

# San Diego Food Handlers 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 is the most important practice for food service workers to prevent germs in food preparation?**
  - A. Wearing gloves at all times**
  - B. Washing hands thoroughly and frequently**
  - C. Using sanitizer regularly**
  - D. Keeping food covered**
- 2. In which situation should you wash your hands twice?**
  - A. After using the restroom and before a meal**
  - B. Before handling food and after using the restroom**
  - C. After touching raw food and before serving**
  - D. Before cooking and after eating**
- 3. Which temperature should cold food be kept at to ensure safety?**
  - A. At or below 41 F**
  - B. At or below 32 F**
  - C. At or above 50 F**
  - D. At or above 30 F**
- 4. What should be used for single-purpose with dry wiping cloths?**
  - A. Multiple surfaces**
  - B. Single surfaces only**
  - C. Reusable indefinitely**
  - D. Wet cloths**
- 5. How can germs get into food?**
  - A. Only through bad cooking practices**
  - B. Only when food is prepared by sick individuals**
  - C. Cross contamination and naturally occurring germs**
  - D. Germs cannot enter food**

- 6. Which practice helps to prevent cross-contamination?**
- A. Using the same cutting board for all types of food**
  - B. Cleaning and sanitizing cutting boards after each use**
  - C. Preparing raw and cooked foods together**
  - D. Not cleaning fruits and veggies**
- 7. When using a cutting board, what is the best practice to avoid cross-contamination?**
- A. Using only one side of the board**
  - B. Cleaning the board after each use**
  - C. Storing the board in a dry place**
  - D. Cutting all foods on the same board**
- 8. What is the only item that can be reused in a self-service situation?**
- A. Plates**
  - B. Utensils**
  - C. Beverage Cups**
  - D. Serving trays**
- 9. What is the required minimum wash water temperature when using a commercial dishwasher?**
- A. 150°F**
  - B. 160°F**
  - C. 165°F**
  - D. 170°F**
- 10. What does the term "potentially hazardous foods" refer to?**
- A. Foods that require refrigeration only**
  - B. Foods capable of supporting the rapid growth of harmful microorganisms**
  - C. Foods that are safe to eat without cooking**
  - D. Non-perishable foods**



## **Answers**

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

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## **Explanations**

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**1. What is the most important practice for food service workers to prevent germs in food preparation?**

- A. Wearing gloves at all times**
- B. Washing hands thoroughly and frequently**
- C. Using sanitizer regularly**
- D. Keeping food covered**

Washing hands thoroughly and frequently is the most important practice for food service workers to prevent germs in food preparation because hands are one of the primary carriers of pathogens that can contaminate food. Proper handwashing removes dirt, bacteria, and viruses that can be transferred to food during preparation, which is crucial in maintaining food safety. Hands can easily come into contact with various surfaces and food items throughout the day, increasing the risk of cross-contamination. When food handlers wash their hands using soap and warm water for at least 20 seconds, they significantly reduce the likelihood of spreading harmful microorganisms, thereby protecting customers and ensuring food safety. While other practices such as wearing gloves, using sanitizer, and keeping food covered contribute to food safety, they are not as foundational as handwashing. Gloves can sometimes provide a false sense of security, as they can still become contaminated if not used properly. Sanitizers are effective for surfaces but do not replace the need for hand hygiene. Similarly, covering food helps prevent contamination but does not address the germs that food handlers might introduce to the food if their hands are not clean. Therefore, handwashing is emphasized as the most crucial step in preventing foodborne illness in food preparation.

**2. In which situation should you wash your hands twice?**

- A. After using the restroom and before a meal**
- B. Before handling food and after using the restroom**
- C. After touching raw food and before serving**
- D. Before cooking and after eating**

Washing hands is a crucial practice in maintaining food safety and preventing foodborne illnesses. The specific situation where it is recommended to wash hands twice—once after using the restroom and once before handling food—addresses critical moments in food handling practices. The act of using the restroom poses a high risk of contaminating hands with pathogens, which can then easily be transmitted to food, leading to potential health risks. By washing hands after using the restroom, you remove any contaminants that may have been transferred during that visit. Following this with another wash before handling food ensures that your hands remain clean and safe for food preparation, significantly reducing the likelihood of cross-contamination. This two-step handwashing practice emphasizes the importance of hygiene in food safety protocols and provides an extra layer of protection against foodborne illnesses. It recognizes the risks associated with improper handwashing in the food handling environment, reinforcing the need for diligence in personal hygiene practices.

