

# 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?

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## 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.