

SURE Food Safety Manager Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. Which of the following is a key principle of HACCP?**
 - A. Monitor food waste levels**
 - B. Identify hazards and assess their severity and risks**
 - C. Train staff on general food storage**
 - D. Ensure supplier compliance only**
- 2. What is one of the safest methods to thaw frozen food?**
 - A. At room temperature**
 - B. Under warm water**
 - C. In the refrigerator**
 - D. On the counter**
- 3. What is the proper sanitizing solution concentration for food contact surfaces?**
 - A. A concentration of 20-50 ppm of chlorine bleach**
 - B. A concentration of 50-200 ppm of chlorine bleach**
 - C. A concentration of 100-500 ppm of chlorine bleach**
 - D. A concentration of 10-30 ppm of chlorine bleach**
- 4. Why is personal hygiene important in food safety?**
 - A. It helps chefs to keep their uniforms clean.**
 - B. It prevents contamination from food handlers to food.**
 - C. It ensures food is prepared more efficiently.**
 - D. It improves the taste of the food served.**
- 5. Nursing home food operations can serve eggs for immediate service when they are cooked to what temperature?**
 - A. 135 F for 15 seconds**
 - B. 140 F for 15 seconds**
 - C. 145 F for 15 seconds**
 - D. 155 F for 15 seconds**

- 6. Foods that contain "Big 8" allergens include all but ____.**
- A. chocolate chip cookies**
 - B. cheese and crackers**
 - C. green salad with oil and vinegar**
 - D. fish and chips**
- 7. Why is FIFO important in food storage?**
- A. Because it prevents food from being overcooked**
 - B. It helps ensure food freshness and minimize waste**
 - C. It increases food safety by freezing all items**
 - D. Because it reduces the amount of food needed**
- 8. Why is staff communication essential in food safety?**
- A. To ensure everyone is aware of food safety policies and practices**
 - B. To reduce the number of staff needed**
 - C. To increase sales during peak hours**
 - D. To facilitate staff bonding**
- 9. What type of information is included on labels for commercially processed foods?**
- A. Nutritional information**
 - B. Recipe information**
 - C. Biological hazards**
 - D. Allergen information**
- 10. A bandage found in food is an example of which type of hazard?**
- A. Biological**
 - B. Chemical**
 - C. Physical**
 - D. Environmental**

Answers

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

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Explanations

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1. Which of the following is a key principle of HACCP?

- A. Monitor food waste levels**
- B. Identify hazards and assess their severity and risks**
- C. Train staff on general food storage**
- D. Ensure supplier compliance only**

Identifying hazards and assessing their severity and risks is a foundational principle of HACCP (Hazard Analysis Critical Control Point). This principle involves systematically evaluating potential biological, chemical, and physical hazards that could occur in food production processes. Once identified, the risks associated with these hazards must be assessed, determining how likely they are to occur and the potential impact they could have on food safety. This process allows food safety managers to prioritize which hazards need to be controlled and outlines the necessary steps to mitigate those risks. Understanding hazards is crucial, as it influences the development of critical control points, monitoring procedures, and corrective actions within the HACCP plan, ultimately ensuring the protection of public health through safe food production practices.

2. What is one of the safest methods to thaw frozen food?

- A. At room temperature**
- B. Under warm water**
- C. In the refrigerator**
- D. On the counter**

Thawing food in the refrigerator is considered one of the safest methods because it keeps the food at a consistent and safe temperature throughout the process. When food is thawed in the refrigerator, it typically remains at or below 40°F (4°C), which is crucial for preventing the growth of harmful bacteria. This method not only ensures that the food is safely thawed, but it also allows for a more even thawing process, helping to maintain the quality and texture of the food. Additionally, when food is thawed in the refrigerator, it can remain at that temperature for an extended period, allowing you the flexibility to prepare it when you're ready. This method also helps to minimize the risk of cross-contamination since the food is kept separately from other foods that may be stored at different temperatures. In contrast, thawing at room temperature, under warm water, or on the counter exposes food to temperatures that can promote the rapid growth of bacteria, significantly increasing the risk of foodborne illness. These methods can lead to the outer layer of the food reaching temperature zones conducive to bacterial growth while the inner part remains frozen.

