Walmart Food Safety Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. **How much time is left to cool chili from 70°F (21°C) to 41°F (5°C) if it has cooled to 70°F in one hour?**

   A. 1 hour

   B. 3 hours

   C. 5 hours

   D. 6 hours

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

   A. To decorate the kitchen

   B. To enhance food presentation

   C. To prevent cross-contamination

   D. To comply with local ordinances

3. **When prepping seafood, what is the use-by date for the dish if using shrimp with a use-by date of April 8 and scallops with a use-by date of April 10?**

   A. April 6

   B. April 8

   C. April 10

   D. April 12

4. **What type of eggs must be used when preparing raw or undercooked dishes for high-risk populations?**

   A. Regular eggs

   B. Organic eggs

   C. Free-range eggs

   D. Pasteurized eggs

5. **What action should be taken if a package of flour shows signs of dampness upon delivery?**

   A. Store it in the refrigerator

   B. Reject it and return it to the supplier

   C. Dry it out in the oven

   D. Use it immediately for baking

6. What is the minimum required temperature for a high-temp dishwasher's final sanitizing rinse?

A. 160 F (71 C)

B. 180 F (82 C)

C. 200 F (93 C)

D. 150 F (65 C)

7. What is the minimum internal temperature hot food must be held at to prevent pathogens from growing?

A. 140 F (60 C)

B. 135 F (57 C)

C. 145 F (63 C)

D. 150 F (65 C)

8. Which food item should not be served at a nursing home barbecue?

A. Grilled vegetables

B. Rare hamburgers

C. Barbecued chicken

D. Baked beans

9. When is a food handler diagnosed with jaundice allowed to return to work?

A. After 24 hours

B. When symptoms disappear

C. When approved by the regulatory authority

D. After a week of absence

10. What strategy can prevent cross-contamination?

A. Cooking food thoroughly

B. Buying food that does not require prepping

C. Using separate utensils for different foods

D. Storing food together in the refrigerator

Answers

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

Explanations

1. How much time is left to cool chili from 70°F (21°C) to 41°F (5°C) if it has cooled to 70°F in one hour?

A. 1 hour

B. 3 hours

C. 5 hours

D. 6 hours

The safe cooling of food is critical in preventing foodborne illnesses, and there are specific time frames recommended by food safety guidelines to ensure this process is done safely. According to the guidelines established by the FDA, food must be brought from 135°F (57°C) to 70°F (21°C) within two hours and then from 70°F (21°C) to 41°F (5°C) within an additional four hours. Since the chili has already cooled to 70°F in one hour, that leaves three more hours to cool it down further to 41°F. As per the guideline, the remaining time to accomplish this cooling phase is indeed four hours total, but since one hour has already passed, there are three hours remaining to reach the safe temperature of 41°F. Understanding the significance of these time frames is essential. Proper cooling helps limit the growth of harmful bacteria that can multiply rapidly in the temperature danger zone (41°F to 135°F). Thus, adhering to this cooling guideline, it's clear that the correct answer captures the necessary time left to ensure food safety.

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

A. To decorate the kitchen

B. To enhance food presentation

C. To prevent cross-contamination

D. To comply with local ordinances

Using color-coded cutting boards is essential for preventing cross-contamination in the kitchen. Each color typically corresponds to specific food types, such as raw meat, vegetables, or dairy products. This system helps food handlers quickly identify which board should be used for each category, significantly reducing the risk of harmful bacteria transferring from one type of food to another. For instance, if a cutting board used for raw chicken is not properly cleaned before being used for vegetables, there is a potential risk of foodborne illness. The color-coded system ensures that food safety practices are consistently followed, which is fundamental in both commercial kitchens and home cooking environments. This practice aligns with food safety guidelines that emphasize the importance of keeping raw and cooked foods separate to maintain hygiene and safety standards.

3. When prepping seafood, what is the use-by date for the dish if using shrimp with a use-by date of April 8 and scallops with a use-by date of April 10?

A. April 6

B. April 8

C. April 10

D. April 12

In food safety, the use-by date is crucial as it indicates the last date on which the food can be consumed while still being safe to eat. When combining ingredients, such as shrimp and scallops, the dish's safety is determined by the ingredient with the earliest use-by date. In this case, the shrimp has a use-by date of April 8, while the scallops have a use-by date of April 10. Therefore, even though the scallops are safe to consume up until April 10, the shrimp limits the safety of the dish to April 8. Thus, when prepping seafood, the use-by date for the dish is April 8, ensuring that it remains safe for consumption based on the least stable ingredient. This approach helps prevent foodborne illnesses by ensuring that all components of the dish are safe to eat.

4. What type of eggs must be used when preparing raw or undercooked dishes for high-risk populations?

A. Regular eggs

B. Organic eggs

C. Free-range eggs

D. Pasteurized eggs

When preparing raw or undercooked dishes for high-risk populations, pasteurized eggs must be used. Pasteurization involves heating the eggs to a temperature that is adequate to kill harmful bacteria, specifically Salmonella, without cooking the egg itself. This is particularly important for high-risk populations, such as young children, elderly individuals, pregnant women, and those with compromised immune systems, who may be more susceptible to foodborne illnesses. Using pasteurized eggs significantly reduces the risk of bacterial infection while still allowing the dishes to retain their desired flavor and texture. In contrast, regular, organic, or free-range eggs have not gone through this process and may still contain harmful pathogens, which could pose a serious health risk when consumed raw or undercooked. Hence, pasteurized eggs are the safest choice for these vulnerable groups.