**3. Which temperature should cold food be kept at to ensure safety?**

- A. At or below 41 F**
- B. At or below 32 F**
- C. At or above 50 F**
- D. At or above 30 F**

Keeping cold food at or below 41°F is crucial for food safety because this temperature significantly slows the growth of harmful bacteria that can cause foodborne illnesses. The U.S. Food and Drug Administration (FDA) and many local food safety regulations support maintaining cold food at this temperature. Bacteria thrive in the temperature range known as the "danger zone," which is between 41°F and 135°F. By ensuring that cold foods are stored at or below 41°F, food handlers can effectively minimize the risk of bacterial proliferation, ensuring the safety and quality of the food being served. Other temperatures mentioned in the choices do not adequately address safety concerns. For instance, 32°F is the freezing point of water, which is typically safe for food but could lead to frozen items that might be unsafe when consumed if thawed incorrectly. Similarly, temperatures at or above 50°F and 30°F are considered within the danger zone for food safety and do not provide sufficient protection against bacterial growth.

**4. What should be used for single-purpose with dry wiping cloths?**

- A. Multiple surfaces**
- B. Single surfaces only**
- C. Reusable indefinitely**
- D. Wet cloths**

Single-purpose dry wiping cloths are intended for use on single surfaces only to prevent cross-contamination between different areas or types of food preparation. When a cloth is used on a specific surface, such as a cutting board or countertop, it should not be reused on another surface without proper cleaning or disinfection. This practice is critical in food safety to minimize the risk of transferring bacteria or pathogens from one surface to another, which could lead to foodborne illnesses. Using dry wiping cloths on multiple surfaces could compromise food safety by allowing for the transfer of contaminants. Similarly, they should not be thought of as reusable indefinitely, as each use should be followed by proper disposal or washing if they are indeed meant to be reusable. Wet cloths, while useful in certain cleaning applications, are not the same as dry wiping cloths and could lead to issues like promoting bacterial growth if left damp. Therefore, the emphasis on single-surface use is essential in maintaining a clean and safe food preparation environment.

## 5. How can germs get into food?

- A. Only through bad cooking practices
- B. Only when food is prepared by sick individuals
- C. Cross contamination and naturally occurring germs**
- D. Germs cannot enter food

Germs can enter food through multiple avenues, making the correct choice both comprehensive and accurate. This includes cross-contamination, which occurs when harmful microorganisms are transferred from one food item to another, or from surfaces, utensils, and hands that have come in contact with contaminated food. This is particularly relevant in environments like kitchens where raw foods, such as meats, come into contact with ready-to-eat foods. Additionally, food can contain naturally occurring germs, which may not be visibly harmful but can still lead to foodborne illness if not handled properly. This highlights the importance of proper food handling and storage techniques to minimize risks. By recognizing both cross-contamination and naturally occurring germs as pathways for contamination, this choice emphasizes a well-rounded understanding of food safety that is essential for anyone working in a food handling environment.

## 6. Which practice helps to prevent cross-contamination?

- A. Using the same cutting board for all types of food
- B. Cleaning and sanitizing cutting boards after each use**
- C. Preparing raw and cooked foods together
- D. Not cleaning fruits and veggies

Cleaning and sanitizing cutting boards after each use is essential for preventing cross-contamination because it removes any harmful pathogens or residues left behind from previously prepared foods. Cutting boards can harbor bacteria from raw meats, poultry, or seafood, which can contaminate other foods if the same board is used without proper cleaning. When cutting boards are thoroughly cleaned and sanitized, the risk of transferring these pathogens to ready-to-eat foods is significantly reduced, thereby promoting food safety. Maintaining a clean environment is a core principle in food safety. Regular sanitization practices are crucial in environments where food is prepared and served, as they help ensure that all surfaces that come in contact with food meet hygiene standards. This practice forms a fundamental part of a food safety plan aimed at minimizing foodborne illnesses.

