

# **CERTIFIED PROFESSIONAL FOOD SAFETY (CP-FS) PRACTICE EXAM (SAMPLE) STUDY GUIDE**



## **SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://certifiedprofessionalfoodsafety.examzify.com>



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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

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- 1. Which bacteria is known to cause watery diarrhea and is most commonly associated with raw chicken?**
  - A. Escherichia coli
  - B. Salmonella spp.
  - C. Campylobacter jejuni
  - D. Listeria monocytogenes
- 2. During a power outage, how long can food remain safe in a refrigerator?**
  - A. Up to 2 hours if the door remains closed
  - B. Up to 6 hours if the door remains closed
  - C. Up to 4 hours if the door remains closed
  - D. There is no time limit; food remains safe indefinitely
- 3. What is the recommended practice for using gloves in food preparation?**
  - A. Change gloves only after a shift
  - B. Wear the same gloves throughout the day
  - C. Change gloves frequently when switching tasks
  - D. Only wear gloves when handling raw food
- 4. What is a common symptom of a foodborne illness?**
  - A. High blood pressure
  - B. Nausea and vomiting
  - C. Increased heart rate
  - D. Shortness of breath
- 5. What should a food worker do if they notice a foodborne illness outbreak?**
  - A. Ignore it
  - B. Report it immediately to a supervisor or health department
  - C. Wait for a colleague to report it
  - D. Investigate it themselves
- 6. One method of preventing cross-contamination is to:**
  - A. Store raw meat above ready-to-eat foods
  - B. Use separate cutting boards for raw and cooked foods
  - C. Always wash hands after handling vegetables
  - D. Keep all food items at room temperature

- 7. Which bacterium can survive and grow under conditions of foodborne intoxication?**
- A. Salmonella spp.
  - B. Clostridium perfringens
  - C. Campylobacter jejuni
  - D. Shigella spp.
- 8. What is the role of the Food and Drug Administration (FDA) in food safety?**
- A. To oversee food safety regulations and ensure food products are safe for consumption
  - B. To regulate food prices
  - C. To promote food marketing strategies
  - D. To manage food production quotas
- 9. What can cause symptoms of foodborne illness as little as one hour after ingestion?**
- A. Ciguatoxin
  - B. Anisakis spp.
  - C. Staphylococcus aureus
  - D. Clostridium botulinum
- 10. What is the minimum temperature for hot water sanitizing in manual warewashing?**
- A. 150°F
  - B. 160°F
  - C. 171°F
  - D. 180°F

## **Answers**

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

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## **Explanations**

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**1. Which bacteria is known to cause watery diarrhea and is most commonly associated with raw chicken?**

- A. Escherichia coli
- B. Salmonella spp.
- C. Campylobacter jejuni**
- D. Listeria monocytogenes

*Campylobacter jejuni* is recognized as one of the leading causes of bacterial foodborne illness worldwide, particularly known for causing watery diarrhea. It is often associated with raw or undercooked poultry, making it a significant concern within the food safety context regarding chicken handling and preparation. This bacterium can thrive in the intestines of animals, particularly birds, and can therefore contaminate chicken during processing. Consumption of contaminated chicken, or cross-contamination from raw chicken to ready-to-eat foods, poses a high risk for infection. Symptoms typically include diarrhea, abdominal pain, fever, and nausea, and while most individuals recover without treatment, it can lead to more severe complications in certain populations. Other bacteria listed, while also related to foodborne illnesses, have different associations. *Escherichia coli* is widely known for causing various types of gastrointestinal illnesses, but it is more commonly linked with undercooked beef and contaminated water rather than raw chicken. *Salmonella* spp. can certainly be connected to raw poultry as well, and while it also causes watery diarrhea, *Campylobacter jejuni* is more specifically tied to chicken handling issues and is a more prevalent cause in these cases. *Listeria monocytogenes*, on the other hand, is associated with ready

**2. During a power outage, how long can food remain safe in a refrigerator?**

- A. Up to 2 hours if the door remains closed
- B. Up to 6 hours if the door remains closed
- C. Up to 4 hours if the door remains closed**
- D. There is no time limit; food remains safe indefinitely

The correct answer is based on food safety principles related to temperature control. During a power outage, a refrigerator will maintain a safe temperature for food for a limited period as long as the door remains closed. Generally, as long as the refrigerator door is not opened, food can remain safe for approximately 4 hours. When the door stays closed, the interior temperature will not increase significantly due to the confinement of warm air entering. After about 4 hours, however, the temperature can start to rise above the safe threshold (41°F or 5°C), which puts food at risk for bacterial growth. Therefore, it is crucial to monitor the time and the temperature to ensure food safety during these outages. In contrast, the other time frames provided do not align with established guidelines for refrigerator safety. The standard guidelines emphasize the 4-hour window to help users make informed decisions during situations of power loss.

