

# Texas Food Safety Managers 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. What must food service establishments that serve oysters provide to their customers?**
  - A. Regulatory advisory**
  - B. Consumer advisory**
  - C. HACCP plan**
  - D. Return policy**
  
- 2. What is considered a safe method for thawing frozen food?**
  - A. At room temperature**
  - B. In the refrigerator**
  - C. Using hot water**
  - D. On the kitchen counter**
  
- 3. Which food was correctly cooled?**
  - A. Cooked poultry that cooled from 135°F to 70°F within two hours and from 70°F to 41°F within an additional four hours.**
  - B. Beans that did not cool to 70°F within two hours but were reheated to 145°F for 15 seconds within two hours and then cooled correctly.**
  - C. A roast that cooled from 135°F to 70°F within four hours and from 70°F to 41°F within additional six hours.**
  - D. Salad that was prepared at 3 PM and served at 5 PM.**
  
- 4. What should be the internal temperature of fish to ensure it is safe to eat?**
  - A. 130°F (54°C)**
  - B. 135°F (57°C)**
  - C. 140°F (60°C)**
  - D. 145°F (63°C)**
  
- 5. What is the maximum amount of time food can safely stay in the temperature danger zone?**
  - A. 2 hours**
  - B. 4 hours**
  - C. 6 hours**
  - D. 8 hours**

- 6. All food and non-food items must be stored**
- A. Away from the wall.**
  - B. 4 inches above the floor.**
  - C. On a clean countertop.**
  - D. In a designated storage room.**
- 7. How can food establishments effectively manage allergens?**
- A. By listing allergens on menus and training staff on cross-contamination**
  - B. By removing all allergens from the menu**
  - C. By only training chefs on allergens**
  - D. By providing customers with allergen-free meals upon request**
- 8. When is it necessary to use a new cutting board?**
- A. When chopping vegetables only**
  - B. When switching between raw and ready-to-eat foods**
  - C. Whenever it is available**
  - D. When the old one gets dirty**
- 9. Which of the following is a critical control point in a food safety plan?**
- A. Receiving food shipments.**
  - B. Storing food.**
  - C. Cooking food to the correct temperature.**
  - D. Cleaning and sanitizing surfaces.**
- 10. The food manager is primarily responsible for monitoring the hygiene of food handlers because?**
- A. It affects customer satisfaction.**
  - B. It minimizes contamination risks.**
  - C. It follows company policy.**
  - D. It ensures staff productivity.**

## Answers

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

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## **Explanations**

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**1. What must food service establishments that serve oysters provide to their customers?**

- A. Regulatory advisory**
- B. Consumer advisory**
- C. HACCP plan**
- D. Return policy**

Food service establishments that serve oysters are required to provide a consumer advisory to inform customers about the potential risks associated with consuming raw or undercooked seafood. This advisory is crucial because it alerts patrons that oysters, which can be consumed raw, may harbor pathogens that can lead to foodborne illnesses, particularly in vulnerable populations such as those with weakened immune systems or chronic illnesses. The consumer advisory typically includes information about the potential risks, allowing customers to make informed decisions regarding their food choices. This is especially important in Texas, where seafood consumption is prevalent, and there is a responsibility to ensure public health and safety. By providing this advisory, establishments help protect customers and fulfill regulatory requirements aimed at minimizing health risks. In contrast, other options like a regulatory advisory may refer to guidelines or rules set forth by health authorities but do not specifically address the need to inform consumers directly. A HACCP plan pertains to a system designed to manage food safety processes but is not directly given to consumers. A return policy deals with customer service aspects unrelated to health risks associated with food consumption.

**2. What is considered a safe method for thawing frozen food?**

- A. At room temperature**
- B. In the refrigerator**
- C. Using hot water**
- D. On the kitchen counter**

Thawing frozen food in the refrigerator is recognized as a safe method because it allows food to gradually reach a temperature above freezing while remaining at a safe temperature below 40°F (4°C). This slow thawing minimizes the growth of harmful bacteria that can thrive in the temperature danger zone, which is between 40°F and 140°F (4°C and 60°C). The controlled environment of the refrigerator ensures that food stays within safe limits, thus reducing the risk of foodborne illness. Other thawing methods, such as at room temperature or on the kitchen counter, could lead to parts of the food entering the danger zone while other parts remain frozen, creating optimal conditions for bacterial growth. Thawing in hot water can also lead to uneven temperatures, with the outer layers of food warming too quickly, potentially allowing bacteria to multiply before the food is fully thawed. Therefore, thawing in the refrigerator is the safest and most effective approach.

