

National Registry of Food Safety Professionals (NRFSP) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

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- 1. What is the correct procedure for a chef to taste test food?**
 - A. Use the same spoon previously used to taste**
 - B. Stir the food before testing**
 - C. Use a small finger to taste**
 - D. Use a clean sanitized utensil each time they taste**
- 2. Which method is NOT permissible for handling ready-to-eat foods?**
 - A. Tongs**
 - B. Gloved hands**
 - C. Deli paper**
 - D. Bare hands**
- 3. What method can NOT effectively prevent trichinosis?**
 - A. Freezing the pork supply**
 - B. Thoroughly cooking pork**
 - C. Purchasing pork from approved sources**
 - D. Refrigerating pork for 30 days**
- 4. Which of the following pathogens is associated with improperly handled dairy products?**
 - A. A. E. coli**
 - B. B. Salmonella**
 - C. C. Listeria**
 - D. D. Norovirus**
- 5. When using the FIFO method for stock rotation, which food should be used first?**
 - A. Most recently delivered**
 - B. Oldest**
 - C. Out of date**
 - D. Freshest**

- 6. In which location may mop water be disposed of?**
- A. Three-compartment sink**
 - B. Ladies restroom**
 - C. The utility sink**
 - D. Men's urinal**
- 7. When is it most important for a Food Employee to wash their hands?**
- A. When switching from wiping down the cooler to taking out the trash.**
 - B. When switching from handling money to touching the cash register.**
 - C. When switching from preparing raw food to ready-to-eat food.**
 - D. When switching from stocking the dry storage area to stocking the cooler.**
- 8. What mistake did the chef make while preparing for the lunch buffet?**
- A. The chef washed his hands before starting work.**
 - B. The cooler temperature was too warm.**
 - C. A steam table was used to reheat food.**
 - D. The chef did not wash his hands before answering the phone.**
- 9. Food borne illnesses can often be traced back to which of the following factors?**
- A. A. Poor personal hygiene**
 - B. B. Infrequent handwashing**
 - C. C. Inappropriate cooking temperatures**
 - D. D. All of the above**
- 10. What should a Food Manager correct immediately in a walk-in cooler?**
- A. Raw foods stored above ready-to-eat foods**
 - B. Loosely covered cooked food cooling on the top shelf**
 - C. Ice being used to cool sauce in a shallow pan**
 - D. Foods stored in plastic containers with lids after cooled**

Answers

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

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Explanations

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1. What is the correct procedure for a chef to taste test food?

- A. Use the same spoon previously used to taste
- B. Stir the food before testing
- C. Use a small finger to taste
- D. Use a clean sanitized utensil each time they taste**

The correct procedure for a chef to taste test food is to use a clean sanitized utensil each time they taste. This practice is essential for maintaining food safety and preventing cross-contamination. By using a new, clean utensil for each taste test, the chef ensures that any bacteria or contaminants from their mouth do not get transferred to the food. This is particularly important in a professional kitchen where multiple ingredients and dishes are being prepared. Using a different utensil for each taste not only helps in ensuring hygiene but also allows for a more accurate assessment of the flavor and seasoning of the dish. It is critical for chefs to adhere to this standard as part of their food safety training to protect the health of customers and maintain high culinary standards. In contrast, using the same spoon, stirring the food before testing, or tasting with a finger could compromise safety and lead to foodborne illnesses.

2. Which method is NOT permissible for handling ready-to-eat foods?

- A. Tongs
- B. Gloved hands
- C. Deli paper
- D. Bare hands**

Using bare hands to handle ready-to-eat foods is not permissible because it poses a significant risk of contaminating food with pathogens or allergens that may be present on a person's skin. This practice violates food safety regulations aimed at preventing foodborne illnesses. In contrast, using tongs, gloved hands, or deli paper provides safe alternatives for handling these foods, as these methods help minimize direct contact with the food. Gloves can create a barrier that protects the food from contaminants, while tongs and deli paper allow for manipulation without touching the food directly, thereby promoting hygiene and safety in food service environments.

