

Proper Ways To Cool And Reheat Food Quiz Sheet

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. Before cooling food, reducing the size will allow it to cool faster.

MULTIPLE CHOICE

- ___ 1. Which of the following is an improper method for cooling a large pot of chili?
- Stir the chili with plastic ice paddles.
 - Place the pot of chili into an ice water bath.
 - Place the chili into a blast chiller.
 - Place the pot of hot chili 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
 - Stirring it with plastic ice paddles
 - Placing it in a blast chiller
 - Placing it directly into a refrigerator

Proper Ways To Cool And Reheat Food Quiz Sheet Answers

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