

PMT 109 FOOD SERVICE SANITATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://pmt109foodservicesanitation.examzify.com>



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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 calcium hypochlorite (HTH) concentration and contact time are required to sanitize locally procured fruits and vegetables?**
 - A. 50 ppm for 30 minutes
 - B. 100 ppm for 15 minutes
 - C. 200 ppm for 5 minutes
 - D. 25 ppm for 60 minutes
- 2. How many times per day should temperature readings of field refrigerators and freezers be taken and logged?**
 - A. Once
 - B. Twice
 - C. Three times
 - D. Four times
- 3. What is the Celsius equivalent of 171 degrees Fahrenheit?**
 - A. 70 degrees C
 - B. 77 degrees C
 - C. 75 degrees C
 - D. 80 degrees C
- 4. Bartenders, hostesses, and counter staff that do not prepare food will also receive ___ hour(s) of annual refresher training.**
 - A. 1 hour
 - B. 2 hours
 - C. 3 hours
 - D. 4 hours
- 5. Outside storage areas must not be located within how many feet of the food establishment? (alternate wording)**
 - A. Not within 50 feet
 - B. Not within 100 feet
 - C. Not within 150 feet
 - D. Not within 200 feet

- 6. All food delivered by SPV to Navy and Marine Corps must originate from facilities listed in which publication?**
- A. Directory of Sanitarily Approved Food Establishments
 - B. Directory of Approved Food Establishments for DoD
 - C. FDA Directory of Food Establishments
 - D. Directory of Sanitarily Approved Fish Establishments
- 7. What does the acronym SPV stand for in Department of Defense procurement contexts?**
- A. Special Prime Vendor
 - B. Supply Prime Vendor
 - C. Subsistence Prime Vendor
 - D. Substantial Prime Vendor
- 8. The Food Inspection Form (Food Operation Inspection Report) is documented on which form?**
- A. DD Form 2973
 - B. DD Form 2974
 - C. DD Form 1222
 - D. DD Form 1224
- 9. PHS is the acronym for which U.S. government service?**
- A. Public Health System
 - B. Public Health Service
 - C. Public Health Service Agency
 - D. Public Health and Safety
- 10. Which organization is an example of a third-party accrediting body for sanitary standards?**
- A. American National Standards Institute (ANSI)
 - B. National Sanitation Foundation (NSF)
 - C. FDA
 - D. EPA

Answers

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

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Explanations

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1. What calcium hypochlorite (HTH) concentration and contact time are required to sanitize locally procured fruits and vegetables?

- A. 50 ppm for 30 minutes
- B. 100 ppm for 15 minutes**
- C. 200 ppm for 5 minutes
- D. 25 ppm for 60 minutes

When sanitizing fruits and vegetables with calcium hypochlorite, you need a balance: enough available chlorine to reduce microbes on irregular surfaces, and enough contact time to let that sanitizer work where dirt and crevices hide organisms. For locally procured produce, a mid-range chlorine level kept in contact with the produce for a longer period generally provides reliable microbial reduction without overly harsh effects on quality or flavor. Too little chlorine or too short a contact time may not sanitize effectively, while extremely high concentrations with very short contact times aren't practical and can impact taste or safety. So, the option that uses a moderate chlorine level for a longer contact time best aligns with producing safe, clean produce in typical kitchen settings. After sanitizing, rinse the produce as needed and follow your facility's procedures for storage and handling.

2. How many times per day should temperature readings of field refrigerators and freezers be taken and logged?

- A. Once
- B. Twice
- C. Three times**
- D. Four times

Regular temperature monitoring with a written log is essential to keep field refrigeration and freezing units within safe holding ranges and to catch problems early. Three readings per day provide a representative snapshot across the daily cycle, capturing fluctuations from door openings, changing loads, and ambient conditions. With only one or two readings, a temperature excursion could slip by unnoticed, risking food safety. Four readings, while thorough, often adds unnecessary workload for many operations without giving substantially more protection. Logging these checks creates a traceable record you can review for trends, support inspections, and guide corrective actions when a unit isn't performing correctly. Remember typical safe ranges: refrigerators should stay roughly between 32 and 41°F (0–5°C), and freezers should be at 0°F (-18°C) or lower. If a reading ever strays outside these ranges, take immediate corrective action and document what happened.

3. What is the Celsius equivalent of 171 degrees Fahrenheit?

- A. 70 degrees C
- B. 77 degrees C**
- C. 75 degrees C
- D. 80 degrees C

Convert Fahrenheit to Celsius using $C = (F - 32) \times 5/9$. For 171 F, subtract 32 to get 139; multiply by 5 to get 695; then divide by 9 to get about 77.22. So the exact result is roughly 77.2 degrees Celsius. Rounding to the nearest whole degree gives 77 degrees Celsius, which matches the option presented. For context, 75 C equals 167 F and 80 C equals 176 F, so 171 F lies between them; the closest whole-number Celsius value to the exact conversion is 77.

