



RAISE-THE-GRADE

CREATING FOOD SAFETY CULTURE

Pre-Class Study Supplement for the ServSafe® Manager Certification Exam

NOTE: While this study supplement is a helpful tool in becoming familiar with the common terms, definitions, and concepts used in the Raise-The-Grade™ training program, and found in the 7th edition of the ServSafe textbook, it does NOT necessarily cover all subject matter or follow the training program layout used the day of class.

Have questions about your class or exam?

Call or email us at:

1-844-704-FOOD(3663)

support@raisethegrade.com

www.raisethegrade.com

Chapter 1- Providing Safe Food

- Three types of contamination to food (pg. 1.4):
 1. _____
 2. _____
 3. _____
- TCS stands for (pg. 1.7): _____
- Five common risk factors (Five most common ways food becomes contaminated; pg. 1.5):
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- Examples of TCS foods (pg. 1.8):

1. _____	2. _____	3. _____
4. _____	5. _____	6. _____
7. _____	8. _____	9. _____
10. _____	11. _____	12. _____
- Three high risk populations (also called highly susceptible populations; pg. 1.9):
 1. _____
 2. _____
 3. _____
- What is the primary responsibility of the following organizations (pg. 1.11-1.12)?
 - * FDA: _____
 - * USDA: _____
 - * CDC: _____
 - * Local regulatory authority: _____

Chapter 2- Forms of Contamination

Key Terms and Concepts

- Four types of biological pathogens that may make people sick are (pg. 2.3):

1. _____
2. _____
3. _____
4. _____

- FAT TOM (pg. 2.4-2.5): F_____ A_____ T_____ T_____ O_____ M_____

- What is the most likely way we will control bacteria on our food (pg. 2.5)? _____

- What is especially important to help control viruses from contamination food (pg. 2.8)?

- What is the main way we prevent people getting sick from seafood toxins (pg. 2.11)? _____

- FDA ALERT stands for (pg. 2.16)?

A_____ L_____ E_____ R_____ T_____

- The most common allergens (The Big 8) are (pg. 2.21-2.22):

1._____ 3._____ 5._____ 7._____
2._____ 4._____ 6._____ 8._____

- When allergens are transferred from one food item to another is referred to as (pg. 2.23)?

Cross- _____

- Methods used to prevent cross-contact between foods containing an allergen would include (pg. 2.23)?

Chapter 3- Personal Hygiene

- The entire handwashing process should take how long (pg. 3.5)? _____

- When may food handlers prepare food with their bare hands (without gloves; pg. 3.10)?
1. _____ 2. _____

- Drinks consumed during food preparation are required to be stored away from food and in what type of container (pg. 3.14)? _____

- All food handlers preparing food are required to have what items as part of their uniform (pg. 3.15)?

- When must food handlers report illnesses to the manager or person-in-charge (pg. 3.17)?

- Illnesses caused by six pathogens are required to be reported to the regulatory authority (health department) by the manager, or person-in-charge. What are these pathogens (pg. 3.17)?
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

- Which symptom(s) would require a food handler to stay home from work when working in a pre-school (pg. 3.18)? 1. _____ 2. _____

- Which symptom(s) would require the food handler to remain symptom free for at least 24 hours (pg. 3.18)? 1. _____ 2. _____

Chapter 4- Flow of Food: An Introduction

- What is the temperature danger zone (pg. 4.2)? _____ degrees to _____ degrees

- What can start to grow if food is allowed to sit in this temperature range (pg. 4.2)?

- What are the 4 types of thermocouple probes used for checking different foods (pg. 4.8)?

1. _____

2. _____

3. _____

3. _____

- Infrared/Laser thermometers will only measure what kind of temperature of food (pg. 4.8)?

- When should thermometers be checked for proper calibration (pg. 4.10)?

- Within how many degrees do thermometers need to be calibrated (pg. 4.10)?

Chapter 5- The Flow of Food: Purchasing, Receiving, and Storage

- What defines an approved reputable supplier (pg. 5.2)?

- What items should a food handler have to properly inspect deliveries (pg. 5.3)?

1. _____ 2. _____ 3. _____

- What is the first course of action when an operation is notified of a food that was delivered and then recalled (pg. 5.4-5.5)? _____

- Most cold TCS food should be delivered at what temperature (pg. 5.5)? _____ degrees

- What three items may be received at 45 degrees, but need to be cooled to 41 degrees within 4 hours (pg. 5.4)? 1. _____ 2. _____ 3. _____

- If hot TCS food is delivered to your operation, what is the minimum temperature the food should be received (pg. 5.4)? _____ degrees

- How many days can ready-to-eat food be stored in an operation (pg. 5.11)? _____ days.

- What temperature should cold TCS food be stored in the refrigerator (pg. 5.12)? _____ degrees.

- What temperature should hot TCS food be stored in a warming unit (pg. 5.12)? _____ degrees.

- Put the following food items on the correct shelf (pg. 5.15):

Top Shelf:	Potato Salad	Cooked hamburgers
2nd Shelf:	Raw chicken breast	Fresh salmon
3rd Shelf:	Raw tail-on shrimp	Raw chicken wings
4th Shelf:	Fresh pork tenderloin	Fresh steaks
Bottom Shelf:	Fresh green beans	
	Raw pork sausage	

Chapter 6- Flow of Food: Preparation

- What are the four approved methods of thawing food (pg. 6.4)?

