

INDIANA SERVSAFE NEHA MANAGER PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. What is the recommended action if a food handler has symptoms of gastrointestinal illness?**
 - A. Continue working but wear gloves
 - B. Report to a supervisor and leave the premises
 - C. Self-medicate and continue working
 - D. Wait for symptoms to resolve
- 2. What is the best way to keep food safe during delivery?**
 - A. Store food in a refrigerator during transport
 - B. Use insulated containers and monitor temperatures
 - C. Wrap food in foil for protection
 - D. Deliver food as quickly as possible regardless of temperature
- 3. How should cleaning supplies be stored in a food facility?**
 - A. In the food preparation areas
 - B. On countertops near food
 - C. Away from food and food preparation areas
 - D. In the same area as food containers
- 4. Which of these is a main vehicle for virus transfer?**
 - A. Clothing and equipment
 - B. Hand contact surfaces
 - C. Food contact surfaces
 - D. Flies
 - E. All of the above
- 5. What is the safe temperature range for storing cold food?**
 - A. 32°F to 40°F
 - B. 41°F to 50°F
 - C. 33°F to 41°F
 - D. 36°F to 42°F

- 6. What is the recommended procedure for cooling hot foods?**
- A. Cool from 135°F to 70°F within 1 hour, then to 41°F within 3 hours
 - B. Cool from 135°F to 70°F within 2 hours, then to 41°F within an additional 4 hours
 - C. Cool to room temperature and refrigerate
 - D. Cool from 200°F to 140°F immediately
- 7. An employee would NOT have to notify the manager of the following symptoms:**
- A. An open wound that cannot be protected by a bandage
 - B. A sore throat with fever
 - C. A migraine headache
 - D. Vomiting, diarrhea, or jaundice
- 8. What is a critical aspect of safety when using chemicals in food service?**
- A. Mix chemicals together for effectiveness
 - B. Always follow the manufacturer's instructions and use protective gear
 - C. Use chemicals only when necessary
 - D. Store all chemicals near food areas
- 9. What is the role of monitoring in food safety practices?**
- A. To eliminate food waste completely
 - B. To identify areas for improvement
 - C. To ensure staff are punished for errors
 - D. To increase overall food costs
- 10. What is one way customers can help minimize pests at an outdoor dining area?**
- A. Do not throw away food wrappers
 - B. Do not dine near a dumpster
 - C. Do not wear brightly colored clothing
 - D. Do not feed wildlife

Answers

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

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Explanations

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1. What is the recommended action if a food handler has symptoms of gastrointestinal illness?

- A. Continue working but wear gloves
- B. Report to a supervisor and leave the premises**
- C. Self-medicate and continue working
- D. Wait for symptoms to resolve

If a food handler exhibits symptoms of gastrointestinal illness, the recommended action is to report to a supervisor and leave the premises. This is critical for maintaining food safety and preventing the potential spread of illness within food service operations. Gastrointestinal symptoms can be indicative of contagious conditions such as norovirus or Salmonella, which can be easily transmitted through food handling. By reporting to a supervisor and leaving, the food handler ensures that they are not preparing or serving food while potentially infectious. This measure helps protect the health of customers and colleagues, as well as complying with food safety regulations that mandate reporting illness among food workers. The focus on immediate action rather than self-treatment or attempting to work while symptomatic underscores the importance of public health in the food industry.

2. What is the best way to keep food safe during delivery?

- A. Store food in a refrigerator during transport
- B. Use insulated containers and monitor temperatures**
- C. Wrap food in foil for protection
- D. Deliver food as quickly as possible regardless of temperature

Using insulated containers and monitoring temperatures is crucial for keeping food safe during delivery. Insulated containers help maintain appropriate temperatures, which is essential to prevent the growth of harmful bacteria. By keeping hot foods hot and cold foods cold, the risk of foodborne illness is significantly reduced. Additionally, actively monitoring temperatures ensures that food remains within the safe temperature zone throughout the delivery process, confirming that it is safe for consumption when it reaches its destination. The other options do not adequately address the critical factors of temperature control during transport. While storing food in a refrigerator would work well for storage, it is not practical during delivery. Wrapping food in foil may provide some protection but does not address temperature control effectively. Delivering food as quickly as possible without considering temperature can pose serious health risks, as food may not remain safe if it is held at inappropriate temperatures for too long. Thus, using insulated containers and monitoring temperatures clearly stands out as the best approach to ensuring food safety during delivery.