### 3. Which food was correctly cooled?

- A. Cooked poultry that cooled from 135°F to 70°F within two hours and from 70°F to 41°F within an additional four hours.**
- B. Beans that did not cool to 70°F within two hours but were reheated to 145°F for 15 seconds within two hours and then cooled correctly.**
- C. A roast that cooled from 135°F to 70°F within four hours and from 70°F to 41°F within additional six hours.**
- D. Salad that was prepared at 3 PM and served at 5 PM.**

The correct choice is accurate because it follows the recommended guidelines for cooling cooked food to prevent the growth of harmful bacteria. According to food safety regulations, cooked food must be cooled from 135°F to 70°F within a two-hour window and then from 70°F to 41°F or below within the next four hours. In this case, the cooked poultry meets both cooling time frames: it successfully cooled to 70°F within the mandatory two-hour limit and then reached 41°F within the additional allowed four hours. This procedure minimizes the time food spends in the temperature danger zone (between 41°F and 135°F), where bacterial growth can occur rapidly, thereby ensuring the safety of the poultry for consumption. Other options contain various issues. Beans not meeting the cooling requirement initially pose a risk, even if reheated, since improper cooling can allow bacteria to thrive before being reheated. The roast's cooling time did not comply with the two-hour cooling rule, which is critical for food safety. The salad mentioned does not provide sufficient information regarding cooking or cooling times, leaving its safety in question.

### 4. What should be the internal temperature of fish to ensure it is safe to eat?

- A. 130°F (54°C)**
- B. 135°F (57°C)**
- C. 140°F (60°C)**
- D. 145°F (63°C)**

The safe internal temperature for fish is 145°F (63°C). This temperature ensures that any harmful bacteria or parasites that may be present in seafood are effectively killed, making the fish safe for consumption. Cooking fish to this temperature also guarantees that it reaches the desired level of doneness, which helps to maintain the quality and texture of the fish, providing a pleasant dining experience. This standard is crucial in food safety practices, as fish can harbor pathogens like Salmonella and Vibrio, which are eliminated at this temperature. Ensuring that fish is cooked to the proper internal temperature also contributes to overall food safety and helps prevent foodborne illnesses. While other temperatures listed may be adequate for certain types of fish or preferred for different levels of doneness, they do not meet the established food safety guidelines. Cooking fish at lower temperatures may not adequately destroy potential pathogens, leading to health risks. Thus, adhering to the guideline of 145°F is essential for ensuring that fish is both safe and enjoyable to eat.

**5. What is the maximum amount of time food can safely stay in the temperature danger zone?**

- A. 2 hours
- B. 4 hours**
- C. 6 hours
- D. 8 hours

The maximum amount of time food can safely stay in the temperature danger zone, which is typically between 41°F and 135°F, is 4 hours. This is based on food safety guidelines that aim to minimize the risk of foodborne illness. When food is held within this temperature range, bacteria can multiply rapidly, leading to spoilage and the potential for contaminants to reach dangerous levels. The 4-hour rule provides a buffer that allows for some flexibility in food preparation and service while still maintaining safety. If food remains in the danger zone for more than 4 hours, it should either be consumed, reheated to safe temperatures, or discarded to prevent any health risks associated with bacterial growth. This time frame emphasizes the importance of monitoring food temperatures and acting within limits to ensure food safety in any establishment.

**6. All food and non-food items must be stored**

- A. Away from the wall.
- B. 4 inches above the floor.
- C. On a clean countertop.**
- D. In a designated storage room.

In food safety, proper storage practices are crucial in preventing contamination and maintaining hygiene. Storing food and non-food items on a clean countertop is important because countertops that are routinely sanitized provide a clean surface that minimizes the risk of cross-contamination. It's essential that surfaces are not only clean but also made from materials that are non-porous and easy to disinfect. While other storage options may have their place in certain contexts, storing food on a clean countertop specifically emphasizes the importance of cleanliness and accessibility while preparing food. This option supports food safety principles by ensuring that items are stored in a manner that protects them and keeps them readily available for use in food preparation. Proper handling after storage further promotes safety in the kitchen environment.

