

Zaxby's Back of House (BOH) Certification Practice Exam (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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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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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

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- 1. To hold pre-cooked bone-in wings, you should transfer the wings into a _____ and place them in the hot holding cabinet.**
 - A. Ceramic dish**
 - B. Plastic container**
 - C. Clean stainless steel pan**
 - D. Parchment paper**

- 2. What is the correct procedure for thawing frozen food?**
 - A. At room temperature**
 - B. In the refrigerator**
 - C. Under hot running water**
 - D. In a dry location**

- 3. When do you activate the cook timer when cooking tenders?**
 - A. Before dropping the tenders**
 - B. After dropping all tenders**
 - C. Midway through cooking**
 - D. Immediately after setting the oil**

- 4. What should you do with extra wing sauces for a take-out order?**
 - A. Place extra sauces in a plastic container**
 - B. Place extra sauces in a waxed bag and on top of the food container**
 - C. Combine sauces in the food container**
 - D. Offer sauces separately in small cups**

- 5. What should BOH staff do if they notice a colleague not following safety protocols?**
 - A. Ignore the issue and let it resolve itself**
 - B. Criticize them in front of customers**
 - C. Remind the colleague and report to a supervisor if necessary**
 - D. Wait for management to notice the issue**

6. Finish cooked bone-in wings should reach and hold an internal temperature of what?

- A. 145 for 15 seconds**
- B. 155 for 15 seconds**
- C. 165 for 15 seconds**
- D. 175 for 15 seconds**

7. What is the best method for ensuring that cut vegetables are fresh?

- A. Store them in a crowded space**
- B. Only check color**
- C. Check for smell and texture**
- D. Keep them out for extended periods**

8. What is the correct action for leftover garlic margarine?

- A. Store in fridge**
- B. Restock for next day**
- C. Discard each night**
- D. Use until finished**

9. Under a heavy steak weight, what is the maximum number of bacon slices?

- A. 3 slices**
- B. 4 slices**
- C. 5 slices**
- D. 6 slices**

10. How long can you hold bacon in the chef's base cooler?

- A. 3 Days**
- B. 5 Days**
- C. 7 Days**
- D. 10 Days**

Answers

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

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Explanations

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1. To hold pre-cooked bone-in wings, you should transfer the wings into a _____ and place them in the hot holding cabinet.

- A. Ceramic dish**
- B. Plastic container**
- C. Clean stainless steel pan**
- D. Parchment paper**

Transferring pre-cooked bone-in wings into a clean stainless steel pan for holding is the best practice for several reasons. Stainless steel is a durable material that provides excellent heat conduction, which helps maintain the wings at an appropriate temperature during hot holding. This is crucial for food safety, as it prevents the wings from dropping into the temperature danger zone where bacteria can grow. Using a clean stainless steel pan also allows for proper airflow and heat distribution, ensuring that the wings stay heated evenly. Additionally, stainless steel is easy to clean and sanitize, which is essential for maintaining hygiene in the back of the house. While ceramic dishes and plastic containers might be used in some contexts, they are not as effective for this specific purpose. Ceramic can retain heat differently and may not withstand the high temperatures required for hot holding as effectively as stainless steel. Plastic containers may not be designed to withstand prolonged heat exposure and could warp or release harmful chemicals. Parchment paper, on the other hand, is not a suitable holding vessel for hot foods, as it does not provide the necessary thermal properties or structural integrity to keep the wings in a safe and effective holding environment.

