

- Q: Food that should be kept cold, like milk, and food that should be kept hot, like cooked lasagna, should be kept out of the danger zone. What is the danger zone?
 - A. A place where dangerous tools are stored?
 - B. A place at the North Pole where they have a lot of avalanches?
 - organisms can grow in foods?
- A: The correct answer is C. The danger zone is between 4°C to 60°C or 40°F to 140°F. It's important to keep perishable food out of the danger zone by keeping it at or below 4°C (40°F) or by keeping it at or above 60°C (140°F) to slow the growth of harmful organisms that could make you sick. Use digital food thermometers and refrigerator thermometers to check the temperature.

Multiple-choice

- - C. The temperature range where harmful

True or False?

The best way to tell if your properly cooked is to cut it open. hamburger (or any meat) is

False. The best way to tell if a the temperature of the meat. digital food thermometer to check hamburger is cooked is to use a

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Cooking food to safe internal temperatures done at 71°C (160°F)! sideways into each patty. Your hamburger's For a burger, insert the thermometer

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present, and helps prevent foodborne illness

destroys harmful organisms that may be

Multiple-choice

Q: What's a digital food thermometer and what is it used for?

A. A special type of thermometer used

to check the temperature of different

- B. Something you use to check if you types of food? have a fever?
- C. A stick to skewer food?
- The correct answer is A. A digital food thermometer is a special type of thermometer internal temperature. digital food thermometers to check that different types of food. You should use that's used to check the temperature of your food is cooked or reheated to a safe

present, and helps prevent foodborne illness.

destroys harmful organisms that may be Cooking food to safe internal temperatures

Cook

Multiple-choice

- Q: Hot food should be kept hot at what temperature?
 - A. At 4°C (40°F) or below? B. At 60°C (140°F) or above? C. At 20°C (70°F) or below?
- A: The correct answer is B. Hot food, like soup, chicken, lasagna, roast beef, gravy, etc. should be kept hot at a minimum of 60°C (140°F) to prevent the growth of harmful organisms that could make you sick. Use a digital food thermometer to check the temperature.

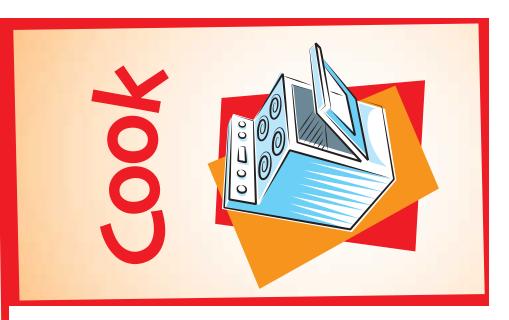
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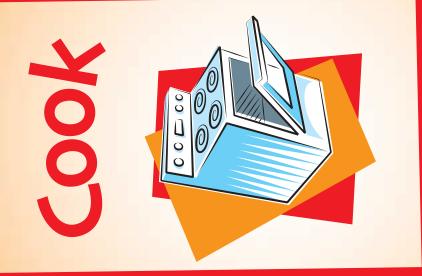
Answer

- Q: Are hamburgers safely cooked if the internal temperature is 71°C (160°F)?
- A: Yes. This is the safe temperature for and all food made with ground beef like temperature of 71°C (160°F). be cooked to a minimum internal meatloaf, lasagna and meatballs should hamburgers to be done. Hamburgers

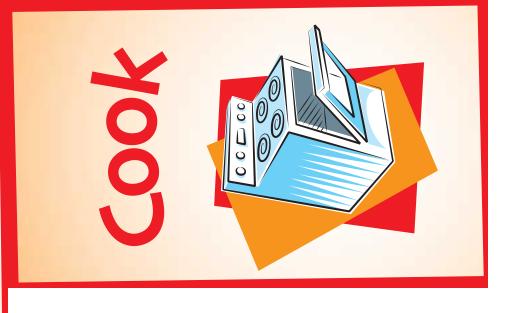












Q: What's the best way to tell if A. Ask your family and friends? your food is cooked properly? Multiple-choice

Q: What does "cooking food safely" Multiple-choice

B. To use the right pots and pans? A. To use a recipe? C. To make sure food is cooked to a safe internal temperature?

mean?