**7. When using a cutting board, what is the best practice to avoid cross-contamination?**

- A. Using only one side of the board**
- B. Cleaning the board after each use**
- C. Storing the board in a dry place**
- D. Cutting all foods on the same board**

The best practice to avoid cross-contamination while using a cutting board is to clean the board after each use. This step is crucial because it helps remove any food particles, bacteria, or allergens that may have been on the surface. By thoroughly cleaning the cutting board with hot, soapy water or a sanitizing solution, you significantly reduce the risk of transferring harmful microorganisms from one food item to another, especially when switching between raw meats and ready-to-eat foods. Additionally, maintaining this practice contributes to overall food safety in the kitchen, ensuring that each food preparation session is safe and hygienic. Regular cleaning of cutting boards also helps to prevent the buildup of bacteria over time, which might occur with improper or infrequent cleaning practices. Thus, ensuring that the cutting board is clean after each use is essential for safe food handling and preventing foodborne illnesses.

**8. What is the only item that can be reused in a self-service situation?**

- A. Plates**
- B. Utensils**
- C. Beverage Cups**
- D. Serving trays**

In a self-service situation, beverage cups are typically the only item that can be reused. This is because beverage cups, especially those used for dispensed drinks, can often be rinsed or cleaned easily between uses, making it safe to reuse them for different customers. In many food safety guidelines, items that come into direct contact with food, like plates and utensils, often pose a higher risk for cross-contamination and cannot be reused between customers without proper washing and sanitizing. Similarly, serving trays, while necessary for carrying food, can also harbor bacteria if not cleaned properly and are therefore not considered for reuse in a self-service context. The practices around using beverage cups reflect a balance between convenience and safety, allowing for efficiency while following health regulations.

**9. What is the required minimum wash water temperature when using a commercial dishwasher?**

- A. 150°F**
- B. 160°F**
- C. 165°F**
- D. 170°F**

The required minimum wash water temperature when using a commercial dishwasher is 165°F. This temperature is essential to effectively sanitize dishes, utensils, and cookware, ensuring that harmful microorganisms are eliminated. At 165°F, the heat effectively disrupts the cell structure of bacteria and viruses, which is crucial for food safety in commercial settings. Maintaining this temperature is also critical for meeting health code regulations and ensuring compliance with food safety standards. Using the correct water temperature helps to facilitate the proper cleaning and sanitizing process, which includes both removing food debris and reducing the risk of foodborne illness. In commercial dishwashing operations, temperatures that are too low may not adequately sanitize the items being washed, leading to potential contamination. Therefore, the temperature of 165°F strikes the right balance for effective sanitation while also being practical for use in high-volume dishwashing environments.

**10. What does the term "potentially hazardous foods" refer to?**

- A. Foods that require refrigeration only**
- B. Foods capable of supporting the rapid growth of harmful microorganisms**
- C. Foods that are safe to eat without cooking**
- D. Non-perishable foods**

The term "potentially hazardous foods" refers specifically to foods that are capable of supporting the rapid growth of harmful microorganisms. This definition is crucial because these types of foods often provide ideal conditions for pathogens, such as bacteria, to thrive and multiply, which can lead to foodborne illnesses. Such foods typically include those that are moist and rich in nutrients, and they often require careful temperature control during storage, preparation, and serving to prevent microbial growth. This understanding is essential for food safety practices, as it informs the handling and refrigeration requirements necessary to minimize health risks. In contrast, the other options do not accurately capture the nature of potentially hazardous foods. While refrigeration is important, it isn't a sole distinguishing feature, as some perishable foods that require refrigeration may still not be classified as hazardous. Similarly, foods that are deemed safe to eat without cooking do not present the same risks, and non-perishable foods generally do not support microbial growth in the same way. Therefore, the correct focus is on foods that create an environment conducive to harmful microorganisms, which is encapsulated in the proper definition.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://sandiego-foodhandlers.examzify.com>**

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