REHIS Hazard Analysis and Critical Control Point (HACCP) 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

1. What must be carried out regularly to ensure that food premises are pest free?

A. Cleaning schedules

B. Surveys

C. Temperature logs

D. Employee training

2. Which of the following is NOT an example of a physical pest control method?

A. Ultra-violet

B. Electric fly killers

C. Rodent traps

D. Chemical sprays

3. Which sign of spoilage is related to gas production?

A. Off-odours

B. Discolouration

C. The production of gas

D. Mould growth

4. Identify a cross-contamination prevention measure.

A. Use separate chopping boards for raw meats and ready-to-eat foods

B. Wash hands after touching raw meats

C. Use the same chopping board after cleaning with water

D. Store raw meats above ready-to-eat foods

5. Which temperature range defines the danger zone for bacterial growth in food handling?

A. 0-60°C

B. 5-63°C

C. 10-70°C

D. -5 to 5°C

6. Which practice helps prevent cross contamination in food handling?

A. Keeping raw foods separate from ready-to-eat foods

B. Storing raw foods with ready-to-eat foods

C. Using the same cutting board for raw and cooked foods

D. Touching raw meat with bare hands whenever possible

7. Where should raw meat be stored in the fridge to prevent cross contamination?

A. Top shelf

B. Bottom shelf

C. Middle shelf

D. Door shelf

8. Which term best describes periodic pest checks?

A. Cleaning

B. Surveys

C. Training

D. Sanitation

9. Work areas should be ___.

A. Clean

B. Well organized

C. Brightly lit

D. Colour-coded

10. Equipment MUST

A. Be kept clean and in good condition

B. Enable thorough cleaning and disinfection

C. Be installed to allow cleaning of the surrounding area

D. All of the above

Answers

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

Explanations

1. What must be carried out regularly to ensure that food premises are pest free?

A. Cleaning schedules

B. Surveys

C. Temperature logs

D. Employee training

Regular pest surveys are essential because they provide a systematic check for signs of pest activity and the conditions that can attract pests. By routinely inspecting both inside and around the premises—areas like waste handling, food storage and prep zones, gaps and cracks, drains, and around equipment—you can spot early evidence of pests, monitor traps and bait stations, and verify that control measures are functioning. This ongoing monitoring lets you act quickly to correct issues before an infestation develops, keeping the premise pest-free and helping meet legal health standards. Cleaning schedules matter for hygiene but don't by themselves guarantee a pest-free environment. Temperature logs track microbial risk, not pest activity. Employee training improves overall practices but doesn't substitute for regular pest monitoring and inspections.

2. Which of the following is NOT an example of a physical pest control method?

A. Ultra-violet

B. Electric fly killers

C. Rodent traps

D. Chemical sprays

Physical pest control uses non-chemical means to prevent, deter, or remove pests, relying on things you can see or touch. Ultra-violet light is used to lure insects into a trap, which is a physical mechanism. Electric fly killers kill pests with an electric grid—again, a physical process. Rodent traps capture or kill rodents through a mechanical action. Chemical sprays, in contrast, rely on applying a chemical pesticide to affect pests, which makes them chemical pest control rather than physical. So the option that is not a physical method is chemical sprays.

3. Which sign of spoilage is related to gas production?

A. Off-odours

B. Discolouration

C. The production of gas

D. Mould growth

Gas production is a telltale sign that microbes are metabolizing in the food and releasing gases such as carbon dioxide. In packaged foods, this often shows up as swollen or bulging packaging, bubbles, or foaming, which directly points to gas formation as part of spoilage. That makes it the best marker among the options for gas-related spoilage. Off-odours, discolouration, and mould growth are also signs of spoilage, but they describe other changes (volatile compounds, pigment changes, and fungal growth) rather than the specific production of gas.

4. Identify a cross-contamination prevention measure.

A. Use separate chopping boards for raw meats and ready-to-eat foods

B. Wash hands after touching raw meats

C. Use the same chopping board after cleaning with water

D. Store raw meats above ready-to-eat foods

Preventing cross-contamination hinges on physically separating raw ingredients from ready-to-eat foods during preparation. Using separate chopping boards for raw meats and ready-to-eat foods is the most effective measure because it stops bacteria from raw meat from being transferred directly to foods that won't be cooked further. This reduces the chance that contaminated surfaces come into contact with food you plan to eat as-is or with insufficient cooking. Washing hands after touching raw meats is essential and part of safe practice, but hands can become re-contaminated after washing or touch other surfaces, so it doesn't address all contact points. Using the same chopping board after cleaning with water isn't reliable because bacteria can cling to the surface, and water alone may not remove or inactivate them, especially on porous boards. Storing raw meats above ready-to-eat foods creates a risk of juices dripping onto foods that won't be cooked, which is not a preventive measure. So, the separate chopping boards approach directly reduces the opportunity for cross-contamination during preparation.