≥ safely when it reaches an internal The correct answer is C. Food is cooked organisms that cause foodborne illness. temperature high enough to kill harmfu

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The correct answer is B. Use a digital

C. Cook it until it's really dry?

B. Use a digital food thermometer

to check the temperature?

has reached a safe internal temperature. food thermometer to check that the food

directions on the thermometer package overcooking your food. Follow the illness and also prevents you from temperatures helps prevent foodborne Cooking food to proper internal

Cook

True or False?

- Q: Only meat needs to be cooked to proper internal temperatures and checked with a digital food thermometer.
- A: False. It's a good idea to check the temperature of most food, e.g. casseroles, sauces, stuffings and custards, to make sure that they have been cooked to a safe internal temperature.

It's also a good idea to check the temperature of leftovers. Use a digital food thermometer to check the temperature of these foods.

Cook

Question and Answer

- Q: Is it safe to eat your hamburger rare?
- A: No. All food made with ground beef, like hamburgers, meatballs, lasagna and meatloaf, need to be cooked to a minimum internal temperature of 71°C (160°F) to prevent foodborne illness.

Use a digital food thermometer to check the temperature of these foods.

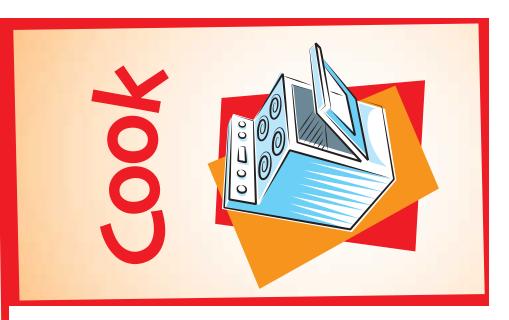
True or False

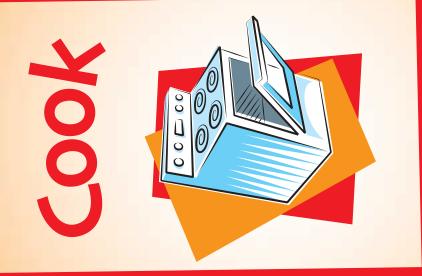
Q: To make sure that food is cooked can check it by touching it with your fingers. to safe internal temperatures, you

A: False. To check the temperature of a food, you need to insert a digital or gristle. Follow the directions on the thermometer package. part of the food, away from fat, bone food thermometer into the thickest

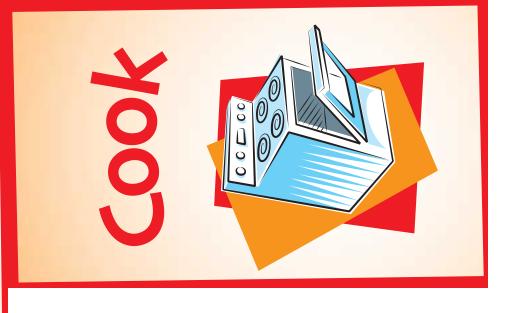












Multiple-choice

Q: You can tell that your chicker is properly cooked because:

B. It will be the right temperature when A. It will be hot to the touch and have checked with a digital food thermometer? a lot of steam?

C. It will look like it's cooked, i.e. browned on

the outside and no pink inside?

≥ The correct answer is B. Checking your is the only way to be sure that it has been to prevent foodborne illness. cooked to a safe internal temperature food with a digital food thermometer

True or False

Q: It's safe to eat steaks rare

≥ and are killed by the temperatures True. Harmful organisms that may be or reached during cooking the raw steak exist only on the surface

Cook

True or False?

Q: When heating leftover soup, it's safe to heat it just until it's warm.

A: False. Leftovers such as soup, stew, sauce, gravy and chili should be heated to a full rolling boil.

Once the leftovers have boiled, cool it until it's comfortable for you to eat. Proper heating of leftovers destroys harmful organisms that may be present.

Cook

Question and Answer

Q: If you cut your hamburger open and it isn't pink inside, is it cooked to a safe internal temperature?

A: Not necessarily. You can't judge if a hamburger is done by looking at the inside colour of the meat. The only way to know that your hamburger is cooked to a safe internal temperature is to use a digital food thermometer. Your hamburger's done at 71°C (160°F).

Question and Answer

Q: How do you take the temperature of a hamburger with a digital food thermometer?

A: Near the end of cooking, take the a digital thermometer sideways into the If the burger is not done, cook it longer done at 71°C (160°F). center of each patty. The hamburger's hamburger away from the heat. Insert

and check it again after you've cleaned

your food thermometer. Follow the

directions on the thermometer package