

Week #5: Special Exercise

Here is a special group activity for you to use during the "Reheating" segment of the Training Sessions series. This activity underscores the key points of reheating food safely.

DIRECTIONS FOR GROUP PLAY

1. **DON'T** read the story on the last page.
2. Choose a Story Reader.
3. The Story Reader asks the players for the words on page 2. (These words will be used to fill in the blank spaces in the story). For the most fun, don't indicate the subject! The results will be hilarious!!!
4. The Story Reader then reads the story filling in the words the group has chosen.
5. When the group has settled back down ☺ , read the original story (taken from the ServSafe coursebook) to reinforce the cleaning and sanitizing skills taught in this section.

REFRESHER:

In case it has been a while since you or your group have been in an English class, here's a list describing each requested word type:

VERB:	Any activity or sport, (for example, <i>running</i>)
ADJECTIVE:	Describes something or somebody. <i>Lumpy, soft, ugly, messy, and short</i> are adjectives.
NOUN:	A person, place or thing. <i>Sidewalks, bananas, and frogs</i> are examples of plural nouns.
PERIOD OF TIME:	<i>Day, 40 seconds, rainy season</i> are periods of time.

START:

Message To The Group: DO NOT look at the story on the next page. Fill in the blanks on this page with the type of words called for. Then, using the words you've selected, fill in the blank spaces in the story. Just wait 'til you see what you've created!

1. ADJECTIVE:	_____
2. NOUN:	_____
3. ADJECTIVE:	_____
4. PERIOD OF TIME:	_____
5. VERB:	_____
6. VERB:	_____
7. NOUN:	_____
8. VERB:	_____
9. NOUN:	_____
10. VERB:	_____
11. NOUN:	_____
12. PLURAL NOUN:	_____
13. VERB:	_____
14. ADJECTIVE:	_____
15. NOUN:	_____
16. ADJECTIVE:	_____
17. VERB:	_____
18. VERB:	_____

REHEATING

To keep _____⁽¹⁾ _____⁽²⁾ safe:

- ✓ Reheat all previously _____⁽³⁾ food to an internal temperature of at least 165° F (74° C) for at least 15 _____⁽⁴⁾ within two hours. If the food cannot be _____⁽⁵⁾ within two hours, _____⁽⁶⁾ it.
- ✓ Food reheated in a _____⁽⁷⁾ must be heated to at least 165° F (74° C). Let the food _____⁽⁸⁾ for two minutes after reheating so the _____⁽⁹⁾ spreads evenly throughout all parts of the food.
- ✓ _____⁽¹⁰⁾ reheated food to holding _____⁽¹¹⁾ only when the food is at 165° F (74° C).
- ✓ Use cooking ranges, ovens, steamers, and _____⁽¹²⁾ to reheat food – never use hot-holding equipment because it is not designed to _____⁽¹³⁾ and maintain the _____⁽¹⁴⁾ temperatures.
- ✓ Reheat _____⁽¹⁵⁾ in _____⁽¹⁶⁾ batches to shorten _____⁽¹⁷⁾ time.
- ✓ Cool and _____⁽¹⁸⁾ food only once.

Following is the complete excerpt taken from the ServSafe Coursebook:

REHEATING

To keep reheated⁽¹⁾ food⁽²⁾ safe:

- ✓ Reheat all previously cooked⁽³⁾ food to an internal temperature of at least 165° F (74° C) for at least 15 seconds⁽⁴⁾ within two hours. If the food cannot be reheated⁽⁵⁾ within two hours, discard⁽⁶⁾ it.
- ✓ Food reheated in a microwave⁽⁷⁾ must be heated to at least 165° F (74° C). Let the food stand⁽⁸⁾ for two minutes after reheating so the heat⁽⁹⁾ spreads evenly throughout all parts of the food.
- ✓ Transfer⁽¹⁰⁾ reheated food to holding equipment⁽¹¹⁾ only when the food is at 165° F (74° C).
- ✓ Use cooking ranges, ovens, steamers, and microwaves⁽¹²⁾ to reheat food – never use hot-holding equipment because it is not designed⁽¹³⁾ to reach and maintain the necessary⁽¹⁴⁾ temperatures.
- ✓ Reheat food⁽¹⁵⁾ in small⁽¹⁶⁾ batches to shorten reheating⁽¹⁷⁾ time.
- ✓ Cool and reheat⁽¹⁸⁾ food only once.