3. What is the proper sanitizing solution concentration for food contact surfaces?

- A. A concentration of 20-50 ppm of chlorine bleach**
- B. A concentration of 50-200 ppm of chlorine bleach**
- C. A concentration of 100-500 ppm of chlorine bleach**
- D. A concentration of 10-30 ppm of chlorine bleach**

The proper sanitizing solution concentration for food contact surfaces is a critical component of food safety. A concentration of 50-200 ppm (parts per million) of chlorine bleach is generally recommended because this specific range effectively kills a broad spectrum of bacteria and viruses while being safe for use on surfaces that come into contact with food. Using this concentration ensures that food contact surfaces are effectively sanitized to reduce the risk of foodborne illnesses. The chlorine bleach at this level maintains a balance between efficacy and safety, making it suitable for cleaning various surfaces without the risk of residue that could contaminate food. Concentrations below this recommended level may not be effective in killing pathogens, while levels above might lead to excessive chemical residues that could pose a risk to human health. Therefore, adherence to this specific concentration range is paramount for maintaining food safety standards in any food service environment.

4. Why is personal hygiene important in food safety?

- A. It helps chefs to keep their uniforms clean.**
- B. It prevents contamination from food handlers to food.**
- C. It ensures food is prepared more efficiently.**
- D. It improves the taste of the food served.**

Personal hygiene is crucial in food safety primarily because it prevents contamination from food handlers to food. When food handlers do not practice proper personal hygiene—such as regular handwashing, wearing clean clothing, and maintaining personal cleanliness—there is a heightened risk of transferring harmful bacteria, viruses, and other pathogens to the food they are preparing or serving. This contamination can lead to foodborne illnesses, which can be severe and even life-threatening for consumers. Practicing good personal hygiene serves as the first line of defense in ensuring that food remains safe for consumption, as it minimizes the introduction of harmful microorganisms into food items. This understanding is fundamental in food safety protocols and highlights the importance of training staff in hygiene practices as part of their food handling responsibilities.

5. Nursing home food operations can serve eggs for immediate service when they are cooked to what temperature?

A. 135 F for 15 seconds

B. 140 F for 15 seconds

C. 145 F for 15 seconds

D. 155 F for 15 seconds

Serving eggs for immediate consumption in nursing home food operations requires ensuring that they are cooked to a minimum internal temperature of 145°F for 15 seconds. Cooking eggs to this temperature effectively destroys harmful bacteria, such as Salmonella, ensuring that they are safe to eat. The importance of this temperature lies in its ability to achieve a sufficient level of safety for dishes that are consumed right away, as they do not undergo any further cooking or holding process after being prepared. This is particularly critical in nursing homes, where residents may be more vulnerable due to age or health issues. The other temperatures listed would not ensure the same level of safety. Cooking at lower temperatures could potentially leave harmful pathogens intact, increasing the risk of foodborne illness, which is particularly concerning when serving vulnerable populations in settings like nursing homes. Proper training and adherence to these temperature guidelines are essential for food safety management practices in such environments.

6. Foods that contain "Big 8" allergens include all but ____.

A. chocolate chip cookies

B. cheese and crackers

C. green salad with oil and vinegar

D. fish and chips

The option that includes foods least likely to contain "Big 8" allergens is a green salad with oil and vinegar. The "Big 8" allergens refer to the eight major food allergens recognized by the U.S. FDA: milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. In this context, a green salad made with oil and vinegar typically consists of various leafy greens and vegetables, which do not include any of these allergens. The dressing of oil and vinegar is also free from these allergens, making the salad a safe choice for individuals with common food allergies. On the other hand, chocolate chip cookies generally contain wheat (flour) and eggs; cheese and crackers commonly include milk; and fish and chips involve fish, which is another identified allergen. Therefore, the green salad with oil and vinegar stands out as the option least associated with the "Big 8" allergens.