3. How should cleaning supplies be stored in a food facility?

- A. In the food preparation areas
- B. On countertops near food
- C. Away from food and food preparation areas**
- D. In the same area as food containers

Cleaning supplies should be stored away from food and food preparation areas to prevent the risk of contamination. This is crucial for ensuring food safety and maintaining a hygienic environment in a food facility. When cleaning supplies are stored in close proximity to food, there is a risk that food could become contaminated with harmful chemicals, which could pose serious health risks to consumers. By keeping cleaning supplies stored separately, ideally in a designated area that is clearly marked and away from food storage and preparation sites, food facilities can minimize the likelihood of cross-contamination. This practice aligns with food safety regulations and helps protect both employees handling food and the customers consuming it. It is essential to adhere to these protocols to maintain a safe and sanitary food service operation.

4. Which of these is a main vehicle for virus transfer?

- A. Clothing and equipment
- B. Hand contact surfaces
- C. Food contact surfaces
- D. Flies

E. All of the above

Viruses can be transmitted in various ways, and understanding these transmission routes is crucial for food safety. The inclusion of all listed options highlights that each can be a potential vehicle for virus transfer in a food service environment. Clothing and equipment can harbor viruses, especially if they come into contact with infected individuals or contaminated surfaces. Hand contact surfaces, such as door handles or countertops, can also serve as vectors, as someone who has been in contact with a virus can transfer it to these surfaces, where it can linger and be picked up by the next person. Food contact surfaces present a risk when they are not sanitized properly, as they can transfer viruses directly to the food that will be consumed. Lastly, flies can act as mechanical vectors by landing on contaminated surfaces or food, then spreading pathogens as they move. Therefore, the acknowledgment of all these elements as primary vehicles for virus transfer underscores the need for thorough sanitation practices and vigilant hygiene in food handling environments, as any of these could contribute to foodborne illness outbreaks.

5. What is the safe temperature range for storing cold food?

- A. 32°F to 40°F
- B. 41°F to 50°F
- C. 33°F to 41°F
- D. 36°F to 42°F

The safe temperature range for storing cold food is essential to prevent the growth of harmful bacteria that can lead to foodborne illnesses. The correct range for cold food storage is 33°F to 41°F. This temperature zone effectively slows down bacterial growth, ensuring that food remains safe for consumption. Option C accurately reflects this guideline, as keeping food within this range helps maintain its freshness and reduces the risk of spoilage. It is crucial for food safety protocols to strictly adhere to these temperature guidelines, especially in settings such as restaurants, catering events, or any food service industry. When food is stored between 32°F and 41°F, it remains safe without freezing, allowing for the optimal preservation of most perishable foods. Storing food at temperatures outside this range, such as those proposed in the other choices, could encourage bacterial growth, putting consumers at risk.

6. What is the recommended procedure for cooling hot foods?

- A. Cool from 135°F to 70°F within 1 hour, then to 41°F within 3 hours
- B. Cool from 135°F to 70°F within 2 hours, then to 41°F within an additional 4 hours**
- C. Cool to room temperature and refrigerate
- D. Cool from 200°F to 140°F immediately

The recommended procedure for cooling hot foods is to cool from 135°F to 70°F within 2 hours, and then to 41°F within an additional 4 hours. This method is critical to ensure food remains safe during the cooling process. The initial drop in temperature from 135°F to 70°F is particularly important, as harmful bacteria can thrive in the temperature range of 70°F to 135°F. By limiting the time it takes to reach the 70°F mark to 2 hours, the risk of bacteria growth is minimized. Following this, the food must be cooled to 41°F within an additional 4 hours, ensuring it reaches a safe temperature for storage. This procedure aligns with food safety guidelines established by health authorities to prevent foodborne illnesses. While other choices might suggest practical cooling methods, they do not meet the established safety standards necessary for effective cooling and food safety management.

