

# Food Manager Certification Exam 2023 - 2024 Study Guide

Average number of food borne illnesses per year - 76 million people (1/4 people in the us)

Symptoms of foodborne illness - cramping in the abdominal area  
vomiting  
nausea  
diarrhea  
fever  
dehydration

Listeria and Botulism - have a greater health effect on pregnant women

2 types of food borne illness - Foodborne infection and foodborne intoxication

Foodborne Infection - an illness caused by a bacteria, virus, or parasite that has contaminated a food  
- most common are salmonella and E. Coli.

Foodborne intoxication - an illness caused by toxins that an organism has produced in a food; toxins may also be produced by chemicals, heavy metals, or other substances  
-most common are staph and clostridium

three main areas of food safety and sanitation - -time and temp  
-heat and cold  
-handwashing/ware-washing(plates and etc)

poultry - cooked to and internal temp of 165 for 15 seconds

ground beef - cooked to and internal temp of 155 for 15 seconds

pork - cooked to and internal temp of 145 for 15 seconds

Food must be stored properly - when food isn't being used it should be held hot or kept cold  
keeping food at room temperature is dangerous

Food preparers must - wash hands for at least 20 seconds

High Risk Populations - Young children

# Food Manager Study Guide

**Roman Wölfel**

## **Food Manager Study Guide:**

**Food Manager Certification Study Guide** Jason Tang CPFM, 2018-02-08 Every food establishment is required by law to have at least one licensed food safety manager To become a certified food safety manager you have to pass one of the following exams ServSafe Food Protection Manager National Registry of Food Safety Professionals NRFSP International Certified Food Safety Manager ICFSM or Prometric Certified Professional Food Manager CPFM Our short and comprehensive study guide containing ONLY WHAT YOU NEED TO KNOW will help you pass one of the certification exams Topics covered include Foodborne Illnesses and Major Risk Factors Foodborne Illness Prevention Food Safety Manager Person In Charge Major Food Allergens Potentially Hazardous Foods Food Contamination Biological Chemical and Physical Food Contamination and Cross Contamination Prevention Proper Temperature Monitoring and Control Proper Ways to Thaw Cool and Re heat Food Hot Cold Food Holding Requirements Food Preparation and Cooking Requirements Buffet Self Service Requirements Purchasing Receiving Food Proper Food Storage and Cold Storage Personal Hygiene and Hand Washing Methods for Cleaning and Sanitizing Equipment and Utensils Manual Ware Washing Integrated Pest Management Facility Lighting and Plumbing Requirements HACCP Health Policies and Practices [Food Manager Certification Study Guide and Practice Questions](#) Jason Tang CPFM, 2017-09-24 Every food establishment is required by law to have at least one licensed food safety manager To become a certified food safety manager you have to pass one of the following exams ServSafe Food Protection Manager National Registry of Food Safety Professionals NRFSP International Certified Food Safety Manager ICFSM or Prometric Certified Professional Food Manager CPFM Our short and comprehensive study guide containing ONLY WHAT YOU NEED TO KNOW will help prepare you to pass one of the certification exams Topics covered include Foodborne Illnesses and Major Risk Factors Foodborne Illness Prevention Food Safety Manager Person In Charge Major Food Allergens Potentially Hazardous Foods Food Contamination Biological Chemical and Physical Food Contamination and Cross Contamination Prevention Proper Temperature Monitoring and Control Proper Ways to Thaw Cool and Re heat Food Hot Cold Food Holding Requirements Food Preparation and Cooking Requirements Buffet Self Service Requirements Purchasing Receiving Food Proper Food Storage and Cold Storage Personal Hygiene and Hand Washing Methods for Cleaning and Sanitizing Equipment and Utensils Manual Ware Washing Integrated Pest Management Facility Lighting and Plumbing Requirements HACCP Health Policies and Practices [The Restaurant Resource Series](#) Gregrey Michael Carpenter, 2015-12-21 This Study Guide prepares individuals to take the Certified Food Safety Manager Exam CPFM which can be taken through any approved exam provider such as National Registry of Food Safety Professionals Prometric 360Training or ServSafe Food establishments generally employ a food safety manager that requires certification These establishments include bars restaurants mobile caterers and food trucks assisted living and prison facilities and day care centers [\*\*Certified Food Safety Manager Exam \(Cpfm\) Study Guide\*\*](#) Gregrey Carpenter, 2018 This Study Guide

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