

National Food Safety Education Month®
National Restaurant Association Educational Foundation

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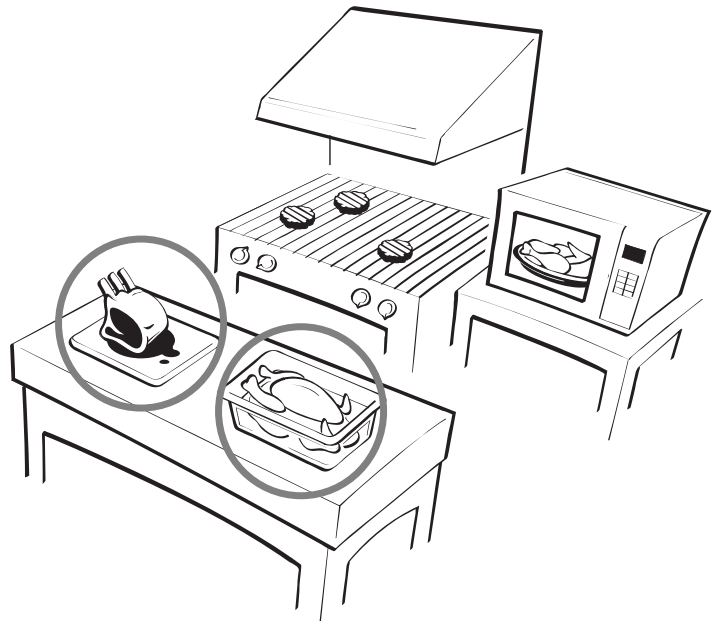
And the Winner Is?

Picture B showing the roast in a refrigerator is the best method for thawing this item. While all three methods of thawing are correct, it is best to plan ahead in the case of large food items and use the refrigerator for thawing. This will ensure the roast thaws safely and thoroughly.



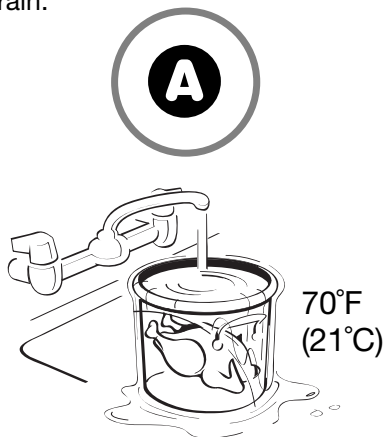
What's Wrong with This Picture?

The roast sitting on the counter and the turkey in the pan of water are being thawed incorrectly. You should never thaw large food items, such as roasts or turkeys, at room temperature. If you want to thaw these types of food, you can safely submerge the item under running water at 70°F (21°C) or lower; never thaw food in standing water.



Pick a Sink

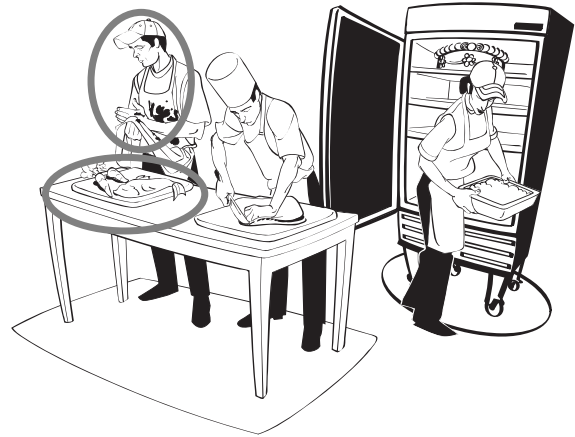
Picture A shows the correct way to thaw this turkey. Even though the water in the sink in picture B is at the correct temperature, it may eventually warm up. Flowing water is needed to keep the item cool and to allow food particles to wash into the overflow drain.





What's Wrong with This Picture?

The picture of the cutting board with the fish and the carrots, and the person wiping his hands on his apron, are examples of incorrect food-preparation practices. The fish and the carrots on the same cutting board is an example of cross-contamination. Always prepare raw and ready-to-eat food items separately. Wiping your hands on your apron is an example of poor personal hygiene. Wash hands properly and dry with a single-use towel.