3. What method can NOT effectively prevent trichinosis?

- A. Freezing the pork supply
- B. Thoroughly cooking pork
- C. Purchasing pork from approved sources
- D. Refrigerating pork for 30 days**

The method that cannot effectively prevent trichinosis is refrigerating pork for 30 days. Trichinosis is caused by the consumption of undercooked meat from animals infected with *Trichinella* larvae, particularly found in pork. Refrigeration does not kill these larvae effectively; while it can slow down the growth of bacteria, it does not eliminate parasites such as *Trichinella*. To ensure the safety of pork, it is critical to thoroughly cook it to the appropriate internal temperature, which is effective in killing the larvae. Freezing pork can also be effective, but it requires specific conditions such as extremely low temperatures maintained for a sufficient duration, generally at least three weeks. Purchasing pork from approved sources also helps, as it ensures that the meat has been inspected and deemed safe for consumption.

4. Which of the following pathogens is associated with improperly handled dairy products?

- A. A. E. coli**
- B. B. Salmonella**
- C. C. Listeria**
- D. D. Norovirus**

Listeria is the correct choice in this context, as it is specifically associated with improperly handled dairy products, including unpasteurized milk and cheeses made from unpasteurized milk. This bacterium can thrive in refrigerated environments, which makes dairy products particularly susceptible to contamination and growth if proper hygiene and safety practices are not followed during processing, handling, and storage. Listeria monocytogenes can cause listeriosis, a serious infection that primarily affects pregnant women, newborns, older adults, and individuals with weakened immune systems. This underscores the critical importance of stringent food safety practices in dairy production and handling to prevent such pathogen transmission. While E. coli and Salmonella can also be linked to dairy products, they are more commonly associated with undercooked meats, contaminated vegetables, and raw milk in different contexts. Norovirus is primarily linked to contaminated water or food that has been handled by an infected person, rather than specifically tied to dairy products as Listeria is. Understanding these pathogen associations helps in implementing effective food safety measures within the food industry.

5. When using the FIFO method for stock rotation, which food should be used first?

- A. Most recently delivered**
- B. Oldest**
- C. Out of date**
- D. Freshest**

The FIFO (First In, First Out) method for stock rotation emphasizes using food items in the order they were received, ensuring that the oldest items are utilized first. This practice is crucial for maintaining food safety and minimizing waste, as it helps prevent foods from spoiling or becoming outdated while still in inventory. Using the oldest items first minimizes the chance of serving expired food and ensures that customers receive the freshest product possible. This method is particularly important in food service settings where perishable goods are involved, as it helps maintain quality and comply with food safety standards. In this context, the other options do not align with FIFO practices. The most recently delivered items would be the last used, as FIFO dictates that the oldest items should be prioritized. Out of date items should never be used first, as they pose a health risk. Freshest items, being the most recently acquired stock, will be used last in this method. Hence, focusing on the oldest items ensures a systematic and safe approach to inventory management.

6. In which location may mop water be disposed of?

- A. Three-compartment sink**
- B. Ladies restroom**
- C. The utility sink**
- D. Men's urinal**

The disposal of mop water should be done in a designated location that is appropriate for waste water, which is why using the utility sink is the correct choice. Utility sinks are designed for tasks involving cleaning equipment, including mops, and they provide a proper drainage system to handle the dirty water without contaminating other areas. Disposing of mop water in a three-compartment sink is not suitable, as this sink is intended for washing, rinsing, and sanitizing food equipment and utensils. The ladies restroom and men's urinal are also not appropriate places for disposing of mop water, as these areas are for personal hygiene and restroom use, not for handling and disposing of cleaning waste. Proper disposal ensures that hygiene standards are maintained and prevents cross-contamination in food service areas.

