

# Proper Ways to Cool and Reheat Food Quiz Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

## TRUE OR FALSE

T\_\_ F\_\_ 1. Hot food should be cooled quickly to get it through the temperature danger zone.

T\_\_ F\_\_ 2. Refrigerators are designed to cool hot food quickly.

T\_\_ F\_\_ 3. Before cooling food, reducing the size will allow it to cool faster.

## MULTIPLE CHOICE

\_\_\_\_\_ 1. Which of the following is an improper method for cooling a large pot of chili?  
a. Stir the chili with plastic ice paddles.  
b. Place the pot of chili into an ice water bath.  
c. Place the chili into a blast chiller.  
d. Place the pot of hot chili into a refrigerator.

\_\_\_\_\_ 2. Food that will be hot-held must be reheated to an internal temperature of  
a. 135°F (57°C) for 15 seconds within two hours.  
b. 145°F (63°C) for 15 seconds within two hours.  
c. 155°F (68°C) for 15 seconds within two hours.  
d. 165°F (74°C) for 15 seconds within two hours.

# Proper Ways to Cool and Reheat Food Answer Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

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