

# Preparing Specific Types of Food

Some types of food and preparation methods require a bit more care. Practicing time and temperature control and taking steps to prevent cross-contamination are especially important when preparing these types of food.



**Take extra care when preparing salads with chicken, tuna, eggs, pasta, and potatoes, since they have been involved in foodborne-illness outbreaks.**

Leftovers must be properly cooked, held, cooled, and stored before adding them to salads. Make sure leftovers added to salads have been refrigerated at 41°F (5°C) or lower for no longer than seven days. Leave all ingredients in the refrigerator until they are ready to be mixed. Prepare salads in small batches to avoid time-temperature abuse.

**Make sure to handle eggs and egg mixtures safely.**

Pooled eggs (eggs cracked open and combined in a bowl) must be cooked right after mixing, or stored at 41°F (5°C) or lower. Only use pasteurized eggs or egg products if you serve high-risk populations, such as those in a nursing home. Also, use pasteurized shell eggs or egg products when preparing dishes requiring little or no cooking.

**Batter and breading prepared with milk or eggs must be handled with care.**

Prepare batter in small batches and store what you don't use at 41°F (5°C) or lower. Battered and breaded food that will be cooked later must be stored immediately in the refrigerator. Never use batter or breading for more than one product. Throw away any unused batter and breading at the end of the shift.

**Be careful not to contaminate fruit and vegetables.**

Prepare fruit and vegetables away from raw meat, poultry, seafood, and eggs. You should wash fruit and vegetables thoroughly under running water before cutting, cooking, or combining them with other ingredients. Refrigerate cut melon at 41°F (5°C) or lower, since it is a potentially hazardous food.



# Crossword

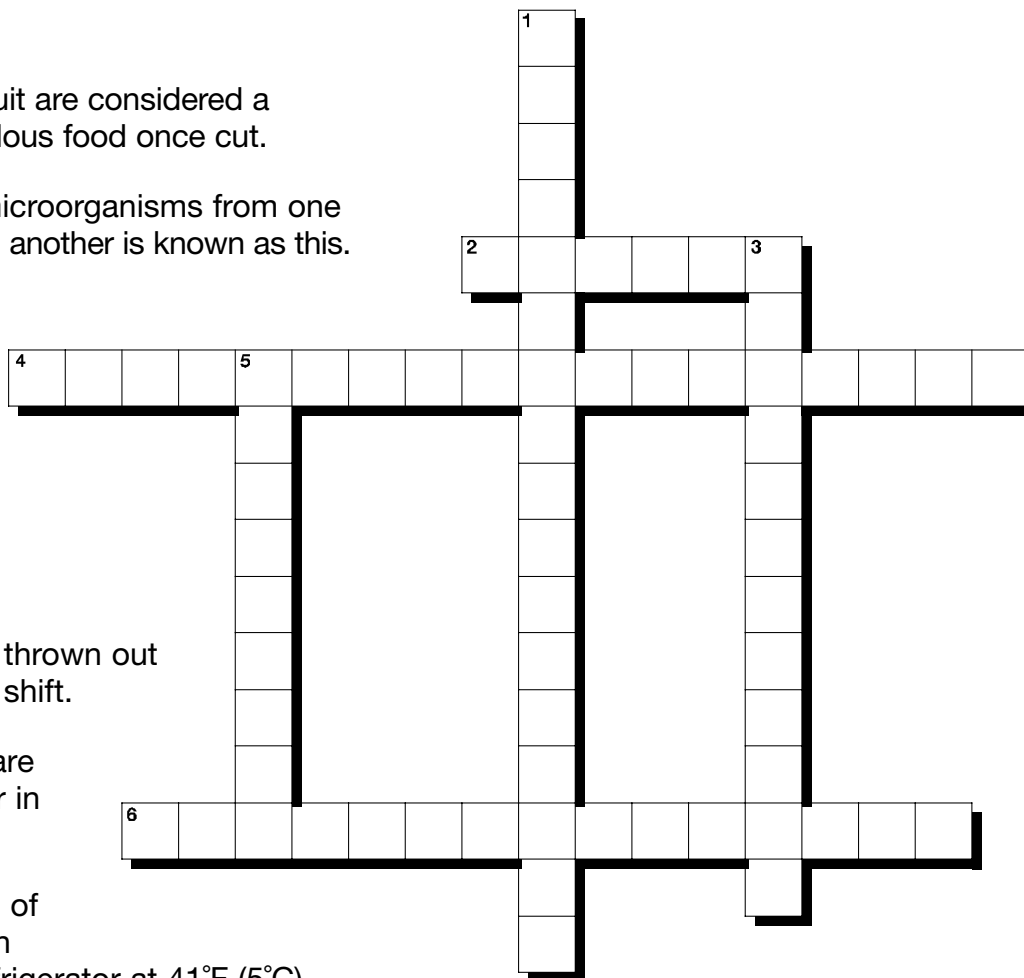
**Directions:** Solve each clue and write the answer in the correct boxes.

## ACROSS

- 2. These types of fruit are considered a potentially hazardous food once cut.
- 4. The transfer of microorganisms from one food or surface to another is known as this.
- 6. These types of eggs should be served to high-risk populations.

## DOWN

- 1. These should be thrown out at the end of the shift.
- 3. You should prepare salads and batter in this amount.
- 5. This is the length of time leftovers can be stored in a refrigerator at 41°F (5°C) or lower.



# Pick the Right One

**Directions:** Circle the letter of the person who shows the correct way to prepare tuna salad sandwiches.

**A**

**B**



# What's Wrong with This Situation?

**Directions:** Identify the mistakes Mary made when she prepared batter for shrimp and chicken.

Mary needs to prepare batter for the shrimp and chicken made on her shift. She begins at 8:00 A.M. by taking out the ingredients, including eggs and milk, for two days' worth of batter. She won't be in tomorrow and wants to make sure there is enough batter for the next day. She prepares one big batch of batter and puts it to the side to prepare the chicken for battering. At 10:00 A.M., she is called away to check in a delivery of vegetables. Before doing that, she puts the chicken in the refrigerator. She comes back at 11:00 A.M. and washes her hands, then takes out the chicken to finish battering it. She then stores the chicken and begins battering shrimp. She finishes battering the shrimp at 12:15 P.M. and puts the shrimp and the batter in the cooler. She leaves a note at the end of her shift on the batter saying it can be used the next day.

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