7. When is it most important for a Food Employee to wash their hands?

- A. When switching from wiping down the cooler to taking out the trash.**
- B. When switching from handling money to touching the cash register.**
- C. When switching from preparing raw food to ready-to-eat food.**
- D. When switching from stocking the dry storage area to stocking the cooler.**

Washing hands is particularly crucial when transitioning from preparing raw food to handling ready-to-eat food due to the risk of cross-contamination. Raw food, especially items like meat, poultry, and eggs, can harbor harmful pathogens such as bacteria and viruses. These pathogens can easily be transferred to ready-to-eat foods, which require no further cooking and could lead to foodborne illnesses if contaminated. By washing hands thoroughly after handling raw foods, food employees can significantly reduce the chance of pathogens being passed on to foods that will be consumed directly, thereby protecting the health and safety of customers. This practice aligns with proper food safety guidelines that emphasize the importance of hand hygiene at critical moments in food preparation. In contrast, while washing hands in the other scenarios is also important, the highest priority is given to activities directly involving raw and ready-to-eat foods due to their potential to impact public health more significantly.

8. What mistake did the chef make while preparing for the lunch buffet?

- A. The chef washed his hands before starting work.**
- B. The cooler temperature was too warm.**
- C. A steam table was used to reheat food.**
- D. The chef did not wash his hands before answering the phone.**

The mistake regarding the use of a steam table to reheat food is significant due to food safety standards. A steam table is designed to keep already cooked food warm and safe for serving rather than reheating it. When food is reheated, it should reach an internal temperature of at least 165°F quickly to kill any harmful bacteria that may have developed during storage. Steam tables typically do not provide sufficient heat to bring food up to this temperature quickly, increasing the risk of foodborne illness. Therefore, using a steam table for reheating food does not comply with best practices in food safety. While the other choices present various food safety practices, they do not represent critical mistakes. For instance, proper handwashing is essential for preventing contamination, and a cooler being too warm would represent a different type of issue in food safety related to storage. Not washing hands after answering the phone touches on hygiene, but it does not align directly with the reheating and holding of food. The decision to use a steam table incorrectly highlights a crucial error in food handling procedures.

9. Food borne illnesses can often be traced back to which of the following factors?

- A. A. Poor personal hygiene**
- B. B. Infrequent handwashing**
- C. C. Inappropriate cooking temperatures**
- D. D. All of the above**

Foodborne illnesses can indeed be traced back to multiple contributing factors, which is why "all of the above" is the correct choice. Each of the factors mentioned plays a significant role in the transmission of harmful pathogens. Poor personal hygiene is a critical factor. When food handlers do not maintain proper hygiene, such as not washing their hands after using the restroom or handling raw food, they can contaminate food with bacteria, viruses, or parasites. This can lead to outbreaks of foodborne illnesses. Infrequent handwashing is also a significant contributor. Regular and thorough handwashing is essential in breaking the chain of infection. Food handlers must wash their hands frequently, especially after using the restroom, touching their face, or handling raw ingredients, to prevent the transfer of pathogens to food. Inappropriate cooking temperatures are another important factor. Cooking food to the correct temperature kills harmful pathogens that may be present. If food is undercooked, it can harbor bacteria that survive and cause illness when consumed. Considering all these points, it is clear that each of these factors contributes to the risk of foodborne illnesses, making the option that encompasses all of them the most comprehensive and accurate choice.

10. What should a Food Manager correct immediately in a walk-in cooler?

- A. Raw foods stored above ready-to-eat foods**
- B. Loosely covered cooked food cooling on the top shelf**
- C. Ice being used to cool sauce in a shallow pan**
- D. Foods stored in plastic containers with lids after cooled**

The priority in food safety is to prevent cross-contamination between raw and ready-to-eat foods. Storing raw foods above ready-to-eat foods increases the risk of drips or spills that could transfer harmful bacteria from raw products to those that are ready for consumption. This practice directly violates food safety protocols designed to protect public health, as ready-to-eat foods should always be stored above raw foods to minimize contamination risk. By addressing this issue immediately, the food manager can help ensure that food safety standards are upheld, thereby reducing the likelihood of foodborne illnesses. Other choices, while concerning, do not present as immediate a threat as raw foods stored improperly, which could result in cross-contamination.