

Activity Quiz 6

The Flow of Food: Preparation



Name _____ Date _____

True or False?

- ① _____ Coolers are designed to cool hot food quickly.
- ② _____ Cook a whole turkey to a minimum internal cooking temperature of 155°F (68°C) for 15 seconds.
- ③ _____ The first step in cooling TCS food is to cool it from 135°F to 70°F (57°C to 21°C) within three hours.
- ④ _____ Fish cooked in a microwave must be cooked to a minimum internal temperature of 145°F (63°C).

Methods of Thawing

What are the four acceptable methods of thawing food?

- _____
- _____
- _____
- _____

Minimum Internal Cooking Temperatures

Match each food item with its minimum internal cooking temperature by writing the correct letter in the space provided. (Temperatures may be used more than once.)

- | | |
|--|-------------------------------|
| ① _____ Swordfish steaks | A 165°F (74°C) for 15 seconds |
| ② _____ Whole chicken | B 155°F (68°C) for 15 seconds |
| ③ _____ Pork chops | C 145°F (63°C) for 15 seconds |
| ④ _____ Ground-beef patties | D 145°F (63°C) for 4 minutes |
| ⑤ _____ Glazed carrots for hot-holding | E 135°F (57°C) |

Cooling Food

What is one way you can correctly cool a large pot of chili?

Answer Key

True or False?

- ① F
- ② F
- ③ F
- ④ F

Methods of Thawing

Here are the four acceptable methods of thawing food:

- In the cooler
- Under running drinkable water at 70°F (21°C) or lower
- In a microwave
- As part of the cooking process

Minimum Internal Cooking Temperatures

- ① C
- ② A
- ③ C
- ④ B
- ⑤ E

Cooling Food

Divide it into smaller containers and use one of the following methods for cooling it:

- Place it in an ice-water bath and stir it.
- Stir the chili with ice paddles.
- Place it in a blast chiller.
- The chili could also be made with less water than required. Cold water or ice could then be added after cooking to cool the chili and provide the remaining water.