

Candidate Study Guide for the Illinois Food Service Sanitation Manager Examinations

This information is intended to help you prepare for the Illinois Food Service Sanitation Manager Examinations. Part I of this study guide contains general information about testing procedures. Part II provides a content outline for these examinations and identifies reference materials that support the tests. Part III includes sample questions to help you prepare for these examinations.

Part I General Information

PURPOSE OF THE EXAMINATION These examinations have been developed in collaboration with the Illinois Department of Public Health and food service sanitation professionals throughout Illinois. These tests are designed to ensure that certification is limited to candidates who are familiar with practices, rules, regulations and training requirements specified in Illinois statutes to protect the health, safety and welfare of the public.

TEST VALIDITY These examinations have been developed to meet strict standards of test fairness and validity to protect the health and safety of the public. A committee of food service professionals has validated each question that appears in this study guide and all food service sanitation examinations that are administered in behalf of the Illinois Department of Public Health.

PHOTO ID Each candidate must present a photo ID and a valid admission notice to be admitted to any of these examinations. Only a valid Driver's License, Secretary of State ID card, school ID card, firearm owners ID (FOID) card (only if the signatures, as well as photo are provided), military ID card or a current passport is acceptable as photo identification. If the name on the photo ID does not match the name on the admission notice, proof of legal name change also must be presented before the candidate can be admitted to an examination.

SPECIAL ARRANGEMENTS Any candidate who needs special accommodations in test-taking procedures because of a disabling condition must communicate that need in writing when registering for a course. No accommodations can be arranged on the day of a test.

SCORING THE EXAMINATION Candidates who pass the test will receive a FSSMC certificate from the Illinois Department of Public Health after filling out an application and paying \$35.00 to the Illinois Department of Public Health.

MISSING AN EXAMINATION There are no "make-up" examinations. Candidates who fail the test must reapply to retake the examination. Candidates may retake the exam twice. All attempts to retake the exam must be completed within six (6) months of completing the initial examination.

Part II Test Content and Recommended Study Materials

These examinations were developed in collaboration with a committee of experienced food service sanitation professionals. Content areas on the test are outlined below. Study materials for these examinations also are identified below. These examinations are designed to meet the requirements specified for food service sanitation certification in Illinois statutes, rules and regulations.

These examinations are organized into six sections. The same content outline applies for both the Manager and Instructor examinations, but different questions are selected for each test. Each form or version of these examinations is assembled to meet these specifications.

A. Foodborne Illness	15 questions
B. Food Protection	12 questions
C. Hazards & Time/Temperature Relationships	12 questions
D. Facility Sanitation & Cleaning	16 questions
E. Personal Hygiene & Food Safety	10 questions
F. Food Safety Management	10 questions
Total	75 questions

Recommended Study Materials

The following references support the questions on these examinations.

Part 750 Food Service Sanitation Code of the Illinois Administrative Code.

Available online from the Illinois Department of Public Health

Website: <http://www.idph.state.il.us/home.htm>

Bad Bug Book: Bacteria, Viruses and parasites Related to Foodborne Illness – or What Not to Eat. Condensed version of the FDA “Bad Bug Book” (complete version cited below)

U.S. Food and Drug Administration (FDA)

Website: <http://www.ncagr.gov/fooddrug/foodsafety/badbug/badbug.htm>

Complete version: *Bad Bug Book: Foodborne Pathogenic Microorganisms and Natural Toxins Handbook.* U.S. Food and Drug Administration (FDA).

Website: <http://vm.cfsan.fda.gov/~mow/intro.html>.

ServSafe Coursebook, 5th Edition (2008).

Publisher: National Restaurant Association Educational Foundation

Website: <http://www.servsafe.com/foodsafety/>

NEHA Certified Professional Food Manager (2008)

Publisher: NEHA

Website: <http://www.neha.org>

NOTE: *Other comparable sources may be used to prepare for these examinations if they cover the topics in the content outline provided in this Study Guide.*

Part III Sample Questions

All questions on this examination are multiple-choice with one correct answer. Each question is supported by study materials cited in this bulletin. The answer key and references for each question in this sample test appear after these questions.

1. How do bacteria reproduce?
 - A. Dividing
 - B. Sexual reproduction
 - C. Laying eggs
 - D. Spores

2. Which of these does **NOT** support rapid growth of bacteria?
 - A. Food
 - B. Oxygen
 - C. Moisture
 - D. Proper cooling

3. Which of these is a contaminant that may show no symptoms for several weeks after it is consumed?
 - A. Norovirus
 - B. Hepatitis A
 - C. Anisakiasis
 - D. Staphylococcus

4. Which of these pathogens is most commonly associated with contaminated water?
 - A. Clostridium botulinum
 - B. Staphylococcus
 - C. Shigella
 - D. Listeria

5. Which of these is *LEAST* likely to cause allergic reactions?
 - A. Milk and dairy products
 - B. Bread and baked goods
 - C. Foods fried in peanut oil
 - D. Fresh fruit and vegetables

6. Which of these risks support requirements of time and temperature controls on sauces and gravies?
 - A. Clostridium perfringens
 - B. Clostridium botulinum
 - C. Campylobacter
 - D. Bacillus cereus

