Activity Quiz 7
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
② _______ Whole chicken
③ _______ Pork chops
④ _______ Ground-beef patties
⑤ _______ Glazed carrots for hot-holding

A  165˚F (74˚C) for 15 seconds
B  155˚F (68˚C) for 15 seconds
C  145˚F (63˚C) for 15 seconds
D  145˚F (63˚C) for 4 minutes
E  135˚F (57˚C)

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

______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________
Answers

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 cold water
• In a microwave
• As part of cooking

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.
• Add ice or cold water to the chili as an ingredient.