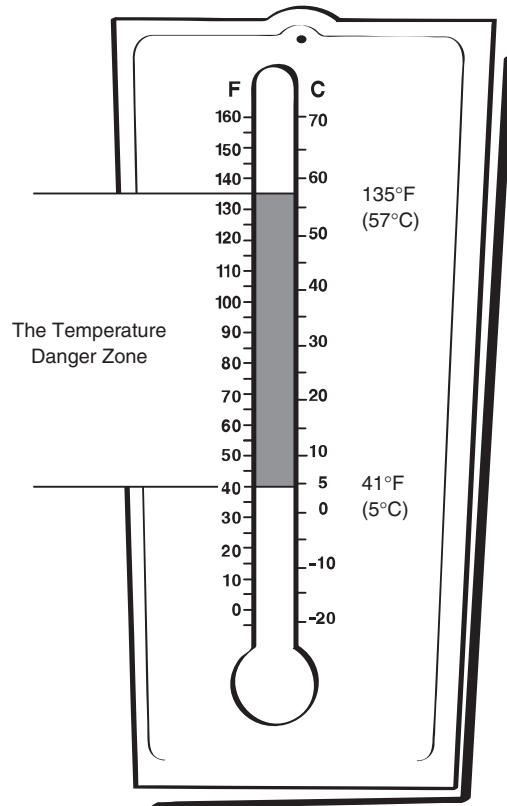
What's the Range?

The temperature danger zone is between 41°F and 135°F (5°C and 57°C). Foodborne illness-causing microorganisms grow rapidly in this temperature range, so keep food out of this range as much as possible.

What's Wrong with This Situation?

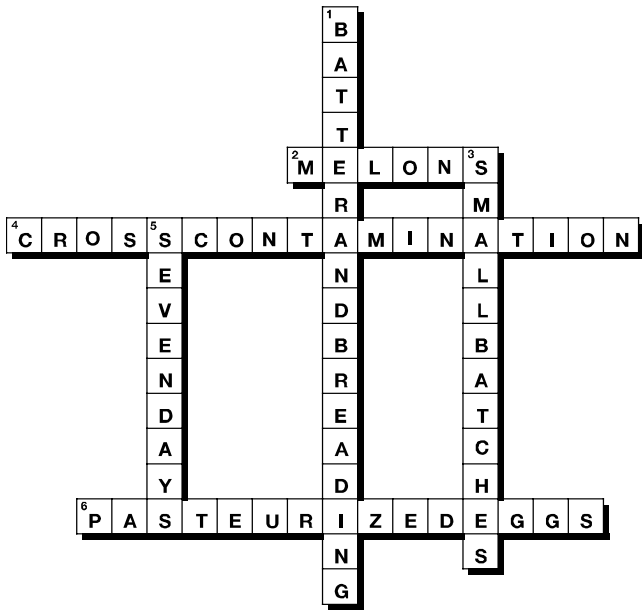
The following mistakes were made during food preparation:

- **John took out too much food at one time.**
Only take out enough ingredients to make a small batch of food to prevent time and temperature abuse.
- **He was called away and should have stored the ingredients, as well as the prepared sandwiches, in the refrigerator.** When interrupted during a task, properly refrigerate all potentially hazardous food.
- **John should have washed his hands before returning to work at 10:00 A.M.** Always wash hands when starting a new task or when interrupted during a task.
- **When he was called away again at 10:45 A.M., John should have stored the ingredients and the sandwiches in the refrigerator.**





Crossword



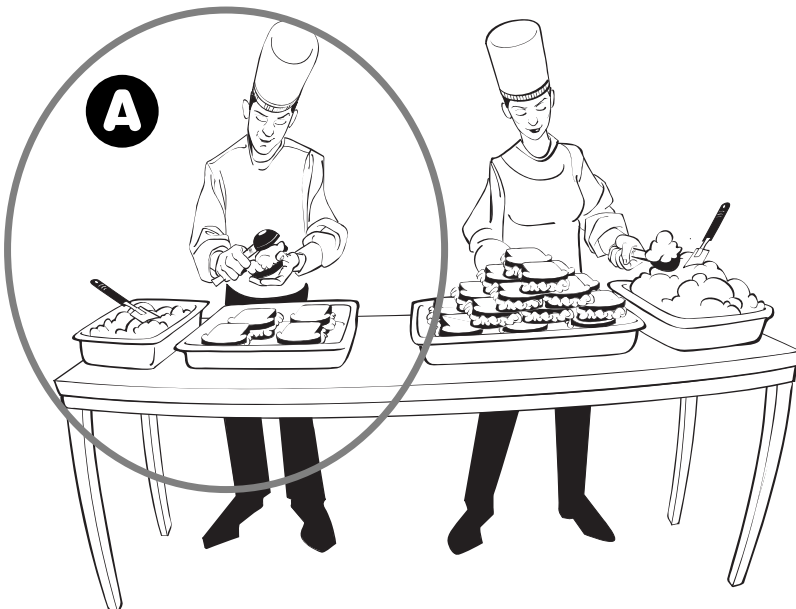
What's Wrong with This Situation?

