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.