

PMT 109 Food Service Sanitation Practice Test (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. Who is responsible for issuing permits for temporary food establishments to operate?**
 - A. Preventive Medicine Authority**
 - B. Navy Bureau of Food Service**
 - C. Army Veterinary Corps**
 - D. Public Health Service**

- 2. Transportation of Food must be: (3) 1. In covered containers 2. Completely wrapped 3. Packaged to protect them from contamination.**
 - A. In covered containers**
 - B. Completely wrapped**
 - C. Packaged to protect them from contamination**
 - D. In covered containers; completely wrapped; packaged to protect them from contamination**

- 3. Cutting boards must be cleaned and sanitized after each use.**
 - A. Before each use**
 - B. After each use**
 - C. Only if damaged**
 - D. Only for non-food surfaces**

- 4. Which organization is the lead agency for the Subsistence Prime Vendor (SPV) Program?**
 - A. Defense Logistics Agency (DLA)**
 - B. Defense Procurement Agency**
 - C. Defense Personnel Support Center (DPSC)**
 - D. U.S. Navy Supply System**

- 5. Which of the following is NOT a manager training responsibility?**
 - A. Provide initial and ongoing training**
 - B. Provide general food safety knowledge**
 - C. Provide marketing training**
 - D. Retrain employees periodically**

- 6. Temporary food service personnel assigned for ___ day(s) or less must be trained to perform their duties in a safe manner and with the ability to protect themselves and others from intentional and unintentional food contamination.**
- A. 15 days**
 - B. 30 days or less**
 - C. 45 days**
 - D. 60 days**
- 7. Steam-jacketed kettles and urns require steam safety relief valves to have chains at least how many inches in length?**
- A. 12 inches**
 - B. 18 inches**
 - C. 24 inches**
 - D. 36 inches**
- 8. How many hours after ordering will SPV-delivered food reach dining facilities or a designated location?**
- A. 24 hours**
 - B. 48 hours**
 - C. 72 hours**
 - D. 6 hours**
- 9. Not required to be a consecutive block of time applies to which portion of training?**
- A. Initial training**
 - B. Annual training**
 - C. Both**
 - D. Neither**
- 10. Which transportation requirement is not listed among the three requirements?**
- A. In covered containers**
 - B. Completely wrapped**
 - C. Packaged to protect them from contamination**
 - D. Refrigerated during transport**

Answers

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

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Explanations

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1. Who is responsible for issuing permits for temporary food establishments to operate?

- A. Preventive Medicine Authority**
- B. Navy Bureau of Food Service**
- C. Army Veterinary Corps**
- D. Public Health Service**

The key idea is that permits for temporary food establishments come from the preventive medicine authority, which is the part of the health system responsible for environmental health and disease prevention. This authority reviews how a temporary setup will handle food—focusing on proper facilities, water supply, handwashing, temperature control, food handling, and waste disposal—and conducts inspections to ensure everything meets sanitation standards before giving approval to operate. By issuing the permit, they authorize the event and establish ongoing expectations for compliance during operation. The other groups perform different roles: the Navy Bureau of Food Service runs military food service operations within naval facilities; the Army Veterinary Corps handles animal health and veterinary public health rather than issuing permits for temporary civilian-style food operations; the Public Health Service has broad public health responsibilities but typically does not issue permits for temporary food operations at individual installations.

2. Transportation of Food must be: (3) 1. In covered containers 2. Completely wrapped 3. Packaged to protect them from contamination.

- A. In covered containers**
- B. Completely wrapped**
- C. Packaged to protect them from contamination**
- D. In covered containers; completely wrapped; packaged to protect them from contamination**

Protecting food during transport requires multiple barriers to contamination. Food must be moved in clean, covered containers to keep out dust, splash, and pests; items should be completely wrapped when necessary to prevent direct contact and leakage; and they should be packaged to provide an overall shield against contamination from handling and the environment. Using all three methods together ensures maximum protection, because each step covers different potential contamination routes. Relying on only one method leaves gaps—for example, a container might be closed but not wrapped, or packaging might protect from splash but not from direct contact. Therefore, the transported food should be in covered containers, completely wrapped, and packaged to protect it from contamination.

3. Cutting boards must be cleaned and sanitized after each use.

A. Before each use

B. After each use

C. Only if damaged

D. Only for non-food surfaces

Cutting boards can harbor bacteria after contact with foods, especially raw meats, so they must be cleaned and sanitized after each use to prevent cross-contamination. Cleaning removes soil and many germs, but sanitizing after cleaning kills any remaining microorganisms to safe levels, including those tucked into knife scars and grooves. If you only clean before use or only sanitize after use, you risk transferring pathogens to the next food item. The practice ensures the board is ready for the next task and keeps foods safe. While damaged boards are more of a concern, that doesn't change the need to clean and sanitize after every use, and this applies to boards used for any food. Use hot, soapy water to wash, rinse, then sanitize with an approved sanitizer and allow to air dry.