The following mistakes were made when Mary made the batter for the shrimp and chicken:

- **Mary prepared too much batter.** Only prepare enough batter for one shift to prevent time-temperature abuse and cross-contamination.
- **She was called away and should have stored the batter, in addition to the chicken, in the refrigerator until she returned.** She correctly stored the chicken, but the batter contained eggs and milk, which are potentially hazardous food items and should be refrigerated.
- **By the time she finished battering the chicken, the batter had been in the temperature danger zone too long.** Minimize the time potentially hazardous food remains in the temperature danger zone.
- **When Mary switched to battering shrimp, she should have prepared a new batch of batter.** Using the same batter for more than one type of food results in cross-contamination.
- **The leftover batter should have been thrown out at the end of her shift.**

Pick the Right One

Person A is preparing tuna salad sandwiches correctly. You should always prepare potentially hazardous food, such as tuna salad sandwiches, in small batches to avoid time-temperature abuse.



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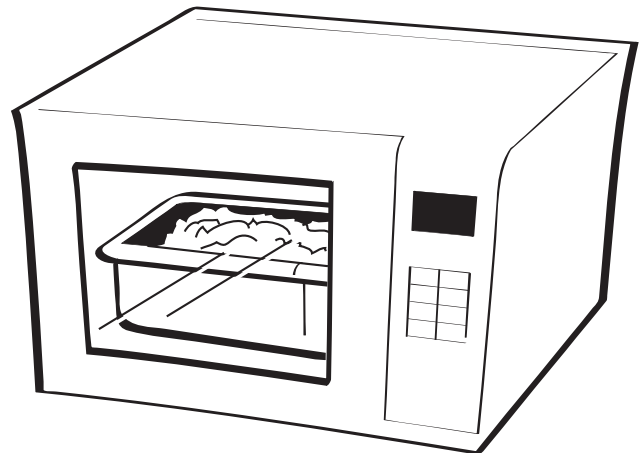
Now We're Cooking

1. Beef steak: Cook to an internal temperature of 145°F (63°C) for 15 seconds.
2. Duck: Cook to an internal temperature of 165°F (74°C) for 15 seconds.
3. Hamburger patties: Cook to an internal temperature of 155°F (68°C) for 15 seconds.
4. Fish: Cook to an internal temperature of 145°F (63°C) for 15 seconds.
5. Shell eggs for immediate service: Cook to an internal temperature of 145°F (63°C) for 15 seconds.
6. Leg of lamb: Cook to an internal temperature of 145°F (63°C) for four minutes.
7. Injected roast: Cook to an internal temperature of 155°F (68°C) for 15 seconds.
8. Stuffing: Cook to an internal temperature of 165°F (74°C) for 15 seconds.
9. Turkey chili: Cook to an internal temperature of 165°F (74°C) for 15 seconds.

Easy as 1-2-3

1. Cover food to prevent drying.
2. Rotate or stir the food halfway through cooking.
3. Take food's temperature and let stand for two minutes.

Temperature: Internal temperature of 165°F (74°C)



Choose the Right Practice

Picture B shows the correct way to cool a pot of chili. You must make sure you can cool the chili from 135°F to 70°F (57°C to 21°C) within two hours, and from 70°F to 41°F (21°C to 5°C) or lower in an additional four hours, for a total cooling time of six hours. Cooling it in an ice-water bath with frequent stirring will work. You can also divide the chili into smaller containers and cool them in an ice-water bath separately.



Is It Cool Enough?

The beef stew was not at the correct temperature by 10:00 A.M. The stew should have been cooled to 70°F (21°C) within two hours. When Fred discovered that the stew had only cooled to 90°F (32°C), he should have either reheated it to 165°F (74°C) for 15 seconds or thrown it out. If Fred was able to reheat the stew to the proper temperature, he then could have recooled it by dividing the stew into smaller containers and placing them in an ice-water bath.

Fill in the Phrase

- D I V I D E F O O D**
1 2 3 4 5 6 7 8 9 10
- I C E - W A T E R B A T H**
11 12 13 14 15 16 17 18 19 20 21 22
- B L A S T C H I L L E R**
23 24 25 26 27 28 29 30 31 32 33 34
- S T I R F O O D**
35 36 37 38 39 40 41 42
- I C E P A D D L E**
43 44 45 46 47 48 49 50 51
- T W O H O U R S**
52 53 54 55 56 57 58 59

Secret Message:

C O O L F O O D F A S T
12 40 54 24 7 56 9 42 39 47 26 16

