

Illinois Food Handler Study Guide

The 5 core topics on every ANAB-accredited Illinois food handler exam

1 Contamination & Cross-Contamination

Physical, chemical, and biological hazards. Keep raw and ready-to-eat foods separate. Use separate cutting boards and utensils. Wash hands and surfaces between tasks.

2 Time & Temperature Control

The danger zone is 41°F-135°F. Cook poultry to 165°F, ground meat to 155°F, and whole cuts to 145°F. Cool hot food from 135°F to 70°F within 2 hours, then to 41°F within 4 more hours.

3 Cleaning & Sanitizing

Cleaning removes visible dirt; sanitizing kills germs — you need both, in that order. Wash, rinse, sanitize, air dry. Check sanitizer concentration with test strips.

4 Personal Hygiene

Wash hands for 20 seconds, especially after the restroom, touching raw meat, or handling trash. Report illness to your manager. Wear gloves for ready-to-eat food, and change them often.

5 Allergens

The 9 major allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. Prevent cross-contact by using separate equipment and knowing what's in every dish.

Exam format: 40 multiple-choice questions, 70% to pass, two attempts before you must restart the course. Illinois' requirement is set under 410 ILCS 625/3.06.

Study first for \$2.99 — foodsafetymadeeasy.com/illinois-food-handler-card