

Jersey Mikes Phase 1 Practice Exam (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

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- 1. What is the main selling point of Jersey Mike's "Sub in a Tub"?**
 - A. It comes with extra cheese**
 - B. It is a low-carb option served with bread**
 - C. It is a low-carb option served without the bread**
 - D. It includes a drink and dessert**

- 2. When should items be discarded due to being in the danger zone?**
 - A. After 1 hour**
 - B. After 2 hours**
 - C. After 4 hours**
 - D. After 6 hours**

- 3. What size options does Jersey Mike's offer for their sub sandwiches?**
 - A. Regular and Mini**
 - B. Medium and Large**
 - C. Regular and Giant**
 - D. Small and Large**

- 4. What is the correct way to pass sandwiches down the line?**
 - A. By the label**
 - B. By the ends**
 - C. By the middle**
 - D. By the handles**

- 5. What is the temperature danger zone for food safety?**
 - A. 32 - 100 degrees**
 - B. 41 - 135 degrees**
 - C. 50 - 160 degrees**
 - D. 70 - 180 degrees**

- 6. What types of bread are typically scored before baking?**
- A. Whole grain, Rye, Mini rolls**
 - B. White, Rparam, Minis**
 - C. Multigrain, Ciabatta, Baguette**
 - D. Sourdough, Focaccia, English muffins**
- 7. What is the thickness at which tomatoes are sliced?**
- A. 1/8 inch**
 - B. 1/4 inch**
 - C. 3/16 inch**
 - D. 1/2 inch**
- 8. What is required to maintain a smooth workflow during food preparation?**
- A. Frequent breaks**
 - B. Daily checklists**
 - C. Extra staff**
 - D. Advanced training**
- 9. What is the maximum time allowed for foods to cool to 70 degrees Fahrenheit?**
- A. 1 hour**
 - B. 2 hours**
 - C. 3 hours**
 - D. 4 hours**
- 10. How many ounces of onions are needed for a hot sub?**
- A. 1.0 oz**
 - B. 1.25 oz**
 - C. 1.5 oz**
 - D. 2.0 oz**

Answers

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

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Explanations

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1. What is the main selling point of Jersey Mike's "Sub in a Tub"?

- A. It comes with extra cheese**
- B. It is a low-carb option served with bread**
- C. It is a low-carb option served without the bread**
- D. It includes a drink and dessert**

The main selling point of Jersey Mike's "Sub in a Tub" is that it is a low-carb option served without the bread. This choice caters to customers who are looking for healthier alternatives or those following low-carb diets, allowing them to enjoy the flavorful ingredients of a traditional sub without the added carbohydrates from the bread. By removing the bread, Jersey Mike's effectively provides a way for individuals to enjoy the same ingredients—like meats, vegetables, and dressings—while aligning with their dietary preferences or restrictions. This option has become increasingly popular among health-conscious consumers, who appreciate the ability to indulge in a satisfying meal without compromising their dietary choices.

2. When should items be discarded due to being in the danger zone?

- A. After 1 hour**
- B. After 2 hours**
- C. After 4 hours**
- D. After 6 hours**

In food safety terminology, the "danger zone" refers to the temperature range from 41°F to 135°F (5°C to 57°C) where bacteria can grow rapidly in perishable foods. It's critical to limit the time that food spends in this temperature range to reduce the risk of foodborne illness. Items should be discarded after 4 hours if they have been maintained within the danger zone. This standard is based on research indicating that harmful bacteria can multiply to levels that pose a significant risk to health within that timeframe. Beyond 4 hours, the likelihood of contamination increases substantially, making it unsafe to consume the food. The other timeframes outlined do not adequately address the risk associated with prolonged exposure within the danger zone. For instance, items discarded after 1 hour may still be safe to consume, while 2 hours may also fall within acceptable safety limits, depending on specific food handling practices. However, the 4-hour mark is crucial in food safety protocols to ensure that consumers are protected against potential foodborne illnesses.

3. What size options does Jersey Mike's offer for their sub sandwiches?

- A. Regular and Mini**
- B. Medium and Large**
- C. Regular and Giant**
- D. Small and Large**

Jersey Mike's provides its sub sandwiches in two distinct sizes: Regular and Giant. The Regular size is perfect for a standard meal, while the Giant size offers more substantial portions, suitable for those with a larger appetite or for sharing. These options cater to varying hunger levels and preferences among customers, allowing for a more personalized dining experience. The other options present different size designations that do not align with Jersey Mike's established naming conventions. Understanding the differences in size options is crucial for customers who are looking to get the right amount of food to satisfy their hunger.

4. What is the correct way to pass sandwiches down the line?

- A. By the label**
- B. By the ends**
- C. By the middle**
- D. By the handles**

Passing sandwiches down the line by the ends is the correct method because it ensures that the sandwiches are handled minimally and remain intact during the transfer. Handing them by the ends reduces the risk of squishing or damaging the fillings, which can happen if sandwiches are passed by the middle or handles. This approach also allows for better grip and control for the team members on either side of the sandwich, promoting efficiency and maintaining the sandwich's presentation. Handing by the label, middle, or handles can lead to challenges. For example, passing by the label can obstruct the view of the ingredients for the person receiving the sandwich, making it harder to identify it quickly. Passing by the middle may increase the chances of mishandling and disruption of the sandwich structure. Lastly, using the handles, if they exist, can sometimes lead to a less secure hold, especially if the sandwich isn't built to be grabbed that way, risking spills or breakage.