## 7. How can food establishments effectively manage allergens?

**A. By listing allergens on menus and training staff on cross-contamination**

**B. By removing all allergens from the menu**

**C. By only training chefs on allergens**

**D. By providing customers with allergen-free meals upon request**

Managing allergens effectively in food establishments is crucial to ensure the safety of customers who have food allergies. The correct approach involves comprehensive actions such as listing allergens on menus and training staff on cross-contamination. By listing allergens on menus, food establishments provide transparency, allowing customers to make informed decisions about what they can safely eat. This practice helps those with food allergies to identify which dishes could potentially trigger an allergic reaction. Moreover, training staff on how to avoid cross-contamination is essential because even trace amounts of allergens can cause serious health issues for sensitive individuals. Staff who are educated about proper food handling practices, such as using separate equipment and surfaces for allergen-free food preparation, can significantly reduce the risk of accidental exposure. This multifaceted strategy demonstrates a proactive commitment to customer safety, enhancing the establishment's credibility and fostering customer trust. Other approaches, such as removing all allergens from the menu or providing allergen-free meals only upon request, can limit customer choices and may not address the need for proactive communication and training that is fundamental in a food service environment.

## 8. When is it necessary to use a new cutting board?

**A. When chopping vegetables only**

**B. When switching between raw and ready-to-eat foods**

**C. Whenever it is available**

**D. When the old one gets dirty**

Using a new cutting board is essential when switching between raw and ready-to-eat foods to prevent cross-contamination. Raw foods, especially meat, poultry, and seafood, can harbor harmful microorganisms that, if transferred to items intended for direct consumption, pose serious health risks. By employing separate cutting boards for these two categories of food, food handlers can maintain food safety and mitigate the risk of foodborne illnesses. This practice aligns with the concept of color-coding in food service, where specific colors are designated for different types of food to make it easier to prevent cross-contamination. For instance, using a specific color cutting board exclusively for raw meats and another for vegetables can significantly reduce the chance of mixing these foods. While having a new cutting board available is convenient, it doesn't provide the same safety assurance as adhering to proper procedures for food handling. Consequently, simply replacing a board when it becomes dirty does not adequately address the underlying risk of cross-contamination when transitioning between the handling of raw and ready-to-eat foods.

**9. Which of the following is a critical control point in a food safety plan?**

- A. Receiving food shipments.**
- B. Storing food.**
- C. Cooking food to the correct temperature.**
- D. Cleaning and sanitizing surfaces.**

Cooking food to the correct temperature is considered a critical control point in a food safety plan because it is essential for killing pathogenic microorganisms that can cause foodborne illnesses. Proper cooking temperatures ensure that the food reaches a level of heat sufficient to eliminate harmful bacteria, viruses, and parasites. This stage is vital in preventing foodborne illnesses, as many pathogens are heat-sensitive and die at specific temperatures. While receiving food shipments, storing food, and cleaning and sanitizing surfaces are important aspects of food safety practices, they do not directly involve processes that eliminate hazards from the food itself. Receiving food focuses on ensuring that the food is safe at the point of delivery, storing food primarily involves maintaining safe temperatures and conditions to prevent spoilage and contamination, and cleaning and sanitizing surfaces help maintain a sanitary environment. However, cooking food properly addresses a critical step where the actual food hazards are mitigated, making it a pivotal point in the food safety plan.

**10. The food manager is primarily responsible for monitoring the hygiene of food handlers because?**

- A. It affects customer satisfaction.**
- B. It minimizes contamination risks.**
- C. It follows company policy.**
- D. It ensures staff productivity.**

The primary responsibility of the food manager in monitoring the hygiene of food handlers stems from the need to minimize contamination risks. Ensuring that food handlers maintain proper hygiene practices is crucial for preventing foodborne illnesses, which can arise from improper handling of food. This includes regular handwashing, wearing appropriate clothing, and utilizing safe food handling techniques. By closely overseeing these practices, the food manager helps to create a safe food preparation environment, thereby protecting consumers from potential health hazards and maintaining food safety standards. While customer satisfaction, company policy, and staff productivity are also important considerations in the food service industry, they are secondary to the fundamental objective of ensuring food safety. Contamination risks pose direct threats to public health, making it the priority for any food establishment.

## 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://texasfoodsafetymanagers.examzify.com>**

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

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