Cook

True or False?

Q: A good way for an adult to tell if they've cooked your burger properly is by cutting it open to see the colour of the middle.

A: False. You can't tell if a burger is safe to eat by looking at it. The only way to tell if a hamburger is cooked is to use a digital food thermometer to check the temperature in the middle of the patty.

Your burger is done at 71°C (160°F)! Cooking food to a safe internal temperature destroys harmful organisms that may be present, and helps prevent illness caused by contaminated food.

Cook

Multiple-choice

Q: What is the best way for adults to tell if they have cooked food properly?
A. Ask their friends?
B. Use a digital food thermometer to check the temperature?
C. Cook it until it's really dry?

A: The correct answer is B. Adults should use a digital food thermometer to check that food has reached a safe internal temperature.

Cooking food to a safe internal temperature destroys harmful organisms that may be present, and helps prevent illness caused by contaminated food.

Cook

True or False?

Q: You're heating leftover soup. Is it safe to eat the soup if it's just warm?

A: False. Leftovers such as soup, stew, and chili should be heated to a full rolling boil. Once the leftovers have boiled, cool until it's comfortable for you to eat.

Proper heating of leftovers destroys harmful organisms that may be present.

Cook

Multiple-choice

Q: What does "cooking food safely" mean?
A. To use a recipe?
B. To use the right pots and pans?
C. To make sure the food is cooked to a safe temperature?

A: The correct answer is C. Food is cooked safely when it reaches an internal temperature high enough to kill harmful organisms that can cause illness.

Cook

True or False?

Q: What's a digital food thermometer?
A. A special type of thermometer used to check the temperature of different types of food?
B. Something used to check if you have a fever?
C. A stick used to roast marshmallows?

A: The correct answer is A. Adults should use a digital food thermometer to check that your food is cooked or reheated to a safe temperature.

Cooking food to a safe internal temperature destroys harmful organisms that may be present, and helps prevent illness caused by contaminated food.