### 3. What is the recommended practice for using gloves in food preparation?

- A. Change gloves only after a shift
- B. Wear the same gloves throughout the day
- C. Change gloves frequently when switching tasks**
- D. Only wear gloves when handling raw food

The recommended practice for using gloves in food preparation is to change gloves frequently when switching tasks. This approach is crucial for food safety because different tasks may involve contact with various food types or surfaces that can harbor different pathogens. By changing gloves regularly, you significantly reduce the risk of cross-contamination, which is essential in maintaining food safety standards. When transitioning between handling raw foods, ready-to-eat foods, or cleaning surfaces, changing gloves prevents harmful bacteria from spreading and ensures that food is prepared in the safest possible manner. This practice not only aligns with food safety regulations but also promotes a culture of hygiene and responsibility within food service operations. The other practices mentioned, such as changing gloves only after a shift or wearing the same gloves throughout the day, do not effectively address the need to minimize cross-contamination during food preparation. Furthermore, the notion of only wearing gloves when handling raw food fails to recognize the importance of using gloves in all food preparation contexts where contamination could occur.

### 4. What is a common symptom of a foodborne illness?

- A. High blood pressure
- B. Nausea and vomiting**
- C. Increased heart rate
- D. Shortness of breath

Nausea and vomiting are classic symptoms of foodborne illness because they are the body's natural responses to harmful pathogens or toxins that have been ingested. When contaminated food is consumed, the digestive system may react by attempting to expel the harmful substances quickly, leading to these symptoms. This response can occur shortly after consuming the contaminated food and is a sign that the body is trying to protect itself from further harm. Other symptoms often associated with foodborne illnesses include diarrhea, abdominal pain, and fever, which can further indicate that the digestive system is under stress from an infection or toxic reaction. Understanding these symptoms is crucial for anyone working in food safety to help identify potential outbreaks and protect public health effectively.

### 5. What should a food worker do if they notice a foodborne illness outbreak?

- A. Ignore it
- B. Report it immediately to a supervisor or health department**
- C. Wait for a colleague to report it
- D. Investigate it themselves

When a food worker notices a foodborne illness outbreak, reporting it immediately to a supervisor or health department is crucial. This action ensures that appropriate steps can be taken swiftly to contain the outbreak and prevent further illnesses. Foodborne illness outbreaks can pose serious health risks, and timely reporting is essential for public safety. By informing the right authorities, they can initiate investigations that may include tracing the source of the contamination, inspecting the facility, and taking necessary measures to protect consumers. Prompt reporting also helps in gathering important data about the incident, which can aid in identifying the causative agent and the affected populations. This process is vital not only for addressing the immediate situation but also for implementing preventive measures to avoid future incidents. Addressing the other options, ignoring the outbreak or waiting for someone else to report it can lead to escalated health risks. Investigating it themselves is outside of the worker's role and could complicate the situation or introduce further risk. Therefore, the responsibility lies in immediate and accurate reporting to the appropriate authorities.

**6. One method of preventing cross-contamination is to:**

- A. Store raw meat above ready-to-eat foods
- B. Use separate cutting boards for raw and cooked foods**
- C. Always wash hands after handling vegetables
- D. Keep all food items at room temperature

*Using separate cutting boards for raw and cooked foods is an essential method for preventing cross-contamination. Raw foods, especially meats, often carry harmful bacteria that can easily transfer to other foods if they are prepared on the same surface. By using distinct cutting boards for different food categories, you minimize the risk of pathogens from raw foods contaminating ready-to-eat products, which are not cooked further and could lead to foodborne illnesses. This practice aligns with the principles of food safety, which emphasize controlling hazards through proper hygiene and safe food handling practices. The use of separate equipment also supports the broader goal of maintaining cleanliness in the kitchen and ensuring food safety. In contrast, storing raw meat above ready-to-eat foods poses a significant risk since any drips or spills from the raw meat can directly contaminate the foods that won't be cooked. Washing hands after handling vegetables is important for personal hygiene but does not address the specific concern of preventing cross-contamination between raw and cooked foods. Keeping all food items at room temperature can promote the growth of harmful bacteria, which is not a safe practice.*

**7. Which bacterium can survive and grow under conditions of foodborne intoxication?**

- A. Salmonella spp.
- B. Clostridium perfringens**
- C. Campylobacter jejuni
- D. Shigella spp.

