

Cooking Food

Here are some cooking temperatures for several common food items:

After safely preparing food, you must cook it to the correct minimum internal temperature to reduce dangerous microorganisms to safe levels. Temperatures vary from item to item. Always use a thermometer to verify final cooking temperatures.



Product	Cooking Temperature
Poultry and ground poultry (duck, chicken, turkey)	165°F (74°C) for 15 sec
Stuffing; stuffed meat and fish	165°F (74°C) for 15 sec
Dishes containing potentially hazardous ingredients	Previously cooked ingredients; 165°F (74°C) for 15 sec; cook raw ingredients to their required minimum internal temperatures
Ground meat (All meat or fish)	155°F (68°C) for 15 sec
Injected meats	155°F (68°C) for 15 sec (brined hams and flavor injected roasts)
Pork, beef, veal, lamb	Steaks, Chops: 145°F (63°C) for 15 sec Roasts: 145°F (63°C) for 4 min
Fish	145°F (63°C) for 15 sec
Shell eggs for immediate service	145°F (63°C) for 15 sec Eggs to be hot held: 155°F (68°C) for 15 sec

When cooking in a microwave oven:

- Cover food to prevent drying.
- Cook food to 165°F (74°C).
- Rotate or stir food halfway through cooking.
- Take food's temperature and let stand for two minutes.



Now We're Cooking

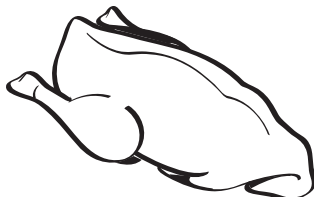
Directions: Write in the required minimum internal temperature and cooking time for each food item.

1



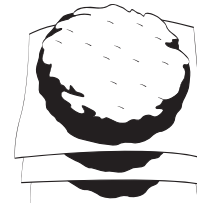
Beef steak

2



Duck

3



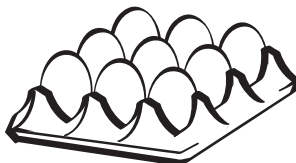
Hamburger patties

4



Fish

5



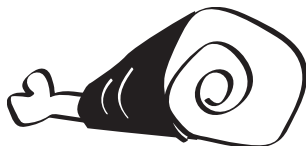
Shell eggs for immediate service

6



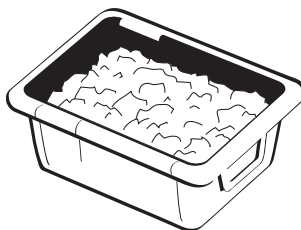
Leg of lamb

7



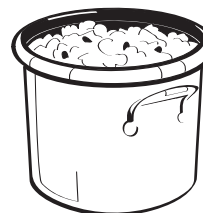
Injected roast

8



Stuffing

9



Turkey chili



Easy as 1-2-3

Directions: Write in the steps you must follow to properly cook food in a microwave and indicate the internal temperature food must reach to be safe.

1

2

3

Temperature:

