

FOOD SAFETY MANAGER PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Who is authorized to apply restricted-use pesticides in a food facility?**
 - A. The pest control company
 - B. Any employee with a safety training
 - C. The chef
 - D. A certified applicator

- 2. To safely cool TCS foods from 135°F to 41°F or below, which cooling plan is recommended?**
 - A. Cool from 135°F to 41°F within 2 hours
 - B. Cool from 135°F to 70°F within 2 hours, then from 70°F to 41°F within the next 4 hours
 - C. Cool from 135°F to 90°F in 3 hours, then to 41°F in 2 more hours
 - D. Cool from 135°F to 70°F within 4 hours, then 70°F to 41°F within 2 hours

- 3. When calibrating a thermometer using the ice-water method, what target temperature should the bath reach?**
 - A. 0°C (32°F)
 - B. -10°C
 - C. 100°C
 - D. 25°C

- 4. How often should high-use, food-contact surfaces be cleaned and sanitized during operation?**
 - A. At frequent intervals during service and after tasks involving different foods or raw meat; follow SOPs
 - B. Once per shift
 - C. Only after a spill
 - D. Never

- 5. Where in a grocery store is a service animal allowed?**
 - A. The stockroom
 - B. The checkout area
 - C. The dairy aisle
 - D. The bakery

- 6. What is the safe refrigeration temperature for perishable foods?**
- A. 41°F (5°C) or below.
 - B. 32°F (0°C) or below.
 - C. 50°F (10°C) or below.
 - D. 45°F (7°C) or below.
- 7. During a busy period, if a food worker stops to tie their shoe, what must they do before resuming food preparation?**
- A. Wash hands with soap and water
 - B. Rinse hands under cold water
 - C. Put on gloves without washing
 - D. Wipe hands on apron
- 8. Which item is among the major food allergen groups?**
- A. Rice
 - B. Water
 - C. Walnuts
 - D. Salt
- 9. Which statement best describes when disposable gloves should be changed during food preparation?**
- A. Only when torn
 - B. When contaminated, torn, or soiled; when switching tasks or after handling raw foods
 - C. Every 8 hours
 - D. Never during a shift
- 10. After returning to the kitchen from the trash and applying hand antiseptic, what should a manager direct the worker to do next?**
- A. Sanitize hands
 - B. Wash hands
 - C. Return to duties
 - D. Dry hands

Answers

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

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Explanations

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1. Who is authorized to apply restricted-use pesticides in a food facility?

- A. The pest control company
- B. Any employee with a safety training
- C. The chef
- D. A certified applicator**

Restricted-use pesticides are controlled because they pose higher risks, so they must be handled by someone who is certified and trained to use them safely. In a food facility, only a person who holds a pesticide applicator certification is authorized to apply these products. This certification ensures the individual understands label directions, safety practices, proper application methods, reentry intervals, and record-keeping to prevent contamination of food and food-contact surfaces. A pest control company may employ certified applicators, but the key point is that the authorization comes from the person who is certified and performing the application, not merely the company. Training alone isn't enough to authorize application of restricted-use pesticides, and a chef isn't credentialed to apply these products.

2. To safely cool TCS foods from 135°F to 41°F or below, which cooling plan is recommended?

- A. Cool from 135°F to 41°F within 2 hours
- B. Cool from 135°F to 70°F within 2 hours, then from 70°F to 41°F within the next 4 hours**
- C. Cool from 135°F to 90°F in 3 hours, then to 41°F in 2 more hours
- D. Cool from 135°F to 70°F within 4 hours, then 70°F to 41°F within 2 hours

Cooling TCS foods safely relies on a two-stage cooling approach. You must get from 135°F down to 70°F within 2 hours, then continue cooling from 70°F to 41°F or lower within the next 4 hours. This keeps the total cooling time at 6 hours and limits the time the food spends in the danger zone where bacteria grow rapidly. The plan that matches this exactly is to cool from 135°F to 70°F within 2 hours, then from 70°F to 41°F within the next 4 hours. This aligns with the standard cooling rule and minimizes microbial growth risk. Plans that try to reach 41°F in 2 hours skip the required intermediate step to 70°F and don't meet the 2-hour initial cooling guideline. A plan that targets 90°F in 3 hours doesn't reach the mandated 70°F within the 2-hour window, leaving the food in a higher, riskier temperature for too long. A plan that takes 4 hours to reach 70°F is too slow for the first stage, missing the essential 2-hour limit to drop to 70°F.

3. When calibrating a thermometer using the ice-water method, what target temperature should the bath reach?

A. 0°C (32°F)

B. -10°C

C. 100°C

D. 25°C

The target temperature for an ice-water calibration is 0°C (32°F). This is the freezing point of water at standard atmospheric pressure, and when you have a mixture of ice and water, the temperature stabilizes right at this point. That stable 0°C serves as a reliable fixed reference to check whether the thermometer reads accurately. To do it correctly, use crushed ice and clean water to make a slushy ice-water bath, stir to ensure uniform temperature, and insert the thermometer so the sensing end is fully immersed without touching the sides or bottom of the container. Wait for the reading to stabilize; if the thermometer shows 0°C, it's properly calibrated. If it doesn't, adjust or recheck the setup. Why the other temperatures don't fit: -10°C would require a colder medium than an ice-water mix can provide; it's not a fixed reference point available with ordinary ice and water. 100°C is the boiling point of water at standard pressure, not the temperature of an ice-water bath. 25°C is room temperature and does not represent a fixed point for calibration.

