

Texas Food Handler/Manager 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 correct order for cleaning and sanitizing surfaces?**
 - A. Sanitize, rinse, clean, air dry**
 - B. Clean, rinse, sanitize, air dry**
 - C. Air dry, clean, rinse, sanitize**
 - D. Rinse, sanitize, clean, air dry**
- 2. Which of the following is NOT an acceptable training method for food service personnel?**
 - A. Hands-on training**
 - B. Open book exams**
 - C. Team workshops**
 - D. Online courses**
- 3. How can food handlers minimize the risk of time-temperature abuse?**
 - A. Storing hot food at room temperature**
 - B. Properly monitoring food temperatures**
 - C. Keeping food out for extended periods**
 - D. Preparing food in advance**
- 4. What total duration is recommended for keeping records of shellstock tag information?**
 - A. 60 days**
 - B. 90 days**
 - C. 120 days**
 - D. 180 days**
- 5. How should food donations be handled to ensure safety?**
 - A. By following proper food safety guidelines and regulations when receiving and distributing**
 - B. By accepting all donated food without inspection**
 - C. By prioritizing canned goods only**
 - D. By storing donated food at room temperature**

- 6. What is the purpose of using color-coded cutting boards?**
- A. To make the kitchen look more appealing**
 - B. To identify which boards to use for different types of food and avoid cross-contamination**
 - C. To show which boards are for decorative purposes only**
 - D. To keep track of inventory**
- 7. How should food items be stored on a rack in the cooler from top to bottom?**
- A. Chicken, whole steaks, vegetable lasagna, salad**
 - B. Salad, vegetable lasagna, whole steaks, chicken**
 - C. Whole steaks, chicken, salad, vegetable lasagna**
 - D. Vegetable lasagna, chicken, whole steaks, salad**
- 8. What does NSG stand for in food safety practices?**
- A. National Safety Guidelines**
 - B. National Sanitation Group**
 - C. National Sanitation Foundation**
 - D. National Standards for Grading**
- 9. What must be done when an employee exhibits symptoms of a foodborne illness?**
- A. They should continue working but avoid certain foods**
 - B. They must be excluded from food handling until cleared by a doctor**
 - C. They should stay at work but wear a mask**
 - D. They can handle food as long as they are feeling better**
- 10. What is a safe way to handle leftover food?**
- A. Store it in large containers at room temperature**
 - B. Cool quickly and store in shallow containers**
 - C. Leave it uncovered for quick cooling**
 - D. Reheat and serve it immediately**

Answers

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

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Explanations

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1. What is the correct order for cleaning and sanitizing surfaces?

- A. Sanitize, rinse, clean, air dry
- B. Clean, rinse, sanitize, air dry**
- C. Air dry, clean, rinse, sanitize
- D. Rinse, sanitize, clean, air dry

The correct order for cleaning and sanitizing surfaces is essential for ensuring that food preparation areas remain safe and free of harmful contaminants. The process involves several key steps that need to be followed sequentially: First, cleaning is the initial step where surfaces are scrubbed with soap or detergent to remove dirt, food particles, and any impurities. This step is crucial because sanitizers are not effective on dirty surfaces; thus, any cleaning must precede sanitizing for it to be effective. Next, rinsing is done to remove any residual soap or detergent left on the surface after cleaning. Rinsing is necessary because leftover cleaning agents can interfere with the sanitization process, potentially leaving harmful chemical residues that could contaminate food. Then comes the sanitizing step, where a sanitizer is applied to the clean, rinsed surface to kill any remaining bacteria or pathogens. This step is critical in preventing foodborne illnesses and ensuring the overall safety of the food preparation area. Finally, allowing the surface to air dry is the last step. Air drying is important because wiping can reintroduce bacteria to the sanitized surface, negating the sanitizing effort. Additionally, some sanitizers require the surface to remain wet for a specific contact time to effectively kill pathogens. By following this

2. Which of the following is NOT an acceptable training method for food service personnel?

- A. Hands-on training
- B. Open book exams**
- C. Team workshops
- D. Online courses