1. _____ 2. _____
3. _____ 4. _____

- Match the following foods with their minimum internal cook temperatures (pg. 6.11):

Fresh oysters: _____

Ground seafood: _____

Eggs to order: _____

Microwaved eggs: _____

125° for 15 sec.

Raw hamburger: _____

Reheated chili: _____

135° for 15 sec.

Mixed veggies: _____

Pasta noodles: _____

145° for 15 sec.

Stuffed peppers: _____

Rotisserie turkey: _____

145° for 4 min.

Buffet eggs: _____

Flavor injected roast: _____

155° for 15 sec.

Pinto beans: _____

Salmon filets: _____

155° for 4 min.

Prime rib roast: _____

Turkey burger: _____

165° for 15 sec.

Lobster stuffed ravioli: _____

Leftover meatloaf: _____

175° for 15 sec.

- If a restaurant wants to serve rare hamburgers, what needs to be stated on the menu (pg. 6.13)?

- To cool food safely, what are the time and temperature parameters a food handler must know (pg. 6.16)?

*From _____ degrees to _____ degrees within _____ hours,

then from _____ degrees to _____ degrees within _____ hours.

- Food that is cooked, then cooled, needs to be reheated the next day to what temperature for 15 sec. (pg. 6.18)? _____ degrees within _____ hours.

Chapter 7- Flow of Food: Service

- At what temperature would a pan of macaroni and cheese on the hot buffet need to be maintained (pg. 7.2)? _____ degrees

- At what temperature would chopped romaine lettuce need to be maintained on a salad bar (pg. 7.2)?
_____ degrees

- How long could a catering company leave pasta salad on the picnic table WITHOUT temperature control as long as the food does not exceed 70° (pg. 7.3)?
_____ hours

- How long could a catering company leave a pan of hot BBQ on the picnic table WITHOUT temperature control (pg. 7.4)?
_____ hours

- What kind of food items could be re-served from one customer to another customer (pg. 7.9)?

- What needs to be installed above a self service salad bar to keep food from being contaminated by customers (pg. 7.10)? _____

- When delivering pizza, the pizza should be maintained at a minimum of what temperature upon receipt by the customer (pg. 7.11)?
_____ degrees

- When delivering deli sandwiches to a doctor's office, the sandwiches should be maintained at a maximum of what temperature upon receipt by the customer (7.11)? _____ degrees

- If lasagna is delivered to a lawyer's office, what information should be on the label (pg. 7.11)?

Chapter 8- Food Safety Management Systems

- The five most common risk factors managers need to control in order to keep food safe are (pg. 8.3):

1. _____
2. _____
3. _____
4. _____
5. _____

- Controlling the five most common risk factors is known as (pg. 8.3)?

- What are the FDA's public health interventions (pg. 8.5)?

1. _____
2. _____
3. _____
4. _____
5. _____

Chapter 9- Safe Facilities and Pest Management

- What two organizations create and approve standards for foodservice equipment (pg. 9.2)?
_____ and _____
- How many inches off the floor should equipment be installed (pg. 9.2)? _____ inches
- How many inches off of the tabletop should a meat slicer be installed (pg. 9.2)? _____ inches
- What five items must a handwashing station have (pg. 9.5)?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- A connection between safe and unsafe water is called a (pg. 9.6)? _____
- What are two options to prevent the contamination of potable (drinkable) water in the operation (pg. 9.7)?
 1. _____
 2. _____
- Indoor garbage containers (trash cans) should be (pg. 9.9):
* _____ proof, _____ proof, and _____ proof.
- What are two imminent health hazards, or emergencies, in which foodservice operations should be prepared (pg. 9.11)?
* _____
* _____
- Three ways to prevent pests include (pg. 9.12): 1. _____ 2. _____ 3. _____

Chapter 10- Cleaning and Sanitizing

- What are the three types of approved chemicals used for sanitization in foodservice (pg. 10.2)?

1. _____ 2. _____

3. _____

- The concentration of sanitizer is measured in (pg. 10.3)? _____

- What are the most critical factors that can influence the effectiveness of chemical sanitizers (pg. 10.3)?

1. _____ 2. _____

3. _____ 4. _____

- If items are in constant use throughout the day, items used for foodservice must be cleaned and sanitized every how many hours (pg. 10.6)? _____ hours.

- What is the final rinse temperature need to be in order to effectively sanitize in a high-temp dishwasher (pg. 10.9)? _____ degrees.

- How many inches off the floor should cleaned and sanitized flatware be stored (pg. 10.12)? _____ inches

- Wiping cloths used for wiping down tables need to be stored where in between uses (pg. 10.14)?

- Where do we store mops, mop buckets and other cleaning supplies (pg. 10.15) _____

- Chemicals in a operation need to be stored where (pg. 10.16)? _____.

- If a chemical is transferred out of its original container and into a new container, what needs to be attached to the new container (pg. 10.16)? _____