

SAN DIEGO FOOD HANDLERS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://sandiego-foodhandlers.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 should you do if you find a spray bottle of glass cleaner and degreaser on a shelf above the food preparation table?**
 - A. Leave it there, as it is not a hazard
 - B. Use it to clean the preparation table
 - C. Remove the chemicals and tell your supervisor
 - D. Store it in a different area of the kitchen

- 2. When displaying food in ice, the food must be:**
 - A. At least 50°F
 - B. 41°F or colder
 - C. At room temperature
 - D. 35°F or colder

- 3. When working on the cook line, what is essential to ensure food safety?**
 - A. Touch raw foods with your hands
 - B. Use utensils and wash your hands
 - C. Cook foods at a higher temperature
 - D. Avoid using gloves

- 4. What defines a food-borne illness outbreak?**
 - A. One person getting sick from food
 - B. Two or more people getting sick from the same food
 - C. Food causing illness in a single household
 - D. Illness caused by unapproved food sources

- 5. After slicing a 25-pound turkey for sandwiches, how should you keep it safe?**
 - A. Leave it out until it cools
 - B. Place turkey into the refrigerator right away
 - C. Wrap it and store it at room temperature
 - D. Keep it on the counter for a few hours

- 6. Which of the following is NOT a characteristic of acceptable fresh beef?**
- A. Bright red color
 - B. Slick or slimy texture
 - C. Firm to the touch
 - D. No off odors
- 7. How often must you wash your hands when using disposable gloves?**
- A. Only before putting on the gloves
 - B. Only after removing the gloves
 - C. Before and after changing gloves
 - D. Once every hour
- 8. A casserole made with ground beef must be cooked to a minimum internal temperature of:**
- A. 145°F
 - B. 155°F
 - C. 160°F
 - D. 165°F
- 9. 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
- 10. What is the safest internal temperature to reheat food in a microwave?**
- A. 145 F
 - B. 155 F
 - C. 165 F
 - D. 175 F

Answers

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

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Explanations

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1. What should you do if you find a spray bottle of glass cleaner and degreaser on a shelf above the food preparation table?

- A. Leave it there, as it is not a hazard
- B. Use it to clean the preparation table
- C. Remove the chemicals and tell your supervisor**
- D. Store it in a different area of the kitchen

Finding a spray bottle of glass cleaner and degreaser on a shelf above a food preparation table is a significant concern in maintaining food safety standards. Chemicals that are meant for cleaning cannot be stored near food preparation areas due to the risk of contamination. If the cleaner is accidentally spilled or sprayed, harmful chemicals could come into contact with food, utensils, or surfaces, posing a health risk to consumers. By removing the chemicals and informing your supervisor, you are taking the appropriate steps to ensure safety in the food environment. This action also allows for proper storage of the chemicals in a designated area away from food preparation spaces, where they can be kept safely without the risk of accidental contamination and in compliance with safety regulations. This responds proactively to the potential hazard and ensures a safer environment for food handling and preparation.

2. When displaying food in ice, the food must be:

- A. At least 50°F
- B. 41°F or colder**
- C. At room temperature
- D. 35°F or colder

When displaying food in ice, maintaining a temperature of 41°F or colder is crucial to ensure food safety. This temperature threshold is vital because it helps inhibit the growth of bacteria that can cause foodborne illnesses. Foods that require refrigeration, such as seafood, poultry, and dairy products, should be held at this safe temperature to prevent spoilage and contamination. The practice of serving food in ice is intended to keep items chilled, and any food above 41°F may fall into the "temperature danger zone," which ranges from 41°F to 135°F. In this zone, harmful bacteria can multiply rapidly, increasing the risk of foodborne illness. Therefore, keeping food at or below 41°F is a critical practice in food safety, particularly for food that is being held for service or display.

3. When working on the cook line, what is essential to ensure food safety?

- A. Touch raw foods with your hands
- B. Use utensils and wash your hands**
- C. Cook foods at a higher temperature
- D. Avoid using gloves

Using utensils and washing your hands is essential to ensure food safety while working on the cook line. Proper hand hygiene is critical in preventing cross-contamination, which can occur when pathogens from raw foods come into contact with cooked or ready-to-eat foods. By washing hands thoroughly before and after handling food, food handlers can minimize the risk of spreading harmful bacteria. Additionally, using utensils to handle food instead of relying on bare hands further reduces this risk. Utensils help create a barrier between the food and any potential contaminants that may be present on a food handler's hands, thereby protecting the integrity and safety of the food being prepared. This practice aligns with food safety regulations and recommendations aimed at maintaining a safe food preparation environment, ultimately contributing to the prevention of foodborne illnesses.

