SECTION 3 – Contamination, Food Allergies, and Foodborne Illness
TRUE/FALSE PRACTICE EXAM

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TRUE FALSE 1. Cooking red snapper will destroy ciguatera toxin.
TRUE FALSE 2. Cooking will destroy toxins produced by toxic mushrooms.
TRUE FALSE 3. Food additives, such as sulfites, might cause allergic reactions.
TRUE FALSE 4. Keep chemicals in a locked storage area.
TRUE FALSE 5. Some biological toxins occur in fish as a result of their diet.
TRUE FALSE 6. Food is considered contaminated when it contains hazardous substances.
TRUE FALSE 7. The most common food contaminants are chemical contaminants.
TRUE FALSE 8. A foodborne intoxication occurs when a person eats food containing a biological toxin.
TRUE FALSE 9. The histamine toxin accumulates in the tissue of large predatory fish after they eat smaller fish.
TRUE FALSE 10. Mussels, clams, cockles, and scallops may contain toxins that can cause an illness such as paralytic shellfish posioning (PSP).
TRUE FALSE 11. Some fish toxins occur as a natural part of the fish. For example, pufferfish contain tetrodotoxin in its liver, skin and other organs. We call toxins that are a natural part of some fish systemic toxins.
TRUE FALSE 12. The temperature of fresh fish must be 41°F or colder upon arrival. But this temperature standard will not prevent a scombroid intoxication if the fish has been temperature abused during the harvesting process or prior to being received.
TRUE FALSE 13. Toxins are living organisms.
TRUE FALSE 14. Cooking may not destroy toxins that are a natural part of some plants.
15. **TRUE**  Storing tomato sauce in a copper pot OR orange juice in a pewter pitcher (pewter contains lead) OR lemonade in a galvanized (zinc-coated) tub could lead to a foodborne illness from physical contamination by toxic metals.

16. **TRUE**  If a carbonated beverage dispenser is improperly installed, the carbonated water could flow back into the copper supply lines and leach copper from the line and contaminate the beverage. This is chemical contamination.

17. **TRUE**  Pesticides should be applied only by an experienced shift supervisor.

18. **TRUE**  Some people are allergic to common food additives and preservatives. But many people are allergic to common foods such as milk, eggs, fish, shellfish, wheat, soy, and nuts.

19. **TRUE**  Nitrites are preservatives used by the meat industry and have been linked to cancer.

20. **TRUE**  Sulfites are used to preserve the freshness and/or color of dried and preserved fruits and vegetables and can cause allergic reaction, especially in people with asthma.
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1. FALSE — Cooking does not destroy the toxin. Purchase snapper from an approved supplier.

2. FALSE — Cooking will destroy the toxins of some, but not all, poisonous mushrooms.

3. TRUE

4. TRUE

5. TRUE

6. TRUE

7. FALSE — Biological, specifically microorganisms, contaminants are the most common cause.

8. TRUE

9. FALSE — Histamine poisoning is due to fish being temperature abused after harvest.

10. TRUE

11. TRUE

12. TRUE

13. FALSE — They are by-products of living organisms.

14. TRUE

15. FALSE — It is due to a chemical contamination due to toxic metals.

16. TRUE

17. FALSE — Pesticides should be applied by a certified pest control operator.

18. TRUE

19. TRUE

20. TRUE