5. What is the temperature danger zone for food safety?

- A. 32 - 100 degrees
- B. 41 - 135 degrees**
- C. 50 - 160 degrees
- D. 70 - 180 degrees

The temperature danger zone for food safety is defined as the range in which bacteria can grow rapidly, increasing the risk of foodborne illnesses. This range is typically recognized as being from 41 degrees Fahrenheit to 135 degrees Fahrenheit. In this zone, perishable foods can become unsafe quickly if they are not kept either below or above these temperatures. Understanding this range is crucial for anyone handling food, as it emphasizes the importance of monitoring temperatures when storing, preparing, and serving food. Foods should be kept out of this danger zone to prevent bacterial growth, which can lead to foodborne illnesses. Keeping foods refrigerated below 41 degrees or heated above 135 degrees helps ensure they remain safe for consumption. Other ranges provided in the choices do not align with established food safety guidelines and therefore do not reflect the critical temperatures necessary for preventing foodborne illnesses.

6. What types of bread are typically scored before baking?

- A. Whole grain, Rye, Mini rolls
- B. White, Rparam, Minis**
- C. Multigrain, Ciabatta, Baguette
- D. Sourdough, Focaccia, English muffins

Scoring bread before baking is a common technique used to control the expansion of the dough during the baking process. The correct answer highlights types of bread that are typically meant to be scored to allow steam to escape and create a more controlled rise, contributing to their overall texture and appearance. The breads mentioned in the correct choice, including white bread and certain artisanal varieties, benefit from scoring as it helps create a desirable crust and aesthetic appeal. Scoring allows bakers to guide how the bread expands in the oven, resulting in distinct patterns and preventing the loaf from bursting in uncontrolled ways. Other options contain bread types that either do not require scoring or are not traditionally scored. Whole grain and rye breads have denser doughs that may not necessarily need scoring, while mini rolls often have a bite-sized form that typically expands well without the need for scores. Similarly, ciabatta and baguette may be scored, but those do not fit the context provided in the correct answer, as they stand out from the others mentioned. Hence, the answer provides insight into the role of scoring in bread-making for the specific varieties listed.

7. What is the thickness at which tomatoes are sliced?

- A. 1/8 inch
- B. 1/4 inch
- C. 3/16 inch**
- D. 1/2 inch

The thickness at which tomatoes are sliced is commonly 3/16 inch. This specific thickness allows for a balance between texture and flavor in sandwiches. Slicing tomatoes at 3/16 inch ensures they are thick enough to provide a satisfying bite without overwhelming other ingredients or causing the sandwich to become too soggy. It also allows the natural juices of the tomato to be released effectively, enhancing the overall flavor of the dish. Other thickness options, such as 1/4 inch or 1/2 inch, might lead to tomatoes that are too thick, making them challenging to eat in a sandwich form, while 1/8 inch sliced tomatoes could be too thin, risking an oversaturation of moisture in the sandwich. Ultimately, 3/16 inch is the ideal compromise that maintains integrity in both taste and structure.

8. What is required to maintain a smooth workflow during food preparation?

- A. Frequent breaks
- B. Daily checklists**
- C. Extra staff
- D. Advanced training

Maintaining a smooth workflow during food preparation relies heavily on structured organization and clear communication, which is effectively supported by daily checklists. These checklists serve as a valuable tool for ensuring that all necessary tasks are completed in a timely manner. They help staff keep track of their responsibilities, from prep work to cleaning, and minimize the chances of overlooking important steps in the food preparation process. When using daily checklists, employees can prioritize their tasks, manage their time efficiently, and ensure that everything needed for service is prepared ahead of time. This not only enhances productivity but also contributes to food safety and quality, as it encourages staff to follow established procedures and standards consistently. Having frequent breaks, additional staff, or advanced training can offer some support in maintaining workflow, but they do not directly address the everyday organizational needs that arise during food preparation. A checklist provides a tangible guideline for staff, making it easier to maintain consistency and quality in the kitchen.

9. What is the maximum time allowed for foods to cool to 70 degrees Fahrenheit?

- A. 1 hour**
- B. 2 hours**
- C. 3 hours**
- D. 4 hours**

The maximum time allowed for foods to cool to 70 degrees Fahrenheit is set at 2 hours to ensure food safety. This guideline is based on the understanding that food can enter the "danger zone" (between 41°F and 135°F) where bacteria can grow rapidly if left at unsafe temperatures for too long. By limiting the cooling process to 2 hours, it minimizes the risk of bacterial growth, helping to maintain food safety standards. Cooling food adequately within this time frame helps ensure that any potential pathogens are less likely to proliferate, thereby reducing the risk of foodborne illnesses. Adhering to this guideline is crucial in both professional and home kitchens for maintaining food quality and safety.

10. How many ounces of onions are needed for a hot sub?

- A. 1.0 oz**
- B. 1.25 oz**
- C. 1.5 oz**
- D. 2.0 oz**

For a hot sub at Jersey Mike's, the correct amount of onions needed is 1.25 ounces. This portion size is designed to provide a balanced flavor profile, allowing the onions to complement the other ingredients without overwhelming them. The specified portion helps maintain consistency in taste and quality across different subs, ensuring that each order meets customer expectations. Properly measuring ingredients is crucial in a sandwich shop to maintain the brand's standard and fulfill customer satisfaction.

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://jerseymikesphase1.examzify.com>

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

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