

# Proper Ways To Cool And Reheat Food

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

## TRUE OR FALSE

- T \_\_\_ F \_\_\_ 1. Hot food should be cooled quickly to get it through the Temperature Danger Zone.
- T \_\_\_ F \_\_\_ 2. Refrigerators are designed to cool hot food quickly.
- T \_\_\_ F \_\_\_ 3. Reducing the size of the food is one way to cool it properly.

## MULTIPLE CHOICE

- \_\_\_ 1. Which of the following is an improper method for cooling a large pot of chili?
- Pour the chili into shallow pans.
  - Place the pot of chili into an ice water bath.
  - Place the chili into a blast chiller.
  - Place the pot of hot chili directly into a refrigerator.
- \_\_\_ 2. Food that will be hot-held must be reheated to an internal temperature of
- 135°F (57°C) for 15 seconds within two hours.
  - 145°F (63°C) for 15 seconds within two hours.
  - 155°F (68°C) for 15 seconds within two hours.
  - 165°F (74°C) for 15 seconds within two hours.
- \_\_\_ 3. Which of the following is *not* a proper way to cool hot food?
- Using an ice-water bath
  - Reducing the size of the food
  - Placing it in a blast chiller
  - Placing it directly into a refrigerator