North Carolina Centralized Intern Training (CIT) – Food, Lodging, and Institutions Practice Test (Sample)

Study Guide

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Questions

1. What must be included on the label of raw shucked shellfish in nonreturnable containers?

A. Price

B. Cooking instructions

C. The date of packaging

D. A statement of identity

2. Which of the following is considered a non-TCS food?

A. Air-cooled hard boiled eggs

B. Pasteurized egg with intact shell

C. A food that supports the growth of pathogens

D. A food that does not support the growth of toxin-forming pathogens

3. What should TCS food not be date marked for more than?

A. 5 days

B. 7 days

C. 10 days

D. 14 days

4. Molluscan shellfish can only be removed from their original container when?

A. At any time for prep

B. After having been stored for 7 days

C. Immediately before service or sale

D. Once they have been cooked

5. What information is NOT required on food labels for food packaged in the facility?

A. Name or description of food

B. List of ingredients

C. Price per unit

D. Name and address of the manufacturer

6. What is the purpose of ANSI accreditation for food equipment?

- **A. To ensure low cost**
- **B. To verify the equipment is user-friendly**
- **C. To certify or classify equipment for sanitation**
- **D. To approve the equipment's warranty**

7. How is a 'Food Establishment' defined?

- **A. A location that sells only packaged foods**
- **B. A place where food is prepared and served or sold**
- **C. An area designated exclusively for food storage**
- **D. A facility that only processes food waste**

8. Which item requires a disclosure when served?

- **A. Cooked vegetables**
- **B. Raw oysters**
- **C. Fried chicken**
- **D. Baked goods**

9. What temperature must pooled unpasteurized eggs be cooked to for safety?

- **A. 145°F for 15 seconds**
- **B. 155°F for 15 seconds**
- **C. 160°F for 10 seconds**
- **D. 165°F for 5 seconds**

10. Is it acceptable to reuse ice used around containers of food on the salad bar for customer drinks?

- **A. Yes, always**
- **B. No, never**
- **C. Only if the ice is filtered**
- **D. Only for cocktails**

Answers

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

Explanations

1. What must be included on the label of raw shucked shellfish in nonreturnable containers?

A. Price

B. Cooking instructions

C. The date of packaging

D. A statement of identity

The label of raw shucked shellfish in nonreturnable containers must include a statement of identity because this labeling ensures that consumers clearly understand what they are purchasing. The statement of identity provides essential information about the nature of the product, confirming that it contains raw shucked shellfish, which is crucial for safety and dietary considerations. This requirement helps to prevent foodborne illnesses by ensuring that consumers are aware of the raw status of the shellfish, informing them of appropriate handling and preparation methods. In this context, other label elements, while potentially useful, do not fulfill the primary regulatory purpose of identifying the product. For example, pricing and cooking instructions are important, but they do not provide the necessary clarity regarding the contents of the container. The date of packaging is also valuable for freshness but does not serve as a direct identification of the product itself. Therefore, the statement of identity takes precedence in complying with food safety regulations regarding shellfish labeling.

2. Which of the following is considered a non-TCS food?

A. Air-cooled hard boiled eggs

B. Pasteurized egg with intact shell

C. A food that supports the growth of pathogens

D. A food that does not support the growth of toxin-forming pathogens

A non-TCS (Time/Temperature Control for Safety) food is one that does not support the growth of harmful microorganisms and, therefore, does not require time/temperature control to remain safe for consumption. The correct answer highlights that a non-TCS food is characterized by its inability to support the growth of toxin-forming pathogens. In this context, the rationale for identifying non-TCS foods encompasses various factors, including water activity, pH levels, and nutrients. Foods that do not provide an environment conducive to pathogen proliferation, such as those with low moisture content or high acidity, fall into the non-TCS category. These foods can typically be stored safely at room temperature without significant risk of spoilage or foodborne illness. Understanding this distinction is crucial for food safety practices, particularly in food preparation and service settings where the risk of contamination and foodborne illnesses must be rigorously managed.

3. What should TCS food not be date marked for more than?

A. 5 days

B. 7 days

C. 10 days

D. 14 days

The recommended timeframe for date marking TCS (Time/Temperature Control for Safety) food is a maximum of 7 days. This guideline is in place to ensure food safety, as TCS foods are particularly susceptible to bacterial growth if not handled or stored correctly. The 7-day marking helps food service establishments manage inventory effectively and minimize the risk of serving food that may have gone bad. When TCS foods are stored, they must be monitored closely to ensure they are consumed or discarded within this timeframe. Beyond 7 days, even when stored at safe temperatures, the risk of foodborne illness increases as pathogens can multiply to levels that can cause illness. Therefore, adhering to this date marking requirement is critical in maintaining food safety standards in any food service setting.

4. Molluscan shellfish can only be removed from their original container when?

A. At any time for prep

B. After having been stored for 7 days

C. Immediately before service or sale

D. Once they have been cooked

Molluscan shellfish must be removed from their original container immediately before service or sale to ensure the highest level of safety and quality. This approach is critical because these shellfish are highly perishable and can carry pathogens that may lead to foodborne illnesses. Keeping them in their original container until just before use maintains proper identification and traceability, which is important for monitoring food safety. The original container often provides information regarding the harvest date and source, which is essential in case of a food safety concern. Following this guideline ensures that the shellfish are served at their freshest, thereby preserving their taste and quality while also minimizing the risk associated with contamination. This practice aligns with health regulations aimed at protecting consumers.