Open book exams are generally considered an acceptable training method in food service personnel training. They serve to reinforce knowledge by allowing participants to refer to materials while answering questions. This method can effectively assess the understanding of food safety principles, procedures, and regulations in a supportive way, facilitating learning and retention. On the other hand, training methods such as hands-on training, team workshops, and online courses are typically recognized as effective means of teaching food safety practices. Hands-on training provides practical experience, allowing staff to apply what they have learned in real-world scenarios. Team workshops promote collaboration and problem-solving among employees, fostering a team-oriented approach to food safety. Online courses, meanwhile, offer flexibility and convenience, enabling staff to learn at their own pace while still providing comprehensive information on the necessary protocols and procedures. Given these alternatives, the open book exam approach is an established form of assessment rather than a method that would be considered inappropriate for training food service personnel.

3. How can food handlers minimize the risk of time-temperature abuse?

- A. Storing hot food at room temperature
- B. Properly monitoring food temperatures**
- C. Keeping food out for extended periods
- D. Preparing food in advance

Properly monitoring food temperatures is crucial for minimizing the risk of time-temperature abuse because it ensures that food is kept within safe temperature ranges throughout its preparation, storage, and serving processes. When food is kept at unacceptable temperatures for too long, harmful bacteria can multiply, increasing the risk of foodborne illness. By regularly checking and recording the temperatures of food items—whether they are being cooked, stored, or held for service—food handlers can take necessary actions to keep temperatures within safe limits. This means reheating foods to proper temperatures, cooling them quickly, and keeping them at safe temperatures during service. Maintaining vigilance with temperature control effectively prevents the conditions under which bacteria thrive, thereby ensuring food safety for consumers. Monitoring is an active and ongoing process that is fundamental to safe food handling practices.

4. What total duration is recommended for keeping records of shellstock tag information?

- A. 60 days
- B. 90 days**
- C. 120 days
- D. 180 days

The recommended total duration for keeping records of shellstock tag information is 90 days. This regulation is in place to ensure traceability for seafood products, which is crucial in case of a foodborne illness outbreak. Keeping detailed and accurate records allows food establishments to track the source of shellfish and verify that they came from approved suppliers. Following this 90-day period also aligns with food safety practices and regulations aimed at protecting public health. It provides sufficient time for any necessary investigations or recalls while ensuring that restaurants and food vendors maintain accountability concerning the shellfish served to customers. Thus, retaining shellstock tag information for 90 days supports proper food safety protocols and regulatory compliance.

5. How should food donations be handled to ensure safety?

- A. By following proper food safety guidelines and regulations when receiving and distributing**
- B. By accepting all donated food without inspection**
- C. By prioritizing canned goods only**
- D. By storing donated food at room temperature**

Handling food donations with safety in mind is critical to prevent foodborne illnesses and ensure the well-being of those receiving the food. Following proper food safety guidelines and regulations when receiving and distributing donations guarantees that donated food is safe for consumption. This includes inspecting food for proper packaging, expiration dates, and signs of spoilage. By adhering to established protocols, food handlers can be sure that the food being distributed is not only safe but also maintains its quality. This practice is essential in building trust with both donors and recipients, as it demonstrates a commitment to the health and safety of the community. In contrast, accepting all donated food without inspection undermines food safety, as it could lead to distributing spoiled or unsafe products. Focusing solely on canned goods limits the diversity and nutritional quality of the donations. Storing donated food at room temperature may cause perishable items to spoil, posing a significant risk to health.

6. What is the purpose of using color-coded cutting boards?

- A. To make the kitchen look more appealing**
- B. To identify which boards to use for different types of food and avoid cross-contamination**
- C. To show which boards are for decorative purposes only**
- D. To keep track of inventory**

The purpose of using color-coded cutting boards is to identify which boards are designated for specific types of food, helping to avoid cross-contamination. This practice is essential in maintaining food safety in a kitchen environment. By allocating different colors for various food categories, such as raw meats, vegetables, and cooked foods, food handlers can easily remember which surface to use for each food item. This reduces the risk of harmful pathogens being transferred from one food type to another, such as bacteria from raw meat contaminating ready-to-eat salads. Using color-coded boards is a straightforward and effective method to support food safety protocols, ensuring that both food preparation and service maintain high standards. This organizational tool not only helps in adhering to safety regulations but also promotes a systematic and efficient workflow in busy kitchen environments.