4. Which organization is the lead agency for the Subsistence Prime Vendor (SPV) Program?

A. Defense Logistics Agency (DLA)

B. Defense Procurement Agency

C. Defense Personnel Support Center (DPSC)

D. U.S. Navy Supply System

The main idea is that the Subsistence Prime Vendor program is a DoD effort to standardize and simplify the procurement of food for dining facilities by using a single primary supplier. The Defense Personnel Support Center has the responsibility and authority to manage subsistence programs for the department, including SPV. It sets requirements, oversees contracts, monitors supplier performance, and ensures compliance with food safety, quality, and nutrition standards. Because this center specializes in subsistence and base support services, it is the focal point for coordinating with vendors and ensuring consistent, reliable delivery of food items across services. The other agencies are involved in logistics or Navy-specific supply in broader roles, but they do not lead the SPV program.

5. Which of the following is NOT a manager training responsibility?

A. Provide initial and ongoing training

B. Provide general food safety knowledge

C. Provide marketing training

D. Retrain employees periodically

Managers must ensure staff receive training that supports safe food handling. This includes providing initial and ongoing training, delivering general food safety knowledge, and retraining employees periodically to keep up with standards. Marketing training, while it can help with promoting the business, does not affect food safety or sanitation practices, so it isn't part of the manager's training responsibilities in a food service sanitation context.

6. Temporary food service personnel assigned for ___ day(s) or less must be trained to perform their duties in a safe manner and with the ability to protect themselves and others from intentional and unintentional food contamination.

A. 15 days

B. 30 days or less

C. 45 days

D. 60 days

Temporary food safety relies on all workers handling food knowing basic safe practices, even if they're only there briefly. The guideline sets a window of thirty days or less from when a temporary staff member is assigned to complete training before they handle duties that could affect food safety. This ensures they understand how to prevent contamination, protect themselves, and protect customers, covering risks from both unintentional mistakes (like poor hygiene or cross-contact) and any potential deliberate contamination. Training typically includes handwashing, preventing cross-contamination, proper temperature control, cleaning and sanitizing, and reporting illnesses. The thirty-day limit balances the need for prompt training with the reality that temporary help can arrive and depart quickly; shorter windows are possible but the rule centers on the maximum thirty-day period, while longer windows would leave food handling untrained for too long.

7. Steam-jacketed kettles and urns require steam safety relief valves to have chains at least how many inches in length?

A. 12 inches

B. 18 inches

C. 24 inches

D. 36 inches

Keeping operators safe and preventing contamination when venting happens is the idea here. The chain on a steam safety relief valve ensures the valve cap stays attached and stays out of the food and away from the operator while the valve vents. The minimum length of 18 inches gives enough clearance so that the released steam and any cap movement won't reach the cooking surface or the staff, yet isn't so long that it becomes cumbersome to use. A shorter chain could allow the cap or valve to contact the kettle or hands during venting, creating a burn or contamination risk. Longer chains are allowed, but the standard requiring a minimum of 18 inches keeps the setup practical while maintaining safety.

8. How many hours after ordering will SPV-delivered food reach dining facilities or a designated location?

- A. 24 hours
- B. 48 hours**
- C. 72 hours
- D. 6 hours

The main idea is that SPV-delivered food has a practical delivery window that keeps safety and quality in balance with logistics. A 48-hour timeframe from ordering to arrival is chosen because it provides enough time to plan and execute routing, packing, and potential delays, while still keeping perishable items within safe shelf-life and under proper temperature control during transit. If the window were much shorter, like 6 hours, the delivery network might not reliably meet schedules, especially with multiple stops or longer distances. A 24-hour window could be tight in some situations, increasing the risk of items arriving out of temperature range. A 72-hour window could exceed safe storage limits for many prepared foods, raising spoilage and food-safety concerns. Therefore, 48 hours offers a reliable compromise that supports safe, timely delivery to dining facilities.

9. Not required to be a consecutive block of time applies to which portion of training?

- A. Initial training
- B. Annual training**
- C. Both
- D. Neither

Annual training is designed to be delivered in shorter modules spread throughout the year, so staff can complete refreshers without sitting through a long, uninterrupted session. This scheduling flexibility helps keep operations running smoothly while staying compliant. In contrast, initial training is typically completed in one continuous block before employees handle food, ensuring they receive all foundational information in a single session. Therefore, not required to be a consecutive block of time applies to annual training.

10. Which transportation requirement is not listed among the three requirements?

- A. In covered containers
- B. Completely wrapped
- C. Packaged to protect them from contamination
- D. Refrigerated during transport**

The idea here is protecting food during transport by how it's contained and packaged. The three packaging-focused requirements are that foods be transported in covered containers, completely wrapped, and packaged to protect from contamination. Refrigeration during transport is about keeping foods at safe temperatures, which is important for preventing growth of pathogens, but it isn't one of those packaging-related requirements. So while temperature control matters, it's a separate rule, not among the three containment and contamination-prevention requirements.

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://pmt109foodservicesanitation.examzify.com>

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

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