

## **CA Food Handler Exam 2023 With all Questions and Answers**

**Foodborne Illness - ANSWER** Illness carried or transmitted to people by food.

**Foodborne Illness Outbreak - ANSWER** An incident in which two or more people experience the same illness after eating the same food.

**Warranty of Sale - ANSWER** Rules stating how food must be handled in an establishment.

**Reasonable Care Defense - ANSWER** Defense against a food-related lawsuit stating that an establishment did everything that could be reasonably expected to ensure that food served as safe.

**Immune System - ANSWER** The body's defense against illness.

**Contamination - ANSWER** Presence of harmful substances in food.

**Biological Hazards - ANSWER** Illness-causing microorganisms. Examples are plant, mushroom or seafood toxins.

**Chemical Hazards - ANSWER** Examples include cleaners, sanitizers, polishes, machine lubricants, and toxic metals.

**Physical Hazards - ANSWER** Foreign objects that accidentally get into food. Examples are hair, dirt, bandages, metal staples, and broken glass. Naturally occurring objects, such as bones.

**Biological, Chemical and Physical Hazards - ANSWER** The three major categories or types of hazards to food safety.

**Time-Temperature Abuse - ANSWER** Food has been time-temperature abused any time it has been allowed to remain too long at a temperature favorable to the growth of foodborne microorganisms.

**Cross-Contamination - ANSWER** Occurs when microorganisms are transferred from one food or surface to another.

**Personal Hygiene - ANSWER** Habits that include keeping the hands, hair, and body clean and wearing clean & appropriate uniforms. Avoiding unsanitary actions, and reporting illness/injury.

# Answers For California Food Handlers

**Robyn C. Frank**



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Food and Drug Administration,1936      *Managing Food Safety Practices from Farm to Table* Institute of Medicine,Food and Nutrition Board,Food Forum,2009-06-12 Legal regulations and manufacturers monitoring practices have not been enough to prevent contamination of the national food supply and protect consumers from serious harm In addressing food safety risks regulators could perhaps better ensure the quality and safety of food by monitoring food production not just at a single point in production but all along the way from farm to table Recognizing the troubled state of food safety the Institute of Medicine s IOM Food Forum met in Washington DC on September 9 2008 to explore the management of food safety practices from the beginning of the supply chain to the marketplace      Pesticides and Food Safety ,1993-09      Food and Drugs Act, Notices of Judgement United States. Food and Drug Administration,      Food News for Consumers ,1993      Food ,1937      *The Handy Nutrition Answer Book* Patricia Barnes-Svarney,Thomas E. Svarney,2015-02-23 You are what you eat and you should eat brilliantly Your fitness health and well being depend on food and proper nutrition Yet knowing what is in the foods we eat understanding the differences between good and bad fat learning which foods are good sources of vitamins keeping up on the latest scientific discoveries or discerning the effectiveness of different diets can be challenging To help answer these questions there s *The Handy Nutrition Answer Book* Additionally the book scrutinizes the pros cons and effectiveness of the biggest most popular and trendiest diets on the market today From the newsworthy to the practical and from the medical to the historical this entertaining and informative book brings the complexity of food and healthy nutrition into focus through the well researched answers to nearly 900 common questions such as How do our muscles obtain energy What is a calorie in terms of nutrition How are calories measured Why do vegetarians need to know about complementary proteins How does a person interpret how much fat to eat based on the daily calories they want to consume What is omega 9 How have trans fats in foods changed in the past and how might they change in the future Can dense carbohydrates that are high in fat and calories affect our sleep What are some healthier natural sweeteners What recent study indicated that red wine and dark chocolate are not as healthy as we think What are some of the worst ways to cook vegetables that destroy nutrients What is the Maillard reaction What recent study showed how beer can help grilled foods How does human taste work Does the percent of water in our system change as we age What s the difference between gluten sensitivity celiac disease and wheat intolerance What sugar can act like a laxative What did the ancient Roman soldiers eat Why did so many men die from starvation during the American Civil War What does the word natural mean on a label Why will food labels change in the near future What are genetically modified organisms GMOs Is there a controversy concerning farmed fish versus wild caught fish What is irradiation of food Why is high fructose corn syrup so controversial How can diet help with premenopausal symptoms in women Can soy products lower my cholesterol Why do some people seem to eat whatever they want and still lose or maintain their weight This handy reference examines explains and traces the basics of nutrition the value of vitamins minerals fats proteins the science behind food processing the modern food industry nutritional misconceptions throughout

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