7. How should food items be stored on a rack in the cooler from top to bottom?

- A. Chicken, whole steaks, vegetable lasagna, salad**
- B. Salad, vegetable lasagna, whole steaks, chicken**
- C. Whole steaks, chicken, salad, vegetable lasagna**
- D. Vegetable lasagna, chicken, whole steaks, salad**

The correct arrangement for storing food items in a cooler is to prioritize food safety by minimizing the risk of cross-contamination. Raw meats, such as whole steaks and chicken, should be stored on lower shelves to prevent any juices that may leak from them from dripping onto ready-to-eat foods. In this case, placing the salad at the top makes sense because it is a ready-to-eat item that should be kept away from raw meats. Following that, vegetable lasagna can be stored below salad since it is cooked and does not pose a risk of transmitting harmful pathogens. Storing whole steaks underneath the vegetable lasagna allows for the raw meat to be contained, while ensuring that it doesn't contaminate food that is ready to consume. Lastly, chicken is stored on the bottom shelf, preventing any potential drips from affecting all other items stored above. This stacking method ensures the highest levels of food safety by complying with guidelines that emphasize the importance of prevention in potential contamination situations.

8. What does NSG stand for in food safety practices?

- A. National Safety Guidelines**
- B. National Sanitation Group**
- C. National Sanitation Foundation**
- D. National Standards for Grading**

NSG stands for National Sanitation Foundation, which is known for its commitment to public health and safety. This organization develops standards and protocols for food safety, as well as conducts testing and certification of products and systems to ensure they meet these safety standards. The National Sanitation Foundation plays a crucial role in food safety practices by inspecting and certifying food service establishments, ensuring they adhere to established guidelines that help prevent foodborne illnesses. The agency's guidelines are widely recognized in the food industry, emphasizing the importance of maintaining clean and sanitary conditions in food preparation, storage, and service. By following these standards, food handlers and managers help to protect public health and ensure that food served is safe for consumption.

9. What must be done when an employee exhibits symptoms of a foodborne illness?

- A. They should continue working but avoid certain foods**
- B. They must be excluded from food handling until cleared by a doctor**
- C. They should stay at work but wear a mask**
- D. They can handle food as long as they are feeling better**

When an employee exhibits symptoms of a foodborne illness, it is essential that they must be excluded from food handling until cleared by a doctor. This measure is crucial in preventing the spread of foodborne pathogens that can contaminate food and surfaces, leading to widespread illness among patrons and staff. Symptoms such as vomiting, diarrhea, fever, or jaundice can indicate the presence of a contagious illness that poses a risk to public health. By excluding the employee, the establishment can maintain food safety standards and protect customers, ensuring a safe dining experience. Taking appropriate action in these situations not only helps in controlling potential outbreaks but also aligns with public health regulations and guidelines designed to safeguard consumer health within food service environments.

10. What is a safe way to handle leftover food?

- A. Store it in large containers at room temperature**
- B. Cool quickly and store in shallow containers**
- C. Leave it uncovered for quick cooling**
- D. Reheat and serve it immediately**

Storing leftover food safely is crucial in preventing foodborne illnesses. The correct approach involves cooling the food quickly and using shallow containers for storage. This method allows the food to reach a safe temperature rapidly, inhibiting the growth of harmful bacteria that can proliferate in the danger zone (between 40°F and 140°F). Using shallow containers ensures that the food cools evenly and quickly since a larger volume of food in a deep container will take longer to cool down. Proper storage techniques like this not only ensure the food remains safe to consume later but also maintain its quality. Other approaches suggested in the choices can lead to food safety risks: storing food at room temperature can allow bacteria to thrive, leaving food uncovered could lead to contamination or spoilage, and reheating immediately without proper cooling methods can compromise food safety by not effectively reducing bacterial growth before serving.

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://txfoodhandlermngr.examzify.com>

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