# 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.  $145^{\circ}F$  (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.



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# Proper Ways to Cool and Reheat Food Answer Sheet

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