4. What defines a food-borne illness outbreak?

- A. One person getting sick from food
- B. Two or more people getting sick from the same food**
- C. Food causing illness in a single household
- D. Illness caused by unapproved food sources

A food-borne illness outbreak is defined by the occurrence of two or more individuals becoming ill from consuming the same contaminated food or drink. This definition is critical for public health monitoring and response, as it helps identify patterns and sources of contamination that may pose a risk to a larger group. Recognizing that more than one person has been affected indicates a need for investigation into food handling practices, contamination points, and the possibility of widespread food safety issues. This collective instance of illness underlines the importance of food safety protocols and regulations as they highlight the potential for systemic problems in food preparation and distribution that can affect a greater population. Tracking outbreaks allows health officials to implement measures to prevent future illnesses, ensuring the safety of food served to the public.

5. After slicing a 25-pound turkey for sandwiches, how should you keep it safe?

- A. Leave it out until it cools
- B. Place turkey into the refrigerator right away**
- C. Wrap it and store it at room temperature
- D. Keep it on the counter for a few hours

Placing the sliced turkey into the refrigerator right away is crucial for food safety. When cooked meat, such as turkey, is left out at room temperature, it creates an environment where bacteria can grow quickly, particularly in the temperature range of 40°F to 140°F, often referred to as the "danger zone." Refrigerating the turkey promptly helps to lower its temperature and minimizes the risk of foodborne illnesses. By immediately storing the turkey in the refrigerator, you ensure that it remains at a safe temperature, which is typically below 40°F. This significantly slows down the growth of bacteria. It's also important to store the turkey in airtight containers or wrap it well to maintain its quality and prevent it from absorbing odors from other foods. Keeping food at unsafe temperatures can lead to food spoilage and pose health risks, thus emphasizing the importance of refrigeration after slicing.

6. Which of the following is NOT a characteristic of acceptable fresh beef?

- A. Bright red color
- B. Slick or slimy texture**
- C. Firm to the touch
- D. No off odors

Fresh beef should have specific characteristics that indicate its quality and safety for consumption. A slick or slimy texture is not a characteristic of acceptable fresh beef, as this can be an indication of spoilage or bacterial growth. Fresh beef should have a smooth, slightly moist surface, without any signs of excessive moisture or a slimy film. In contrast, bright red color is associated with fresh, high-quality beef, as it indicates that the meat has been properly handled and is likely fresh. A firm touch is also a hallmark of good quality; fresh beef is typically firm, which reflects its freshness and proper storage. Additionally, there should be no off odors; fresh beef should smell clean and meaty without any sour or rancid smells, which would indicate spoilage. Overall, while the other characteristics suggest freshness and quality, a slick or slimy texture diverges from those traits and serves as a warning sign for consumers.

7. How often must you wash your hands when using disposable gloves?

- A. Only before putting on the gloves
- B. Only after removing the gloves
- C. Before and after changing gloves**
- D. Once every hour

Washing your hands before and after changing gloves is essential for maintaining hygiene and preventing cross-contamination in food handling. When you put on disposable gloves, any pathogens or contaminants on your hands can transfer to the gloves. Therefore, washing your hands before donning gloves ensures that you start with clean hands, reducing the risk of contaminating food or surfaces. After using disposable gloves, it's crucial to wash your hands again to remove any bacteria or contaminants that may have been transferred to the gloves during food preparation. This action not only protects the next set of gloves you might put on but also helps to prevent contamination of other surfaces or food items. Establishing this practice is vital in food handling environments, where cleanliness is paramount to ensure food safety. Regular handwashing before and after changing gloves supports public health by significantly reducing the risk of foodborne illnesses.

8. A casserole made with ground beef must be cooked to a minimum internal temperature of:

- A. 145°F
- B. 155°F**
- C. 160°F
- D. 165°F

Ground beef must be cooked to a minimum internal temperature of 160°F to ensure that any harmful bacteria, such as E. coli or Salmonella, which may be present in the meat, are effectively eliminated. This temperature is critical for food safety, as ground meats have a higher risk of bacterial contamination due to the grinding process, which distributes bacteria throughout the product. Cooking ground beef to 160°F allows the meat to reach a safe temperature that guarantees it is fully cooked, reducing the risk of foodborne illness. While other temperatures may be appropriate for whole cuts of meat or certain types of poultry, ground beef specifically requires this higher minimum temperature to achieve safety standards.

9. 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.

10. What is the safest internal temperature to reheat food in a microwave?

- A. 145 F
- B. 155 F
- C. 165 F**
- D. 175 F

The safest internal temperature to reheat food in a microwave is 165°F. This temperature is recognized as the threshold for effective thermal processing that ensures harmful bacteria, viruses, and pathogens are killed or rendered inactive, thereby reducing the risk of foodborne illness. Reheating food to this temperature ensures that the food is heated thoroughly and safely, as it must reach this level to ensure that it is safe for consumption. Many health and safety guidelines, including those from the USDA, recommend this temperature to ensure that all portions of the food reach a safe level regardless of how unevenly microwaves heat food. Reheating food to temperatures lower than 165°F may not effectively kill bacteria or pathogens that could cause illness, making this standard critically important in food safety practices.

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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://sandiego-foodhandlers.examzify.com>

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

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