

Cook



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Cook

Multiple-choice

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?
- C. The temperature range where harmful 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.

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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True or False?

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

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

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

Cooking food to safe internal temperatures destroys harmful organisms that may be present, and helps prevent foodborne illness.

Cook

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 types of food?
- B. Something you use to check if you have a fever?
- C. A stick to skewer food?

A: The correct answer is A. A digital food thermometer is a special type of thermometer that's used to check the temperature of different types of food. You should use digital food thermometers to check that your food is cooked or reheated to a safe internal temperature.

Cooking food to safe internal temperatures destroys harmful organisms that may be present, and helps prevent foodborne illness.

Cook

Question and Answer

Q: Are hamburgers safely cooked if the internal temperature is 71°C (160°F)?

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

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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.

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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.

Cook

Multiple-choice

Q: What's the best way to tell if your food is cooked properly?

- A. Ask your family and 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. Use a digital food thermometer to check that the food has reached a safe internal temperature. Cooking food to proper internal temperatures helps prevent foodborne illness and also prevents you from overcooking your food. Follow the directions on the thermometer package.

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 food is cooked to a safe internal temperature?

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

Cook

True or False?

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

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

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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

Multiple-choice

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

- A. It will be hot to the touch and have a lot of steam?
- B. It will be the right temperature when checked with a digital food thermometer?
- C. It will look like it's cooked, i.e. browned on the outside and no pink inside?

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

Cook

True or False?

Q: It's safe to eat steaks rare.

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

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).

Cook

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 hamburger away from the heat. Insert a digital thermometer sideways into the center of each patty. The hamburger's done at 71°C (160°F).
If the burger is not done, cook it longer and check it again after you've cleaned your food thermometer. Follow the directions on the thermometer package.