7. Why is FIFO important in food storage?

- A. Because it prevents food from being overcooked
- B. It helps ensure food freshness and minimize waste**
- C. It increases food safety by freezing all items
- D. Because it reduces the amount of food needed

FIFO, or "First In, First Out," is a crucial inventory management practice in food storage that ensures that the oldest food items are used before newer ones. This approach is key to maintaining food freshness and minimizing waste. When food is stored using FIFO, it allows for the consistent rotation of stock so that perishable items are used in a timely manner, reducing the likelihood of spoilage. By using FIFO, food establishments can also manage their inventory more effectively, avoiding scenarios where older items are left in storage until they go bad, which ultimately helps in maximizing the use of food products and reducing waste. This practice contributes to both financial efficiency by minimizing lost inventory costs and to better overall food safety by ensuring that food served is fresh and safe for consumption. The other options may lead to confusion; for instance, while they may touch on aspects of food management, they do not address the fundamental importance of using FIFO specifically in the context of maintaining food quality and preventing spoilage.

8. Why is staff communication essential in food safety?

- A. To ensure everyone is aware of food safety policies and practices**
- B. To reduce the number of staff needed
- C. To increase sales during peak hours
- D. To facilitate staff bonding

Staff communication is essential in food safety because it ensures that everyone in the organization understands and is aware of the food safety policies and practices in place. Effective communication channels allow for the dissemination of vital information regarding hygiene standards, food handling procedures, and safety protocols that need to be followed to prevent foodborne illnesses. When all team members are informed and trained on these practices, it creates a culture of safety, reduces the risk of mistakes, and enhances the overall food safety management system. This ensures that everyone is on the same page and can work collaboratively to uphold the highest standards of food safety. Other options, while they may seem relevant in different contexts, do not directly contribute to the critical aspect of food safety communication. Therefore, fostering a clear and consistent flow of information among staff is fundamental to maintaining a safe food environment.

9. What type of information is included on labels for commercially processed foods?

- A. Nutritional information**
- B. Recipe information**
- C. Biological hazards**
- D. Allergen information**

Labels for commercially processed foods must include allergen information to ensure consumer safety. This is particularly critical because food allergies can lead to severe, sometimes life-threatening reactions. By law, manufacturers are required to highlight common allergens—such as peanuts, tree nuts, wheat, soy, milk, eggs, fish, and shellfish—on their packaging. This requirement helps consumers make informed choices and avoid potential allergens that could pose a threat to their health. While nutritional information is also important and is commonly found on food labels, it is distinct from allergen information, which focuses specifically on allergens that require particular attention for safety. Recipe information is not a requirement on food packaging, as it pertains to how to prepare the food rather than any health-related information. Biological hazards, while relevant to food safety, are generally not disclosed on labels in the same way that allergens are. Hence, the emphasis on allergen information on food labels is crucial for protecting consumers from allergic reactions.

10. A bandage found in food is an example of which type of hazard?

- A. Biological**
- B. Chemical**
- C. Physical**
- D. Environmental**

A bandage found in food is classified as a physical hazard. This type of hazard refers to any foreign object that can accidentally contaminate food, which can pose a risk to health if consumed. Physical hazards can include items such as hair, glass, metal fragments, plastic, and any other objects that do not belong in food products. In this case, a bandage represents a potential choking hazard and a source of injury or infection if it makes its way into food. It is not a biological hazard, which involves living organisms like bacteria or viruses, nor a chemical hazard, which pertains to harmful substances like cleaning agents or pesticides. Environmental hazards relate to contamination from external factors such as pollution or chemicals from the environment, but a bandage is specifically a physical item that has inadvertently entered the food. Thus, understanding that a bandage is a tangible object helps to identify it accurately as a physical hazard.

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://surefoodsafetymgr.examzify.com>

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