5. What action should be taken if a package of flour shows signs of dampness upon delivery?

A. Store it in the refrigerator

B. Reject it and return it to the supplier

C. Dry it out in the oven

D. Use it immediately for baking

When a package of flour displays signs of dampness upon delivery, rejecting it and returning it to the supplier is the most appropriate action. Dampness can indicate that the product has been exposed to moisture, which can lead to mold growth or spoilage. Flour that is compromised in this way may not only impact the safety of food products but also affect quality and shelf life. Returning the damanged product ensures that it does not get mixed with other inventory, thereby preventing potential food safety issues and maintaining the integrity of the food supply chain. Suppliers rely on retailers to return products that do not meet quality standards, allowing them to address and rectify any issues in their processing or delivery systems. Using, refrigerating, or attempting to dry out the flour are not advisable because they could lead to food safety risks, including contamination and spoilage.

6. What is the minimum required temperature for a high-temp dishwasher's final sanitizing rinse?

A. 160 F (71 C)

B. 180 F (82 C)

C. 200 F (93 C)

D. 150 F (65 C)

The minimum required temperature for a high-temp dishwasher's final sanitizing rinse is 180°F (82°C). This temperature is crucial because it ensures that the sanitization process effectively eliminates harmful bacteria and pathogens from the dishes and utensils. Proper sanitization is a key component of food safety, helping to prevent foodborne illnesses. High-temperature dishwashers work by using the heat from hot water to achieve sanitation, rather than relying on chemicals. When the water reaches at least 180°F during the final rinse cycle, it helps to ensure that surfaces of dishware are adequately sanitized. Maintaining this temperature is critical for the dishwasher to perform effectively and to comply with health and safety regulations regarding food service operations. Other temperature options listed are insufficient for achieving the necessary level of sanitation, which is why they do not meet the requirement for a high-temperature rinse in a commercial dishwasher setting.

7. What is the minimum internal temperature hot food must be held at to prevent pathogens from growing?

A. 140 F (60 C)

B. 135 F (57 C)

C. 145 F (63 C)

D. 150 F (65 C)

The minimum internal temperature at which hot food must be held to prevent the growth of pathogens is 140 F (60 C). This temperature is crucial because it creates an environment that discourages the proliferation of harmful bacteria. Food held at or above this temperature currently ensures that it remains safe for consumption, as most bacteria cannot grow at this temperature. Maintaining food at temperatures lower than this threshold can allow bacteria to multiply rapidly, increasing the risk of foodborne illness. The other temperatures listed are either too low to effectively inhibit bacterial growth or pertain to different types of cooking or holding recommendations. Therefore, it is essential to keep hot food at 140 F or higher to ensure safety in food preparation and service.

8. Which food item should not be served at a nursing home barbecue?

A. Grilled vegetables

B. Rare hamburgers

C. Barbecued chicken

D. Baked beans

Rare hamburgers should not be served at a nursing home barbecue because undercooked ground beef poses a significant risk of foodborne illnesses, particularly from pathogens such as E. coli and Salmonella. These bacteria can thrive in ground beef if it is not cooked to a safe internal temperature, which is a minimum of 160°F (71°C) to ensure that harmful bacteria are killed. In a nursing home setting, residents may be particularly vulnerable due to age-related health factors and potential weakened immune systems. Serving undercooked hamburgers could lead to serious health complications among these individuals. In contrast, grilled vegetables, barbecued chicken (when cooked thoroughly), and baked beans are safer options since they are typically cooked to safe temperatures and do not carry the same risk when prepared properly.

9. When is a food handler diagnosed with jaundice allowed to return to work?

A. After 24 hours

B. When symptoms disappear

C. When approved by the regulatory authority

D. After a week of absence

A food handler diagnosed with jaundice is allowed to return to work only when approved by the regulatory authority. This is crucial because jaundice can be a symptom of liver issues or infectious diseases, such as hepatitis A, which can pose significant risks in a food handling environment. To protect public health, it is imperative that food handlers who show symptoms like jaundice receive proper medical evaluation and clearance from health authorities. This helps ensure that they are not contagious and can safely resume their duties without risk of transmitting any disease through food. Returning to work merely after a period of time or once symptoms improve does not guarantee that a food handler is no longer a health threat, which is why the involvement of a regulatory authority is essential for food safety compliance.

10. What strategy can prevent cross-contamination?

A. Cooking food thoroughly

B. Buying food that does not require prepping

C. Using separate utensils for different foods

D. Storing food together in the refrigerator

The strategy that effectively prevents cross-contamination is using separate utensils for different foods. This practice minimizes the risk of transferring harmful bacteria from one food item to another, especially between raw and cooked foods or different types of raw foods (like meats and vegetables). When separate utensils are used, such as cutting boards, knives, and serving spoons, you create a physical barrier that helps ensure that pathogens do not contaminate other food surfaces. While cooking food thoroughly and buying food that does not require prepping are important aspects of food safety, they do not directly address cross-contamination during preparation or handling. Storing food together in the refrigerator is not a safe practice, as it can lead to spills and drips, causing cross-contamination between different items. Using separate utensils remains one of the most proactive measures in preventing cross-contamination in food safety.