5. Which temperature range defines the danger zone for bacterial growth in food handling?

A. 0-60°C

B. 5-63°C

C. 10-70°C

D. -5 to 5°C

The danger zone is the temperature range where bacteria can grow rapidly in foods. This is about 5°C to 63°C. Within this band, microorganisms can multiply quickly if foods remain in the range too long, increasing the risk of foodborne illness. Temperatures below 5°C slow or stop growth, while heating foods above about 63°C kills many vegetative bacteria (though some spores can survive). So the range 5–63°C best reflects where growth is possible and hazardous if time is not controlled. The other options either include temperatures outside the practical growth zone or mix in temperatures where growth is unlikely.

6. Which practice helps prevent cross contamination in food handling?

A. Keeping raw foods separate from ready-to-eat foods

B. Storing raw foods with ready-to-eat foods

C. Using the same cutting board for raw and cooked foods

D. Touching raw meat with bare hands whenever possible

Preventing cross contamination in food handling is about keeping raw foods separate from ready-to-eat foods. Raw animal products can harbor pathogens that may be present in juices or on surfaces, and those microbes can transfer to foods that won't be cooked before eating. By maintaining a clear separation—in storage, during prep, and with equipment and surfaces—you greatly reduce the chance of transferring bacteria from raw to prepared foods. Storing raw foods with ready-to-eat foods would allow drips or contact to reach prepared items, increasing contamination risk. Using the same cutting board for raw and cooked foods can transfer microbes from raw to cooked surfaces and foods. Touching raw meat with bare hands without proper hand hygiene also opens paths for contamination to spread to other foods and surfaces.

7. Where should raw meat be stored in the fridge to prevent cross contamination?

A. Top shelf

B. Bottom shelf

C. Middle shelf

D. Door shelf

Cross-contamination happens when juices from raw meat touch ready-to-eat foods. Storing raw meat on the bottom shelf, in a leak-proof tray or container, keeps any drips with the meat itself and away from foods stored on higher shelves. The door shelf is warmer and experiences more temperature fluctuation, making it less safe for raw meat, while top or middle shelves put other foods at risk of contact with raw juices. By keeping raw meat on the bottom, you minimize the chance that its juices contaminate other items in the fridge.

8. Which term best describes periodic pest checks?

A. Cleaning

B. Surveys

C. Training

D. Sanitation

Periodic pest checks are a form of ongoing monitoring that involves regularly inspecting the premises for signs of pests, entry points, and conditions that could attract them. The term that best fits this routine observation and data gathering is surveys, since it describes systematic checks and documentation over time to detect pest activity and assess risks. Cleaning and sanitation focus on removing residues and maintaining hygiene, while training concerns educating staff; these support pest control but do not specifically describe the periodic assessment process. Therefore, surveys is the most appropriate description for these routine pest checks.

9. Work areas should be ___.

A. Clean

B. Well organized

C. Brightly lit

D. Colour-coded

Colour-coded work areas are used to prevent cross-contamination by assigning specific colors to different foods and tasks. When staff can instantly see which area or tool belongs to raw meat, poultry, fish, vegetables, or ready-to-eat items, they're less likely to reuse the wrong utensil or board, which reduces the risk of transferring hazards between products. This visual cue supports HACCP by making separation clear and consistent, helping to control contamination at the source. While cleanliness, good organization, and adequate lighting are all important for safe operation, colour-coding directly addresses the need to keep different food streams apart and to manage allergen exposure.

10. Equipment MUST

A. Be kept clean and in good condition

B. Enable thorough cleaning and disinfection

C. Be installed to allow cleaning of the surrounding area

D. All of the above

Keeping equipment safe for food handling means it must be kept clean and in good condition, be capable of thorough cleaning and disinfection, and be installed so that the surrounding area can also be cleaned effectively. Each part addresses a different risk control aspect: clean and well-maintained equipment prevents residue buildup and mechanical hazards; if equipment cannot be thoroughly cleaned and disinfected, hidden microbes may persist; if the installation blocks cleaning of the surrounding area, debris and hidden corners can reintroduce contamination during sanitation. Together, these requirements ensure hygienic design and sanitation effectiveness, which is why All of the above is the best choice. The other single aspects alone don't guarantee safety because gaps remain in maintenance, sanitation, or the ability to clean the surroundings.

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://rehishaccp.examzify.com

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