

Minimum Internal Cooking Temperatures For Various Foods

Name _____ Date _____ Score _____

TRUE OR FALSE

- T ___ F ___ 1. Turkey should be cooked to a minimum internal cooking temperature of 155°F (68°C) for fifteen seconds.
- T ___ F ___ 2. Hamburger should be cooked to a minimum internal cooking temperature of 145°F (63°C) for fifteen seconds.
- T ___ F ___ 3. A steak should be cooked to a minimum internal cooking temperature of 145°F (63°C) for fifteen seconds.

EXERCISE

Match each food item with its proper minimum internal cooking temperature by putting the appropriate letter in the space provided. (The temperatures may be used more than once.)

___ Swordfish steaks

___ Chicken

___ Grilled pork chops

___ Ground beef

- a. 165°F (74°C) for fifteen seconds.
- b. 155°F (68°C) for fifteen seconds.
- c. 145°F (63°C) for fifteen seconds.