7. An employee would NOT have to notify the manager of the following symptoms:

- A. An open wound that cannot be protected by a bandage
- B. A sore throat with fever
- C. A migraine headache**
- D. Vomiting, diarrhea, or jaundice

An employee is required to notify management about symptoms that can be indicative of a foodborne illness or present a risk to food safety. Symptoms like an open wound, sore throat with fever, vomiting, diarrhea, or jaundice are all signs that could potentially affect food safety and public health. A migraine headache, while it may affect an employee's ability to work, does not directly relate to food safety or the transmission of illnesses. Therefore, the presence of a migraine headache does not create a food safety risk that would necessitate notifying a manager, allowing the employee to prioritize their health without the added responsibility of reporting it. Understanding the significance of different symptoms in relation to food safety is essential for maintaining a safe food handling environment.

8. What is a critical aspect of safety when using chemicals in food service?

- A. Mix chemicals together for effectiveness
- B. Always follow the manufacturer's instructions and use protective gear**
- C. Use chemicals only when necessary
- D. Store all chemicals near food areas

Following the manufacturer's instructions and using protective gear is a critical aspect of safety when using chemicals in food service because manufacturers provide specific guidelines on how to safely use their products, which includes directions on dilution, application, and safety measures. Adhering to these guidelines ensures that the chemicals are effective while minimizing risks to both employees and customers. Additionally, the use of protective gear—such as gloves, masks, and goggles—serves to protect staff from potential chemical burns or respiratory issues. Proper training on handling chemicals, understanding Material Safety Data Sheets (MSDS), and ensuring that safety protocols are in place are fundamental to maintaining a safe food service environment. The other options present practices that are either unsafe or less effective. Mixing chemicals can lead to dangerous reactions, using chemicals only when necessary may not ensure thorough sanitation, and storing chemicals near food areas poses a contamination risk. Proper chemical management is imperative for upholding health and safety standards in food service operations.

9. What is the role of monitoring in food safety practices?

- A. To eliminate food waste completely
- B. To identify areas for improvement**
- C. To ensure staff are punished for errors
- D. To increase overall food costs

Monitoring plays a critical role in food safety practices as it involves the ongoing observation and assessment of how food safety procedures are being implemented. The primary objective of monitoring is to identify areas for improvement, ensuring that food safety standards are maintained consistently. By regularly checking practices and processes, managers and staff can recognize trends, detect potential hazards, and evaluate the effectiveness of current protocols. This proactive approach allows for timely corrective actions to be taken before any food safety issues escalate into larger problems. For example, if monitoring reveals that certain food is not being stored at the required temperature, training can be provided to staff or adjustments can be made to storage practices to prevent foodborne illness. Other options, such as eliminating food waste completely or punishing staff for errors, do not reflect the true purpose of monitoring. Additionally, increasing food costs is not directly related to the objective of enhancing food safety; rather, the focus is on maintaining a safe food environment which may ultimately lead to reduced costs associated with waste and foodborne illnesses. Thus, recognizing the importance of monitoring in identifying areas for improvement is essential for effective food safety management.

10. What is one way customers can help minimize pests at an outdoor dining area?

- A. Do not throw away food wrappers
- B. Do not dine near a dumpster
- C. Do not wear brightly colored clothing
- D. Do not feed wildlife**

One effective way for customers to help minimize pests in an outdoor dining area is by not feeding wildlife. When people feed animals such as birds or squirrels, it encourages them to return and can attract larger pests, including rodents. Feeding wildlife creates an artificial food source that can lead to an increase in animal populations near dining areas, which may result in infestations that impact both the health and enjoyment of guests. In contrast, throwing away food wrappers or dining near a dumpster can contribute to attracting pests, as discarded food items or trash can become breeding grounds for insects and other vermin. Wearing brightly colored clothing does not have a significant impact on pest control and is unrelated to pest management in food service environments. Thus, avoiding the act of feeding wildlife is a simple yet effective strategy for patrons to assist in keeping outdoor dining spaces pest-free.

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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.

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

<https://inservsafenehamngr.examzify.com>

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

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