

Safety & Sanitation in the Modern Commercial Kitchen
HOSP-ICA-4 & 6 Test Review

HOSP-ICA-4.1: Identify personal hygiene policies & hand washing procedures.

1. Under what circumstances should you wash your hands?

2. List the steps in proper handwashing procedure.

3. Name personal actions that can contaminate food.

4. Address each of the following in regards to grooming and hygiene:
 - a. Fingernails:
 - b. Hair:
 - c. Jewelry:
 - d. Clothing:

HOSP-ICA-4.2: Identify the biological, physical, & chemical contaminants & prevention measures.

5. Fill in the following chart:

Type of Hazard	Examples of Hazard	Prevention

HOSP-ICA-4.3 & 4.4: Practice proper contaminant prevention measures as it relates to food prep in the commercial kitchen; Identify & demonstrate proper pot & pan washing with 4-compartment sinks & the use of sanitizers & detergent chemicals.

6. Compare and contrast cleaning and sanitizing.
7. Name four types of sanitizers.
8. Give a good example of an instance when you should clean and sanitize a food-contact surface.
9. Define the following types of cleaners and give an example of when you would use each.
 - a. Detergent:
 - b. Acid Cleaner:
 - c. Degreaser:
 - d. Abrasive Cleaner:

HOSP-ICA-4.4: Identify & demonstrate proper pot & pan washing with 4-compartment sinks & the use of sanitizers & detergent chemicals.

10. Explain the steps in using a 4 compartment sink.

HOSP-ICA-4.6 & 4.7: Discuss pest control & management of infestations; Discuss Health Department inspections & facility requirements of commercial foodservice establishments.

11. Name the three rules of an IPM.
 - a.
 - b.
 - c.
12. How can you prevent pests from entering the establishment?
13. How can you deny pests food and water?
14. Who is the main governing body of health inspections?
15. Explain the difference between a critical item and a non-critical item during a health inspection.
16. Why would a foodservice establishment be closed after a routine inspection?

17. List and describe the three factors that a well-designed kitchen will address.
18. What five requirements must all handwashing stations require in a foodservice establishment?
19. List characteristics that all food-contact surfaces should have...

HOSP-ICA-4.8: Identify & demonstrate proper receiving & storage principles such as FIFO, rotating inventory, & storage/receiving temperatures.

20. At what temperature should cold food be received?
21. At what temperature should frozen food be received?
22. Food is rejected when certain conditions are not met. Name the conditions.
23. Explain FIFO
24. Explain how food should be stored in cold storage.
25. What is the ideal temperature for dry storage?
26. If you transfer foods to another container, what characteristics should that container have?

HOSP-ICA-4.10: Identify the factors that affect the growth of food borne pathogens (ie FATTOM) & explain how time and temperature guidelines can reduce growth of microorganisms.

27. Explain the six conditions pathogens need to grow.

HOSP-ICA-4.11: List & demonstrate food handling, preparation & storage techniques that prevent cross-contamination between raw & ready-to-eat foods & between animal & seafood, including sources of other potentially hazardous food products.

28. Explain the four methods of thawing food.
29. Name a few general guidelines that a foodhandler should follow in order to safely prep food.
30. Explain the proper way of cooling large batches of sauce or soups.

HOSP-ICA-6: Analyze & examine fundamental safety skills & practices related to the commercial kitchen.

6.1 Discuss principles of basic First Aid treatments for a foodservice environment including basic cuts, lacerations, abrasions, punctures, CPR, food allergies, anaphylactic shock, Heimlich maneuver, and minor burns.

6.2 Examine & practice correct Fire Safety procedures using correct classifications of fire extinguishers, hood suppression systems, & emergency evacuation routes.

6.3 Practice & examine kitchen safety in the areas of falls, strains, sprains & lifting using proper techniques.

6.4 Identify gas safety issues for gas ranges & ovens, including shut off valves & pilot lights.

6.5 Examine & identify a Material Safety Data Sheet & explain their importance when handling common foodservice chemicals. Display manual of all MSDS for each chemical used in the kitchen, dining room & dish room.

- 31. What is the most common injury associated with working in a foodservice establishment?

- 32. List and describe the four basic types of cuts.
 - a.
 - b.
 - c.
 - d.
- 33. What does OSHA stand for, and what are they responsible for enforcing?

- 34. When reporting accidents to OSHA,
 - a. Accidents involving a death or 3 or more people must be reported within _____
 - b. Accidents not resulting in a death or involving one or two people must be reported within _____
- 35. Explain the purpose of a MSDS and what type of information can be found on one.

- 36. How many evacuation routes must be dedicated to a given space?

- 37. Fill in the following chart:

Type of Fire Hazard	Causes	Class Fire

38. Explain what the PASS system is used for and the meaning of the acronym.
39. In the instance of a grease fire, give an example of a wrong action and a correct action.
40. At what point is a fire too large to control with a fire extinguisher?
41. In the case of a fire on a range, how would a hood suppression system work?
42. Name four ways burns can be prevented in a kitchen.
- a.
 - b.
 - c.
 - d.
43. Understand the following terms:
- a. Pilot Light
 - b. Arson