2. What is the correct procedure for thawing frozen food?

- A. At room temperature**
- B. In the refrigerator**
- C. Under hot running water**
- D. In a dry location**

Thawing frozen food in the refrigerator is the safest and most effective method. This procedure allows the food to defrost gradually at a controlled, safe temperature, typically at or below 40°F (4°C). This minimizes the risk of bacteria growth that can occur when food is left at room temperature. Thawing in the refrigerator also helps maintain the quality and texture of the food, as it does not expose it to drastic temperature changes that can occur with other thawing methods. Using other methods, such as thawing at room temperature, under hot running water, or in a dry location, poses significant risks. Room temperature can lead to the outer layers of food reaching temperatures conducive to bacterial growth while the inside remains frozen. Hot running water can cause parts of the food to begin cooking while other parts are still frozen, which can compromise safety and quality. Thawing in a dry location is also not a recognized safe method, as it does not control temperature appropriately and may lead to similar safety concerns. Therefore, thawing food in the refrigerator is the best approach to ensure both safety and quality.

3. When do you activate the cook timer when cooking tenders?

- A. Before dropping the tenders**
- B. After dropping all tenders**
- C. Midway through cooking**
- D. Immediately after setting the oil**

The cook timer should be activated after dropping all tender pieces into the fryer. This practice ensures that the cooking time is accurately tracked for the entire batch of tenders, providing consistent results in terms of cooking duration and quality. By starting the timer only after all tenders are in the oil, you ensure that you account for any variations in cooking time that may occur if you were to drop them in at different intervals. This method is fundamental in maintaining the proper cooking procedures and ensuring food safety standards are met. Each batch of tenders requires the same amount of time to reach the desired internal temperature and achieve the ideal texture, and waiting to activate the timer aids in achieving that uniformity.

4. What should you do with extra wing sauces for a take-out order?

- A. Place extra sauces in a plastic container**
- B. Place extra sauces in a waxed bag and on top of the food container**
- C. Combine sauces in the food container**
- D. Offer sauces separately in small cups**

For take-out orders, the best practice is to offer extra sauces separately in small cups. This method ensures that the sauces do not leak or spill during transport, maintaining the quality and presentation of the food. It also gives customers the flexibility to add as much sauce as they prefer, allowing for a more personalized dining experience. Using small cups for sauces separates the sauces from the main food, which helps avoid sogginess and preserves the crispiness of items like wings or fries. Additionally, providing them separately fulfills customers' expectations for quality service, as they can see and customize their meal to their liking. The other options fall short in ensuring the integrity and presentation of the take-out order. Placing sauces in a plastic container may not secure the sauces effectively, risking spills. Combining sauces in the food container could result in a mess and alter the flavors, which may not be appealing to customers. Lastly, placing sauces in a waxed bag does not safeguard the product effectively for transport.

5. What should BOH staff do if they notice a colleague not following safety protocols?

- A. Ignore the issue and let it resolve itself
- B. Criticize them in front of customers
- C. Remind the colleague and report to a supervisor if necessary**
- D. Wait for management to notice the issue

When BOH staff notice a colleague not following safety protocols, the appropriate action is to remind the colleague of the correct procedures and, if necessary, report the issue to a supervisor. This option emphasizes the importance of maintaining a safe working environment for both staff and customers. By addressing the behavior directly, the team can foster a culture of safety and accountability. Safety protocols are in place to protect everyone in the workplace, and allowing unsafe practices to continue can lead to accidents or injuries. A colleague who is reminded of the proper procedures can correct their behavior immediately, which not only benefits them but also maintains the overall safety standards of the establishment. If the situation does not improve or if the behavior is recurrent, reporting to a supervisor ensures that there is a formal acknowledgment of the issue. This can lead to further training or disciplinary action if necessary, ultimately contributing to a safer workplace. In contrast, ignoring the issue or waiting for management to notice allows unsafe practices to continue unabated, which can result in injury or harm. Criticizing a colleague in front of customers can create a hostile work environment and does not effectively communicate the importance of safety. Therefore, the chosen response promotes both a proactive approach to safety and collaboration among staff members.