4. Bartenders, hostesses, and counter staff that do not prepare food will also receive ____ hour(s) of annual refresher training.

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

Staff who don't prepare food still impact food safety through their daily interactions in service areas and with customers. Regular refresher training helps them stay current on key sanitation practices, such as personal hygiene, cleaning and sanitizing, preventing cross-contamination, and proper storage and handling in front-of-house roles. The required minimum is two hours of annual refresher training for these staff members. One hour isn't enough to cover essential topics, while three or four hours would exceed what this group typically needs, making two hours the appropriate amount to keep safety practices up to date.

5. Outside storage areas must not be located within how many feet of the food establishment? (alternate wording)

- A. Not within 50 feet
- B. Not within 100 feet**
- C. Not within 150 feet
- D. Not within 200 feet

Keeping outside storage areas at a safe distance from the food preparation and serving areas helps prevent contamination and pest issues. A buffer of 100 feet provides enough separation so that trash, leaks, odors, and items stored outside are unlikely to affect the interior where food is handled, and it reduces the chances of pests finding easy access from the outside. If storage were much closer, the risk of contamination and pest intrusion increases; staying well beyond 100 feet isn't typically required by standard sanitation guidance and can unnecessarily complicate operations.

6. All food delivered by SPV to Navy and Marine Corps must originate from facilities listed in which publication?

- A. Directory of Sanitarily Approved Food Establishments**
- B. Directory of Approved Food Establishments for DoD
- C. FDA Directory of Food Establishments
- D. Directory of Sanitarily Approved Fish Establishments

Food supplied to Navy and Marine Corps must come from facilities that have been vetted for sanitary compliance. The Directory of Sanitarily Approved Food Establishments is the official DoD list that identifies establishments approved to supply DoD and Navy food operations, ensuring they meet required sanitation standards and can provide traceable, safe products. Other directories either cover only specific types of food (like fish), or are not the DoD-sanctioned list for all food suppliers, so they don't guarantee the same level of safety and accountability.

7. What does the acronym SPV stand for in Department of Defense procurement contexts?

- A. Special Prime Vendor
- B. Supply Prime Vendor
- C. Subsistence Prime Vendor**
- D. Substantial Prime Vendor

SPV stands for Subsistence Prime Vendor. In DoD procurement, this term refers to a contract arrangement where a single prime vendor is responsible for supplying subsistence items—primarily food and related products—to military customers, often delivering directly to bases or facilities. This setup helps streamline ordering, pricing, and delivery by consolidating subsistence purchases under one main supplier. The other options aren't standard DoD terms for this concept, so they don't fit the intended meaning of SPV in this context.

8. The Food Inspection Form (Food Operation Inspection Report) is documented on which form?

- A. DD Form 2973**
- B. DD Form 2974
- C. DD Form 1222
- D. DD Form 1224

The Food Operation Inspection Report is documented on DD Form 2973. This form is the designated DoD document for recording the findings of a food service inspection—capturing sanitation conditions, equipment status, temperatures, pest control, and compliance with safety standards. It includes inspector observations, any violations, required corrective actions, and follow-up dates, serving as the official record of the inspection for the facility. The other forms listed are used for different records and purposes, not for this specific inspection report.

9. PHS is the acronym for which U.S. government service?

- A. Public Health System
- B. Public Health Service**
- C. Public Health Service Agency
- D. Public Health and Safety

PHS stands for Public Health Service, the U.S. government's health service under the Department of Health and Human Services. This naming is the official and widely used expansion of the acronym, and it reflects the federal public health role, including the Public Health Service Commissioned Corps and related agencies like CDC and NIH. The other phrases—Public Health System, Public Health Service Agency, and Public Health and Safety—are not official names of a U.S. government service, so they don't match the well-known expansion of PHS.

10. Which organization is an example of a third-party accrediting body for sanitary standards?

- A. American National Standards Institute (ANSI)
- B. National Sanitation Foundation (NSF)**
- C. FDA
- D. EPA

Independent verification of sanitary standards comes from third-party certifiers that test and certify products and equipment, showing they meet established public health and safety requirements. NSF International fits this role, as a nonprofit organization that develops sanitary standards and then conducts testing and certification of products to meet those standards. Its evaluations are performed independently of manufacturers and regulators, which is the hallmark of a third-party accrediting body for sanitary standards. In contrast, government agencies like the FDA or EPA set requirements and enforce compliance, and ANSI focuses on developing standards rather than certifying sanitary products.

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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://pmt109foodservicesanitation.examzify.com>

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

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