

SURE Food Safety Manager Practice Test (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

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1. ___ hazards are harmful microorganisms.
 - A. biological
 - B. chemical
 - C. physical
 - D. electrical

2. When storing raw food in a refrigerator, ground beef must be stored above which of the following?
 - A. Lettuce
 - B. Poultry
 - C. Fish
 - D. Pork chops

3. 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

4. In food safety, what does the term 'cross-contamination' refer to?
 - A. a. Using different cutting boards for different food types
 - B. b. The transfer of harmful bacteria from one food item to another
 - C. c. Cleaning surfaces before food preparation
 - D. d. Storing raw meat above cooked food

5. Which practice helps in maintaining food security during an emergency?
 - A. Using only one storage method for all food
 - B. Following a clear emergency plan
 - C. Keeping food at room temperature to avoid spoilage
 - D. Allowing unrestricted access to storage areas

- 6. Which risk factor is not included in active managerial control according to CDC?**
- A. Purchasing food from unsafe sources**
 - B. Failing to cook food adequately**
 - C. Practicing poor personal hygiene**
 - D. Failing to conduct sanitation self-inspection**
- 7. Allergic reactions can be prevented by ____.**
- A. controlling time**
 - B. avoiding cross-contact**
 - C. controlling temperature**
 - D. avoiding physical hazards**
- 8. What is the safe holding temperature for hot foods?**
- A. 145°F (63°C) or higher**
 - B. 135°F (57°C) or higher**
 - C. 160°F (71°C) or higher**
 - D. 120°F (49°C) or higher**
- 9. Which of the following is a TCS food?**
- A. Bread**
 - B. Mayonnaise**
 - C. Baked potato**
 - D. Chocolate**
- 10. What is a key purpose of maintaining cooking logs in a food safety plan?**
- A. To monitor employee performance**
 - B. To document food receipts**
 - C. To ensure compliance with critical limits**
 - D. To identify food management trends**

Answers

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

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Explanations

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1. ___ hazards are harmful microorganisms.

A. biological

B. chemical

C. physical

D. electrical

Biological hazards refer to harmful microorganisms that can contaminate food and lead to foodborne illnesses. These microorganisms include bacteria, viruses, fungi, and parasites, which can multiply in unfavorable conditions such as improper temperatures or poor hygiene practices. Understanding biological hazards is crucial for food safety management as they pose significant risks to health if consumed. Chemical hazards would involve harmful substances from chemicals such as cleaning agents or pesticides that are not meant for consumption. Physical hazards refer to tangible items that can cause harm, like foreign objects in food. Electrical hazards would pertain to risks related to electrical equipment, which are not directly related to food contamination. Thus, identifying biological hazards is essential for preventing contamination and ensuring the safety of food products.

2. When storing raw food in a refrigerator, ground beef must be stored above which of the following?

A. Lettuce

B. Poultry

C. Fish

D. Pork chops

Ground beef must be stored above poultry in a refrigerator to prevent cross-contamination. Poultry, such as chicken or turkey, can harbor harmful bacteria like Salmonella and Campylobacter, which can transfer to other foods if they drip or leak. By placing ground beef above poultry, you minimize the risk of juices from the raw poultry contaminating the ground beef. The placement of other food items, like lettuce, fish, and pork chops, is also important for food safety, but poultry is particularly critical because of its higher risk for contamination with pathogens that can cause foodborne illness. Meat and seafood can also carry risks, but when it comes to the hierarchy of storage in terms of safety, poultry is considered more hazardous. Therefore, proper storage guidelines dictate keeping ground beef above poultry for safe refrigeration practices.

3. 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.

4. In food safety, what does the term 'cross-contamination' refer to?

- A. a. Using different cutting boards for different food types
- B. b. The transfer of harmful bacteria from one food item to another**
- C. c. Cleaning surfaces before food preparation
- D. d. Storing raw meat above cooked food

In food safety, 'cross-contamination' specifically refers to the transfer of harmful bacteria or other microorganisms from one food item to another, which can lead to foodborne illnesses. This can occur through direct contact, such as using the same utensils or cutting boards for different food types without proper cleaning in between. For instance, if raw chicken is prepared on a cutting board, and then that same board is used for ready-to-eat vegetables without thorough cleaning, harmful bacteria from the chicken can contaminate the vegetables. This highlights the importance of separating raw and cooked foods as well as maintaining proper hygiene practices during food preparation to prevent cross-contamination. The other options, while related to food safety, describe practices aimed at reducing contamination rather than defining the term itself. Using different cutting boards for different food types is a preventative measure to avoid cross-contamination. Cleaning surfaces before food preparation is another precautionary measure to ensure a safe food handling environment. Storing raw meat above cooked food in a refrigerator is actually a harmful practice that could lead to cross-contamination if juices from the raw meat drip onto the cooked food, thus emphasizing the importance of proper food storage techniques.

5. Which practice helps in maintaining food security during an emergency?

- A. Using only one storage method for all food**
- B. Following a clear emergency plan**
- C. Keeping food at room temperature to avoid spoilage**
- D. Allowing unrestricted access to storage areas**

Following a clear emergency plan is essential in maintaining food security during an emergency because it provides a structured approach to managing food resources effectively when they are most needed. An emergency plan typically includes steps for food storage, allocation, and distribution that are designed to minimize waste and ensure that food remains safe and secure. During emergencies, such as natural disasters or pandemics, a well-thought-out plan helps identify which foods are most critical, how to access them, and how to safely prepare them. This procedure not only ensures that food is available when needed but also addresses the safety measures necessary to prevent contamination and spoilage. Moreover, having a clear emergency plan allows for communication among team members and stakeholders, which is vital for coordinating efforts effectively. In contrast, using only one storage method or allowing unrestricted access to storage areas could lead to mismanagement and increased risk of contamination or waste. Keeping food at room temperature is also contrary to food safety practices, as it can promote the growth of harmful bacteria. Thus, having a comprehensive emergency plan focuses on preparedness and operational efficiency, which are key to maintaining food security in unpredictable situations.