4. How often should high-use, food-contact surfaces be cleaned and sanitized during operation?

A. At frequent intervals during service and after tasks involving different foods or raw meat; follow SOPs

B. Once per shift

C. Only after a spill

D. Never

Maintaining hygiene on high-use, food-contact surfaces requires cleaning and sanitizing frequently during operation. Surfaces like cutting boards, prep counters, knives, and slicers can quickly accumulate residues from different foods and come into contact with raw meat and ready-to-eat items. Cleaning and sanitizing at frequent intervals during service, and after tasks involving different foods or raw meat, helps remove residues and ensures the sanitizer remains effective, significantly reducing the risk of cross-contamination. Following standard operating procedures ensures the right sanitizer concentration and proper contact time so disinfection actually occurs. Other options fall short because cleaning only once per shift allows ongoing contamination during service, cleaning only after a spill ignores routine residues and cross-contact, and never cleaning is obviously unsafe and fails to protect food safety.

5. Where in a grocery store is a service animal allowed?

A. The stockroom

B. The checkout area

C. The dairy aisle

D. The bakery

Service animals are allowed in public areas of a grocery store to help customers with disabilities. The key rule is that they may accompany the person in areas where customers are welcome and able to shop, such as the sales floor and checkout area, and this can include aisles like dairy or bakery. The stockroom, on the other hand, is not open to the public and is generally restricted to staff for safety and sanitation reasons, so a service animal would not be allowed there. In practice, the checkout area is a common, clearly accessible public space where a service animal can assist its handler through the purchase process, as long as the animal is under control and the handler follows hygiene and safety guidelines.

6. What is the safe refrigeration temperature for perishable foods?

- A. 41°F (5°C) or below.**
- B. 32°F (0°C) or below.
- C. 50°F (10°C) or below.
- D. 45°F (7°C) or below.

Keeping perishables cold slows the growth of harmful bacteria. The best choice is 41°F (5°C) or below, which aligns with standard guidance to keep refrigerated foods at about 40°F (4°C) or lower. This temperature helps minimize microbial growth and reduces the risk of spoilage and illness. The other temperatures aren't suitable for refrigeration: 32°F (0°C) would freeze many foods and isn't the typical fridge setting for all perishables; 50°F (10°C) and 45°F (7°C) are warm enough to allow microbes to multiply more quickly, increasing risk.

7. During a busy period, if a food worker stops to tie their shoe, what must they do before resuming food preparation?

- A. Wash hands with soap and water**
- B. Rinse hands under cold water
- C. Put on gloves without washing
- D. Wipe hands on apron

Hands must be washed with soap and water before resuming food preparation after any interruption. When you pause to tie a shoe or step away from the cook line, your hands can pick up dirt, grease, and microbes. Soap, along with friction from scrubbing for at least about 20 seconds, lifts and removes those contaminants from the skin so they aren't transferred to food, utensils, or surfaces once you continue. Rinsing with cold water alone doesn't effectively remove oils and microorganisms. Wiping hands on an apron can transfer contaminants to clothing and doesn't clean the skin. Putting on gloves without washing doesn't ensure cleanliness—gloves can become contaminated and donning them without clean hands creates a false sense of protection. Gloves are intended to be used after hands are clean and dry. If hands are visibly dirty, wash them; sanitizer alone isn't a substitute for washing when hand hygiene is required.

8. Which item is among the major food allergen groups?

- A. Rice
- B. Water
- C. Walnuts**
- D. Salt

Recognizing major food allergen groups means knowing the foods most commonly responsible for severe allergic reactions and that require labeling. Walnuts are a tree nut, which is one of these recognized major allergen groups. That's why they fit the category. The other items—rice, water, and salt—are not part of the major allergen groups, so they don't meet that criterion.

9. Which statement best describes when disposable gloves should be changed during food preparation?

- A. Only when torn
- B. When contaminated, torn, or soiled; when switching tasks or after handling raw foods**
- C. Every 8 hours
- D. Never during a shift

Gloves are a protective barrier, but they can still pick up contaminants. The best practice is to change disposable gloves whenever there is a risk of cross-contamination: if they become contaminated, torn, or soiled; when you switch to a different task; or after handling raw foods. This prevents pathogens from moving from raw items or dirty surfaces to ready-to-eat foods. Remember, gloves don't replace handwashing—wash hands before putting gloves on and after removing them. Options that rely on changes only under tearing, on a fixed schedule like every 8 hours, or never changing during a shift ignore these risk points and can lead to cross-contact.

10. After returning to the kitchen from the trash and applying hand antiseptic, what should a manager direct the worker to do next?

- A. Sanitize hands
- B. Wash hands**
- C. Return to duties
- D. Dry hands

The main idea is that after touching trash, hands must be cleaned thoroughly with soap and running water. A hand antiseptic helps reduce germs, but it doesn't remove soil, debris, or all contaminants that may be on trash-related surfaces. Therefore, the next step is to wash hands properly—wet, lather with soap, scrub for about 20 seconds (including under fingernails and between fingers), rinse well, and dry with a clean disposable towel. After washing, you can re apply sanitizer if needed, but washing first is essential before resuming work in food preparation.

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.

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

<https://foodsafetymngr.examzify.com>

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

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