PASS THE FOOD MANAGER EXAM

WITHOUT THE PANIC

Independent study guide for
the food protection manager exam

Aligned to the 2022 FDA Food Code



DAVID BRYAN SMITH

How to use this without spiraling

You are allowed to be nervous. A lot of people who sit for this exam run a dining room, a food truck, a hospital kitchen, or a college cafe. Then the test asks about ratites, air gaps, and the temperature of a quat bucket. That is normal. It does not mean you are bad at your job. It means the exam is written from the FDA Food Code, and the Food Code has to cover a sushi bar and a school cafeteria in the same booklet.

Here is the deal. Ten pilot questions do not count. You will not know which ones they are, so answer all 90. A blank is wrong. You need 56 of the 80 scored items. That is the 70 percent line in that provider's current FAQ. Its older printed handbook, and some other accredited exams, still say 75 percent. Aim for the higher number so a weird pilot question cannot sink you. You have two hours. That is about 80 seconds a question. You will not need all of them if the temperatures are automatic.

A three-pass plan

- **Pass 1, tonight.** Read the crib sheet and the temperature ladder out loud. If you can say 165, 155, 145, 135 without looking, you have already dodged the questions that fail people.
- **Pass 2.** Read each chapter once. Do not outline the whole book in six colors. Mark only the number you got wrong in your head.
- **Pass 3.** Do the 128-question pool closed-book. Anything you miss, read the why, then redo only those items the next morning.