risk of a thermometer breaking in the HACCP plan is vital for ensuring food safety. The correct approach acknowledges that even though the likelihood and severity of thermometer breakage may initially seem low, this situation warrants consideration because it could lead to improper temperature readings during critical control points (CCPs). When thermometers malfunction, they might provide inaccurate data, which can result in undercooked soup, allowing pathogens to survive, or overcooked soup, affecting product quality. By including this risk in the HACCP plan, the operation can implement measures to mitigate it, such as regular calibration checks and the use of more robust thermometers. Taking these precautions enhances the overall safety of the food product, ensuring it meets health standards. While some might argue that if a thermometer has never broken in the past, it should not be considered a significant hazard, relying on past experiences alone does not account for potential future scenarios. Food safety protocols are designed to be proactive rather than reactive, preventing risks before they can affect consumers.

**10. Which hazard can be caused by improper storage of food items leading to toxic effects?**

**A. Physical hazards**

**B. Chemical hazards**

**C. Biological hazards**

**D. Radiological hazards**

The correct answer is chemical hazards, which occur when food items are improperly stored, leading to contamination or the development of harmful substances. This can happen when food is stored at incorrect temperatures, which can cause preservatives or chemicals in the food to break down and form toxic compounds. Additionally, food can absorb chemicals from its packaging or from contact with cleaning agents if not stored properly. In the context of food safety, it's crucial to monitor storage conditions to prevent chemical reactions that could lead to toxicity. Awareness of chemical hazards is essential for ensuring that food remains safe to consume and does not pose health risks to consumers. Physical hazards refer to foreign objects in food, biological hazards relate to pathogens such as bacteria and viruses, and radiological hazards involve exposure to radioactive substances. While all these hazards can lead to food safety issues, they do not specifically pertain to the toxic effects associated with improper storage like chemical hazards do.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://amsafoodsafetyandscience.examzify.com>**

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