True or False?

1. ______ Rinsing a cutting board will prevent cross-contamination with the next food item placed on it.
2. ______ Some thermometers cannot be calibrated.
3. ______ Chicken held at an internal temperature of 125°F (52°C) has been time-temperature abused.

Cross-Contamination

Name two ways you can prevent cross-contamination.

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Temperature Danger Zone

1. Fill in the thermometer below to show the temperature danger zone in either Fahrenheit or Celsius.

   60°F (21°C) to 220°F (104°C)

2. Fill in the thermometer below to show the temperature range at which foodborne pathogens grow most quickly in either Fahrenheit or Celsius.

   0°F (-18°C) to 140°F (60°C)
General Thermometer Guidelines

Fill in the blanks with the word or words that complete the sentences correctly.

1. Thermometers used to measure the temperature of food must be accurate to ________.
2. Place a probe into the ________ part of the food.
3. Wait ________ seconds after inserting a bimetallic stemmed thermometer before recording the temperature of a food.
4. Make sure your thermometers are accurate by ________ them regularly.
5. Sanitize thermometers by using a sanitizing solution for ________ surfaces.
Answer Key

True or False?
1. F
2. T
3. T

Cross-Contamination
Here are some ways to prevent cross-contamination:
• Use separate equipment for each type of food.
• Clean and sanitize all work surfaces, equipment, and utensils after each task.
• Prep raw meat, fish, and poultry; and ready-to-eat food at different times.
• Buy prepared food.

Temperature Danger Zone
1. 41°F (5°C) to 135°F (57°C)
2. 70°F (21°C) to 125°F (52°C)

General Thermometer Guidelines
1. +/- 2°F or +/- 1°C
2. thickest
3. 15
4. calibrating
5. food-contact