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37	A	B	C	D	E
38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Food Managers Certification (FMC)

EN

Certified Food Manager Exam English

EDITION

Demo

QUESTIONS

9

ISSUED

September 3, 2026

Before you begin

What this is

9 practice questions for Food Managers Certification (FMC) **EN**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **EN**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

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QUESTION 1

SINGLE CHOICE

A food manager is reviewing which pathogens most commonly cause foodborne illness in the United States. Which pathogen is correctly paired with an associated symptom?

- ☐ A Norovirus — bloody diarrhea and kidney failure
- ☐ B E. coli O157:H7 — vomiting and metallic taste in the mouth
- ☒ C Salmonella — diarrhea, fever, and abdominal cramps
- ☐ D Listeria — skin peeling and loss of sensation in the extremities

ANSWER C

WHY Salmonella commonly causes diarrhea, fever, and abdominal cramps, typically beginning 6 to 72 hours after ingestion. Norovirus primarily causes vomiting and diarrhea, not bloody diarrhea/kidney failure (those are associated with E. coli O157:H7). E. coli O157:H7 is not associated with a metallic taste. Listeria causes fever, muscle aches, and sometimes gastrointestinal symptoms; it is not associated with skin peeling or loss of sensation.

QUESTION 2

SINGLE CHOICE

What is the minimum internal hot-holding temperature that a food manager must maintain for hot food on a steam table?

- ☐ A 120°F (49°C)
- ☒ B 135°F (57°C)
- ☐ C 145°F (63°C)
- ☐ D 165°F (74°C)

ANSWER B

WHY Hot food must be held at 135°F (57°C) or above to prevent the growth of pathogens in the temperature danger zone. 120°F is too low and falls inside the danger zone. 145°F is the minimum internal cooking temperature for whole cuts of pork, beef, and fish, not the hot-holding minimum. 165°F is the minimum cooking/reheating temperature for poultry and stuffing, not the hot-holding minimum.

QUESTION 3

SINGLE CHOICE

Which temperature range defines the Temperature Danger Zone where bacterial growth in TCS (time/temperature control for safety) food is most rapid?

- ☐ A 0°F to 32°F (-18°C to 0°C)
- ☒ B 41°F to 135°F (5°C to 57°C)
- ☐ C 50°F to 100°F (10°C to 38°C)
- ☐ D 70°F to 125°F (21°C to 52°C)

ANSWER B

WHY The Temperature Danger Zone is 41°F to 135°F (5°C to 57°C). Pathogens such as Salmonella, E. coli, and Listeria grow most rapidly in this range, which is why TCS food should be moved through it as quickly as possible and held outside it during storage and service.

QUESTION 4

SINGLE CHOICE

A cook prepares a large pot of soup at 2:00 p.m. The soup must be cooled from 135°F to 70°F within a specific time frame and then from 70°F to 41°F within a longer time frame. What are the two correct cooling time limits established by the FDA Food Code?

- ☐ A 135°F to 70°F in 1 hour; 70°F to 41°F in 3 hours
- ☒ B 135°F to 70°F in 2 hours; 70°F to 41°F in 4 hours
- ☐ C 135°F to 70°F in 3 hours; 70°F to 41°F in 5 hours
- ☐ D 135°F to 70°F in 4 hours; 70°F to 41°F in 6 hours

ANSWER B

WHY The FDA Food Code two-stage cooling method requires TCS food to be cooled from 135°F to 70°F within 2 hours, and then from 70°F to 41°F within an additional 4 hours, for a total cooling time of 6 hours. Approved cooling methods include ice baths, shallow pans, ice paddles, and rapid-chill units.

QUESTION 5

SINGLE CHOICE

A food worker has just finished handling raw chicken and is about to begin slicing lettuce for salads. According to proper handwashing procedure, what is the minimum total time the worker must scrub, rinse, and dry their hands?

- ☐ A 5 seconds
- ☐ B 10 seconds
- ☒ C 20 seconds
- ☐ D 60 seconds

ANSWER C

WHY The FDA Food Code requires food workers to scrub their hands and exposed forearms for at least 20 seconds using a cleaning compound, then rinse and dry with a clean paper towel or a sanitary drying device. Cross-contamination between raw poultry and ready-to-eat lettuce is one of the primary situations that mandates a full handwash.

QUESTION 6

SINGLE CHOICE

A manager discovers that a cook stored raw ground beef on the top shelf of the walk-in cooler directly above prepared fruit cups. Which type of contamination is this an example of?

- ☐ A Biological contamination
- ☐ B Chemical contamination
- ☐ C Physical contamination
- ☒ D Cross-contamination

ANSWER D

WHY Storing raw meat above ready-to-eat food allows meat juices to drip onto the food below, transferring pathogens. This is cross-contamination. Ready-to-eat food should always be stored on the top shelves and raw meat on the bottom to prevent drips. Biological contamination refers to pathogens present in the food itself; chemical contamination involves cleaning agents or pesticides; physical contamination involves foreign objects such as glass or metal.

QUESTION 7

SINGLE CHOICE

A line cook is preparing a dish that contains a stuffing made from bread and diced vegetables to be cooked inside a whole turkey. What is the minimum internal cooking temperature that the stuffing must reach and hold for at least 15 seconds?

- ☐ A 135°F (57°C)
- ☐ B 145°F (63°C)
- ☐ C 155°F (68°C)
- ☒ D 165°F (74°C)

ANSWER D

WHY Stuffing, poultry, stuffed meats, and dishes containing poultry must be cooked to a minimum internal temperature of 165°F (74°C) for 15 seconds. 135°F is the hot-holding minimum. 145°F applies to whole cuts of fish, beef, and pork. 155°F applies to comminuted (ground) meat and injected meats.

QUESTION 8

SINGLE CHOICE

Which of the following is a primary responsibility of a Certified Food Manager (CFM)?

- ☐ A Ordering supplies and negotiating with vendors
- ☒ B Training food workers in proper food-safety practices and ensuring the operation complies with the FDA Food Code
- ☐ C Designing the restaurant's menu and pricing strategy
- ☐ D Repairing and maintaining the building's HVAC and electrical systems

ANSWER B

WHY The Certified Food Manager is responsible for food-safety oversight: training employees, monitoring time/temperature controls, conducting self-inspections, ensuring HACCP principles are followed, and verifying compliance with the FDA Food Code and local regulations. The other tasks are valid management duties but are not the CFM's defined food-safety responsibilities.

QUESTION 9

MULTIPLE CHOICE

A food manager is teaching staff about the Big 6 pathogens. Which two of the following foods are correctly paired with a pathogen that is commonly associated with it? (Choose two.)

- ☒ **A** Raw oysters — Hepatitis A
- ☐ **B** Sliced melon — Norovirus
- ☐ **C** Unpasteurized apple juice — Listeria
- ☒ **D** Undercooked ground beef — E. coli O157:H7
- ☐ **E** Reheated rice — Salmonella

ANSWER A • D

WHY Raw oysters are a classic food associated with Hepatitis A (and also Norovirus) because filter-feeding shellfish concentrate the virus from contaminated water. Undercooked ground beef is the food most strongly associated with E. coli O157:H7. Sliced melon is commonly associated with Salmonella (not Norovirus as the primary pairing). Unpasteurized apple juice is linked to E. coli O157:H7 and Cryptosporidium, not Listeria. Reheated rice is associated with Bacillus cereus, a toxin-forming bacterium, not Salmonella.