6. Which risk factor is not included in active managerial control according to CDC?

- A. Purchasing food from unsafe sources**
- B. Failing to cook food adequately**
- C. Practicing poor personal hygiene**
- D. Failing to conduct sanitation self-inspection**

Active managerial control is a proactive approach that focuses on controlling food safety risk factors that can lead to foodborne illness. The Centers for Disease Control and Prevention (CDC) identifies certain critical risk factors that need to be addressed to ensure safe food handling practices. Failing to conduct sanitation self-inspection is not categorized as a direct risk factor that can lead to immediate safety issues in food handling but rather is seen as an internal management practice. While inspecting sanitation practices is important for maintaining a safe food environment, it doesn't directly contribute to the immediate hazards that can arise from improper food sourcing, cooking, or handling practices. On the other hand, purchasing food from unsafe sources, failing to cook food adequately, and practicing poor personal hygiene are all actions that can directly lead to foodborne illnesses. These are critical risk factors that need to be actively managed to ensure food safety, as they directly impact the health and safety of the food being served.

7. Allergic reactions can be prevented by ____.

- A. controlling time
- B. avoiding cross-contact**
- C. controlling temperature
- D. avoiding physical hazards

Avoiding cross-contact is essential for preventing allergic reactions because it ensures that allergenic ingredients do not mix with food items that are safe for individuals with food allergies. Cross-contact can happen when utensils, equipment, or surfaces that have come into contact with allergenic foods are used without proper cleaning, inadvertently transferring allergens to the non-allergenic foods. For individuals with food allergies, even trace amounts of an allergen can trigger a serious allergic reaction. Therefore, rigorous practices for preventing cross-contact, such as using separate utensils for allergenic and non-allergenic foods, properly cleaning surfaces, and training staff on allergen management, are critical components of food safety protocols. This focus on avoiding cross-contact helps create a safer dining environment for those with food allergies and effectively minimizes the risk of allergic reactions.

8. What is the safe holding temperature for hot foods?

- A. 145°F (63°C) or higher
- B. 135°F (57°C) or higher**
- C. 160°F (71°C) or higher
- D. 120°F (49°C) or higher

The safe holding temperature for hot foods is 135°F (57°C) or higher. This temperature is critical for preventing the growth of harmful pathogens that can lead to foodborne illness. When hot foods are kept at or above this temperature, it ensures that any bacteria that might have been present during cooking are not able to multiply to dangerous levels. Holding temperatures below 135°F (57°C) allow bacteria to grow, making the food unsafe to eat. While temperatures higher than this can enhance food safety further, they are not required for safe holding. Therefore, the choice of 135°F recognizes a balance between ensuring foods stay safe while also being practical in terms of food service and equipment capabilities. It's important to maintain this standard in food service and preparation settings to protect public health effectively. Other temperature options listed either do not meet the minimum safe standard for holding hot foods or are unnecessarily high for the safety requirements.

9. Which of the following is a TCS food?

- A. Bread
- B. Mayonnaise
- C. Baked potato**
- D. Chocolate

A TCS (Time/Temperature Control for Safety) food is one that requires specific time and temperature controls to prevent the growth of microorganisms that can cause foodborne illness. TCS foods are typically those that are moist, contain protein, and have a neutral or slightly acidic pH. A baked potato qualifies as a TCS food because it is moist, rich in carbohydrates, and when cooked, retains heat, creating an environment conducive to bacterial growth if it is not handled safely. If left at room temperature after cooking, the potato can harbor harmful bacteria, making it crucial to keep it at the appropriate temperatures or consume it promptly. In contrast, bread does not contain sufficient moisture to support rapid bacterial growth and is generally safe to store at room temperature. Mayonnaise, while it may contain eggs, is usually acidified (commercial mayonnaise typically has a pH level that inhibits bacterial growth), making it less of a TCS food in a properly sealed container. Chocolate has low moisture content and is considered a non-TCS food because it doesn't support pathogen growth.

10. What is a key purpose of maintaining cooking logs in a food safety plan?

- A. To monitor employee performance
- B. To document food receipts
- C. To ensure compliance with critical limits**
- D. To identify food management trends

Maintaining cooking logs in a food safety plan primarily serves the purpose of ensuring compliance with critical limits. Critical limits refer to specific temperature and time requirements that food must meet during cooking to eliminate harmful pathogens and ensure food safety. By accurately recording cooking times and temperatures, food establishments can demonstrate that they are adhering to these essential guidelines. This documentation is crucial for verifying that food has been cooked to a safe temperature, thereby minimizing the risk of foodborne illness. Furthermore, in the event of an inspection or food safety audit, cooking logs serve as important evidence that the establishment is following its food safety plan and meeting regulatory requirements. While monitoring employee performance, documenting food receipts, and identifying food management trends can be beneficial for overall operations, these activities are not the primary focus of cooking logs. Instead, the logs specifically help verify that critical safety standards in food preparation are consistently met.

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!

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