6. Finish cooked bone-in wings should reach and hold an internal temperature of what?

- A. 145 for 15 seconds
- B. 155 for 15 seconds
- C. 165 for 15 seconds**
- D. 175 for 15 seconds

The correct answer is 165°F for 15 seconds because this temperature ensures that the cooked bone-in wings are safe to eat by effectively eliminating harmful bacteria such as *Salmonella* and *E. coli*, which can cause foodborne illnesses. According to food safety guidelines, chicken and poultry products should reach a minimum internal temperature of 165°F to guarantee that they are cooked thoroughly. Holding the wings at this temperature for at least 15 seconds further solidifies their safety by allowing sufficient time at the proper temperature to kill any lingering pathogens. This practice is essential in food service to protect customer health and maintain high food safety standards. While other temperatures may be effective for different types of foods or cooking methods, 165°F is the standard for prepared poultry dishes, reinforcing its importance for consistency and safety in serving cooked items.

7. What is the best method for ensuring that cut vegetables are fresh?

- A. Store them in a crowded space**
- B. Only check color**
- C. Check for smell and texture**
- D. Keep them out for extended periods**

The best method for ensuring that cut vegetables are fresh involves checking for smell and texture. Fresh vegetables should have a pleasant, natural scent, while any off-putting odor typically indicates spoilage. Additionally, the texture is crucial; fresh vegetables should be firm and crisp. If they appear wilted, mushy, or slimy, they are likely past their prime and not safe to eat. Crowding vegetables in storage can limit airflow, leading to faster spoilage, while only checking color does not provide a complete picture of freshness, as some vegetables can look appealing in color yet still be compromised. Keeping cut vegetables out for extended periods exposes them to air and potential contaminants, increasing the risk of spoilage. Thus, regularly assessing both smell and texture is the most reliable method for determining the freshness of cut vegetables.

8. What is the correct action for leftover garlic margarine?

- A. Store in fridge**
- B. Restock for next day**
- C. Discard each night**
- D. Use until finished**

The correct action for leftover garlic margarine is to discard it each night. This practice is rooted in food safety guidelines, which ensure that perishable items are not kept beyond their safe storage period. Garlic margarine, while it may seem stable, can harbor bacteria if stored for extended periods. By discarding any leftover product nightly, you minimize the risk of foodborne illness and maintain the quality and freshness of the ingredients served to customers. Storing it in the fridge may seem like a viable option, but it does not ensure that the product will be safe to use the following day, especially once garlic is mixed with other ingredients like margarine. Restocking for next day or using until finished could lead to the same potential issues of spoilage and safety, contradicting the preventive measures necessary for managing food products in a restaurant setting. Therefore, the most responsible choice is to discard leftover garlic margarine each night.

9. Under a heavy steak weight, what is the maximum number of bacon slices?

- A. 3 slices
- B. 4 slices**
- C. 5 slices
- D. 6 slices

The maximum number of bacon slices that can be placed under a heavy steak weight is four. This guideline ensures that the steak receives enough pressure for proper cooking and flavor enhancement while preventing overcrowding, which could lead to inconsistent cooking or inadequate bacon crispiness. Using four slices strikes a balance between achieving the desired texture and flavor without compromising the overall quality of the dish. Adhering to this limit also upholds standard operating procedures within the kitchen, which promote consistency and efficiency in food preparation.

10. How long can you hold bacon in the chef's base cooler?

- A. 3 Days
- B. 5 Days**
- C. 7 Days
- D. 10 Days

Holding bacon in the chef's base cooler for a maximum of 5 days is based on food safety guidelines that ensure the freshness and quality of the product. When cooked bacon is stored correctly in a refrigerator, it can remain safe to consume within this time frame if maintained at the appropriate temperature (below 41°F or 5°C). This guideline helps prevent the growth of harmful bacteria that can occur with prolonged storage. After 5 days, even when refrigerated, the risk of spoilage increases, which could lead to foodborne illnesses if consumed. Therefore, following the 5-day rule supports food safety standards and ensures that the bacon served is of the best quality.

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://zaxbysbackofthehouse.examzify.com>

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

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