5. What information is NOT required on food labels for food packaged in the facility?

A. Name or description of food

B. List of ingredients

C. Price per unit

D. Name and address of the manufacturer

The requirement for information on food labels is governed by regulations to ensure transparency and safety for consumers. The correct choice, which indicates that the price per unit is not required on food labels, aligns with the fact that while consumers often find price information helpful for making purchasing decisions, it is not a regulatory requirement for food labeling. Food labels primarily focus on providing essential information related to the product's identity, ingredients, and safety. For example, the name or description of the food is crucial as it informs the customer about what they are purchasing. A list of ingredients is essential for those with food allergies or dietary restrictions, allowing consumers to make informed choices about what they are eating. Similarly, the name and address of the manufacturer are important for traceability and accountability. Since price is not a regulatory aspect enforced on labels, it is not mandatory for food packaged in the facility, making it the correct choice for the question.

6. What is the purpose of ANSI accreditation for food equipment?

A. To ensure low cost

B. To verify the equipment is user-friendly

C. To certify or classify equipment for sanitation

D. To approve the equipment's warranty

The purpose of ANSI accreditation for food equipment primarily focuses on certifying or classifying equipment for sanitation. This accreditation indicates that the equipment has met specific standards laid out by the American National Standards Institute, ensuring that it is safe for use in food service and preparation environments. The emphasis on sanitation is critical in the food industry due to the high stakes involved with food safety and public health. Equipment that undergoes ANSI accreditation goes through rigorous testing to ensure it complies with the regulatory standards necessary to prevent contamination and promote hygiene in food handling processes. Thus, it serves as a trusted indicator for consumers and businesses regarding the sanitation and safety of the equipment they choose to utilize in their operations.

7. How is a 'Food Establishment' defined?

A. A location that sells only packaged foods

B. A place where food is prepared and served or sold

C. An area designated exclusively for food storage

D. A facility that only processes food waste

A 'Food Establishment' is defined as a place where food is prepared and served or sold, capturing the essence of various operations related to food service. This definition encompasses a wide range of venues, including restaurants, cafés, catering services, and food trucks, where the core function is the handling and distribution of food to consumers. The definition ensures that all entities involved in food preparation, whether for immediate consumption or sale, are included under this classification. It reflects the diverse nature of the food industry, which not only includes establishments where food is cooked and served but also those that sell prepared foods to be consumed off-site. In contrast, other choices delineate more specific or limited aspects of food-related operations, such as selling only packaged foods, focusing solely on food storage, or dealing exclusively with food waste. These options do not adequately represent the broader category of establishments that are directly engaged in the preparation and service of food, thereby missing the comprehensive scope implied by the correct definition.

8. Which item requires a disclosure when served?

A. Cooked vegetables

B. Raw oysters

C. Fried chicken

D. Baked goods

The requirement for disclosure when serving certain food items is particularly important for raw or undercooked seafood, which includes raw oysters. Raw oysters can carry harmful bacteria and viruses, such as Vibrio, which are often present in the marine environment. Because of the inherent risks associated with consuming raw oysters, health regulations mandate that food establishments inform consumers about the potential dangers of eating them. This disclosure is intended to ensure that diners can make informed decisions regarding their food safety. The other food items listed do not carry the same levels of risk or require disclosure. Cooked vegetables, fried chicken, and baked goods pose minimal risks to health when properly prepared and cooked, and thus do not necessitate a warning or disclosure. In contrast, raw oysters are specifically highlighted in food safety regulations due to the potential health hazards they present.

9. What temperature must pooled unpasteurized eggs be cooked to for safety?

A. 145°F for 15 seconds

B. 155°F for 15 seconds

C. 160°F for 10 seconds

D. 165°F for 5 seconds

To ensure the safety of pooled unpasteurized eggs, they must be cooked to a temperature of 155°F for at least 15 seconds. This temperature is crucial as it is high enough to effectively eliminate harmful bacteria, such as Salmonella, that could be present in unpasteurized eggs. Cooking eggs to this temperature allows proteins to denature and coagulate, providing not only safety from foodborne illnesses but also achieving proper texture and consistency for various dishes. While temperatures higher than 155°F can also ensure safety, such as 160°F or 165°F, the specified time and temperature of 155°F for 15 seconds strikes the necessary balance between safety, texture, and cooking efficiency. It prevents overcooking while ensuring that any pathogens are sufficiently killed. In comparison, lower temperatures such as 145°F are insufficient for the necessary kill step, which can lead to foodborne illness if consumed. Thus, the correct cooking temperature and time are essential to maintain both food safety and quality when handling pooled unpasteurized eggs.

10. Is it acceptable to reuse ice used around containers of food on the salad bar for customer drinks?

A. Yes, always

B. No, never

C. Only if the ice is filtered

D. Only for cocktails

Reusing ice that has been used around containers of food on the salad bar for customer drinks is not acceptable primarily due to food safety concerns. Ice that has been in contact with food can become contaminated with bacteria, pathogens, or other foodborne illness-causing agents. When this contaminated ice is repurposed for drinks, it poses a significant health risk to customers, as consuming contaminated ice can lead to illness. Food handling guidelines and health regulations prioritize preventing cross-contamination to safeguard public health. Therefore, it is essential to discard any ice that has been used in this way instead of reusing it. This ensures a higher standard of safety and hygiene in food service operations. Options suggesting that it is acceptable under certain circumstances introduce unnecessary risks, as the fundamental principle of food safety is to avoid any potential contamination that could arise from reusing ice inappropriately.