7. Which of these FDA reports may be useful when evaluating a produce source?
 - A. Good Agricultural Practices (GAP)
 - B. Good Manufacturing Practices (GMP)
 - C. Hazard Analysis Critical Control Point (HACCP)
 - D. Hazardous Materials Inspection Report (HAZMAT)

8. Which of these may result in cross-contamination of foods during storage in the refrigerator?
 - A. When foods are stored on foil lined shelves
 - B. When raw meat is stored above ready-to-eat foods
 - C. When dairy products are stored beside raw vegetables
 - D. When ready-to-eat foods are stored above raw chicken

9. Which of these canned goods must be rejected when delivered to a restaurant?
 - A. Any that are missing UPC codes
 - B. Any that include artificial ingredients
 - C. Those with dents, bulges, and swells
 - D. Those with missing inventory code numbers

10. Which of these is an acceptable method of safely thawing a frozen turkey?
- A. In a sink overnight
 - B. Overnight on a counter top
 - C. Under potable running water of 100-120°F
 - D. Under potable running water of a temperature 70°F or below
11. Which of these is the temperature required for “hot foods” on a buffet?
- A. 130°F
 - B. 135°F
 - C. 145°F
 - D. 155°F
12. Which of these the temperatures is required by the Illinois Food service Sanitation Code for cold, potentially hazardous food placed on a serving line?
- A. 41°F
 - B. 50°F
 - C. 55°F
 - D. 80°F
13. Which of these is best for checking the temperature of a cooked food product?
- A. Tasting
 - B. Fingertips
 - C. Metal stemmed thermometer
 - D. Glass mercury-filled thermometer
14. Which of these is **NOT** permitted to cool foods?
- A. Place them in front of a fan to cool.
 - B. Use an ice water bath that is stirred frequently.
 - C. Reduce the mass by breaking food down into smaller containers.
 - D. Check decreases in temperature through the use of thermometers.

15. Which of these must be done before utensils and surfaces can be sanitized?
- A. Cooled and covered
 - B. Washed and rinsed
 - C. Sterilized
 - D. Heated
16. How should proper concentrations of sanitizing solutions be checked?
- A. A chemical test kit or test strips
 - B. The color of water
 - C. Temperature
 - D. Smelling
17. Which of the following is prohibited in employee toilet facilities?
- A. Ceramic tile floors
 - B. Self-closing doors
 - C. Common use cloth towels
 - D. Mechanically operated blower dryers
18. Which of these is prohibited in three-compartment sinks in a food service facility?
- A. Washing hands
 - B. Washing cutting boards
 - C. Washing pots and pans
 - D. Washing slicer removable parts
19. Which of these is required for clean and sanitized cups?
- A. Stored on their sides
 - B. Stacked one inside the other
 - C. Stored right side up for easy access
 - D. Stored upside down on a clean surface

20. Which of these is the greatest risk of pesticide use?
- A. Possible food contamination
 - B. Expensive insurance premiums
 - C. Flammability of most chemical pesticides
 - D. Growing resistance of pests to chemical poisons
21. How should a server pick up clean knives, forks and spoons?
- A. By the middle to reduce the chance of breakage
 - B. By the handles to prevent transfer of bacteria from the server's hands
 - C. By the food contacting end to reduce chance of dropping and contaminating
 - D. By the food contacting end for ease of handling and making place settings
22. Why should food handlers be required to wear a hair restraint?
- A. To present a neat, uniform appearance
 - B. To prevent hair from contaminating the food
 - C. To identify food handlers to customers
 - D. To keep their hair clean
23. Which of these is the most important reason for a food service manager to learn about microorganisms?
- A. To allow managers to treat customers who get foodborne illnesses
 - B. To understand their role in human digestion and nutrition
 - C. To understand and apply control measures to protect the customer
 - D. To identify which microorganisms are beneficial in food
24. When should a food service manager start training food handlers in personal hygiene?
- A. As soon as the food handler is assigned to a permanent station
 - B. After the local sanitarian advises him/her to do so
 - C. After he/she receives job orientation
 - D. As soon as the food handler is hired

Answer Key

Question	Test Content Area	Correct Answer
1.	Foodborne Illness	A
2.	Foodborne Illness	D
3.	Foodborne Illness	B
4.	Foodborne Illness	C
5.	Foodborne Illness	D
6.	Foodborne Illness	A
7.	Food Protection	A
8.	Food Protection	B
9.	Food Protection	C
10.	Food Protection	D
11.	Hazards & Time/Temperature Relationships	B
12.	Hazards & Time/Temperature Relationships	A
13.	Hazards & Time/Temperature Relationships	C
14.	Hazards & Time/Temperature Relationships	A
15.	Facility Sanitation & Cleaning	B
16.	Facility Sanitation & Cleaning	A
17.	Facility Sanitation & Cleaning	C
18.	Facility Sanitation & Cleaning	A
19.	Facility Sanitation & Cleaning	D
20.	Facility Sanitation & Cleaning	A
21.	Personal Hygiene & Food Safety	B
22.	Personal Hygiene & Food Safety	B
23.	Food Safety Management	C
24.	Food Safety Management	D