

# Food Handler Exam Questions With 100% Correct Answers 2023

What makes people sick from food - Correct Answer-Physical-objects found in food, biological-germs, chemical-poisonous substance

4 causes of food Borne illness - Correct Answer-bacteria-grows in food, moisture, and temperature, viruses-spread not by washing food, parasites- tiny bugs living in fish meat, killed at intense cold or heat chemicals- cause food borne illness

Major food allergies - Correct Answer-milk, eggs, fish, crustacean/ shellfish, soybeans, tree nuts, wheat, peanuts

4 Rs - Correct Answer-refer, review, remember, respond ( if a guest has an allergic reaction call 911 and notify management immediately

Washing hands - Correct Answer-hand washing is the most important practice. wash for at least 20 sec

1. wet hands with warm water
2. apply soap
3. rub hands, fingernails, fore-arms 10-15 sec
4. rinse 5-10 sec
5. dry hands with paper towel
6. turn off faucet with paper towel

Ready to eat foods - Correct Answer-Can not touch with bare hands

\*Food that does not need anymore washing or cooking

ex: fruit, salads, package foods

Not substitutes for hand washing - Correct Answer-gloves, hand sanitizer

Do not work if you have: Big Five Illnesses - Correct Answer-1. Hepatitis A virus

2. Salmonella
3. Shigella
4. Escherichia coli
5. Norovirus

Stay home if you theses symptoms - Correct Answer-1. vomiting

2. fever
3. diarrhea
4. jaundice
5. sore throat

# Toronto Food Handler Test Questions

**Victor M. Corman**



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web abstract concern exists that increasing fructose consumption particularly in the form of high fructose corn syrup is resulting in increasing rates of fructose intolerance and aggravation of clinical symptoms in individuals with irritable bowel syndrome

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web fructose and lactose intolerances are common in fgid and associated with increased non gi symptoms but not with specific fgid subtypes symptoms experienced during breath testing but not malabsorption correlate with fgid symptoms effective symptom relief with dietary adaptation is not associated with malabsorption

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web some nuts are also fructose and lactose free examples include almonds and brazil nuts which lack both sugars almond butter is also free of fructose and lactose other nuts such as cashews filberts or hazelnuts and macadamia nuts also lack

lactose but contain trace amounts of fructose

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web feb 27 2023 we found elevated fcal values in 39 17 1 of 228 ibs patients with food intolerance malabsorption and h pylori infection within these fourteen patients were lactose intolerant three showed fructose malabsorption and six