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.
TRUE OR FALSE

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

T___ F X ___ 2. Refrigerators are designed to cool hot food quickly.

T X  F___  3. Before cooling food, reducing the size will allow it to cool faster.

MULTIPLE CHOICE

___d___ 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.

___d___ 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.