*Clostridium perfringens is the correct answer because it is well-known for its ability to produce spores that allow it to survive in harsh conditions, including cooking and reheating processes where the bacteria might be present in food. When foods are prepared but not kept at safe temperatures, the spores can germinate and multiply, producing toxins that lead to foodborne illness. This bacterium thrives in anaerobic environments, such as those found in cooked meat dishes that have not been cooled properly or kept warm, creating conditions conducive for growth. The other bacteria mentioned have different survival and growth characteristics. For instance, Salmonella spp. requires specific conditions for growth and is often associated with raw or undercooked eggs and poultry. Campylobacter jejuni thrives in more aerobic conditions and is typically transmitted via contaminated poultry. Shigella spp. is primarily spread through fecal contamination, and while it can cause foodborne illness, its growth conditions differ from those of Clostridium perfringens, making this latter bacterium particularly notable for its association with foodborne intoxication scenarios.*

## 8. What is the role of the Food and Drug Administration (FDA) in food safety?

- A. To oversee food safety regulations and ensure food products are safe for consumption
- B. To regulate food prices
- C. To promote food marketing strategies
- D. To manage food production quotas

*The Food and Drug Administration (FDA) plays a crucial role in ensuring food safety by overseeing regulations that are put in place to make sure food products are safe for consumption. This includes setting standards for food safety, conducting inspections, and enforcing compliance with those standards to prevent foodborne illnesses and protect public health. The FDA also provides guidance to food manufacturers about safe food handling and processing practices, thus helping to maintain a safe food supply chain. The other options focus on areas that fall outside of the FDA's primary responsibilities. Regulating food prices is typically the role of agricultural and economic policy agencies, while promoting food marketing strategies is not within the FDA's scope. Lastly, managing food production quotas is generally handled by agricultural departments or organizations focusing on food supply and farming industries, rather than health and safety regulations.*

## 9. What can cause symptoms of foodborne illness as little as one hour after ingestion?

- A. Ciguatoxin
- B. Anisakis spp.
- C. Staphylococcus aureus
- D. Clostridium botulinum

*Symptoms of foodborne illness can indeed appear as quickly as one hour after ingestion when caused by Staphylococcus aureus. This bacterium is known for producing toxins that are heat-stable, meaning they can still cause illness even if the food has been cooked afterward. Staphylococcus aureus contamination often occurs through improper handling of food, such as when food is left at room temperature, allowing the bacteria to multiply and produce toxins. When a person consumes food contaminated with these toxins, their body responds rapidly with symptoms such as nausea, vomiting, stomach cramps, and diarrhea. This quick onset is a hallmark of foodborne illnesses caused by Staphylococcus aureus, making it distinct from other pathogens that usually have a longer incubation period before manifesting symptoms. In contrast, other options, while they can cause foodborne illness, typically produce symptoms later than one hour after ingestion. For example, Ciguatoxin, associated with certain types of fish, might take hours to days before symptoms show, while Anisakis spp., a type of parasitic infection from raw or undercooked fish, can lead to symptoms that may develop after several hours to days. Clostridium botulinum usually requires a much longer period to manifest symptoms, often over*

**10. What is the minimum temperature for hot water sanitizing in manual warewashing?**

- A. 150°F
- B. 160°F
- C. 171°F**
- D. 180°F

*The minimum temperature for hot water sanitizing in manual warewashing is 171°F. This temperature is critical because it ensures that harmful microorganisms are effectively killed during the sanitization process. In manual warewashing, items are submerged in hot water, and reaching this temperature for a certain duration helps achieve the required reduction of pathogens on food-contact surfaces. Sanitization at this temperature is typically specified because it is high enough to ensure that bacteria, viruses, and other pathogens that can cause foodborne illness are reduced to safe levels. There's also a standard that often accompanies this, which specifies that items need to be immersed in water at this temperature for at least 30 seconds to ensure effective sanitization. This practice is part of ensuring food safety and preventing contamination. In contexts where other temperatures are considered, such as 150°F or 160°F, they fail to meet the established guidelines that guarantee effective pathogen reduction. Higher temperatures, such as 180°F, while also effective, are not the minimum required and may not be necessary for effective sanitization. Thus, 171°F is the benchmark temperature that balances effectiveness with practical application in food safety protocols.*

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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](mailto:hello@examzify.com).

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

<https://certifiedprofessionalfoodsafety.examzify.com>

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

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