



NAME: \_\_\_\_\_ Period: \_\_\_\_\_ Table #: \_\_\_\_ Date: \_\_\_\_\_

6. List the four simple steps in the consumer educational campaign "FIGHT BAC!"
  - 1.
  - 2.
  - 3.
  - 4.
  
7. List the four steps for planning to cook for a group of people.
  - a. Select a reliable \_\_\_\_\_.
  - b. Make sure you have the right \_\_\_\_\_, including \_\_\_\_\_, utensils, food thermometers, cookware, \_\_\_\_\_ containers for storage, soap, and \_\_\_\_\_.
  - c. For outdoor events, make sure you have a course of \_\_\_\_\_.
  - d. Ensure that there will be adequate \_\_\_\_\_ in the refrigerator and freezer.
  
8. List the three principles of shopping for food that will be prepared for a group of people.
  - a.
  - b.
  - c.
  
9. When you store food:
  - a. Make sure the temperature in the refrigerator is \_\_\_\_\_ or below \_\_\_\_\_ in the freezer.
  - b. Refrigerate or freeze perishables, prepared foods, and leftovers within \_\_\_\_\_ hrs.
  - c. Do not let \_\_\_\_\_ from raw meat, poultry, and seafood drip on other foods. \_\_\_\_\_ juices may contain harmful bacteria.
  
10. List the three steps when preparing food, **to prevent** bacteria from spreading throughout the kitchen:
  - 1.
  - 2.
  - 3.

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11. List the three steps in preventing bacteria from spreading when using cutting boards:

- 1.
- 2.
- 3.

12. List the four steps to use when defrosting food.

- 1.
- 2.
- 3.
- 4.

13. Marinades may be used to tenderize or add flavor to food. When using marinades:

- 1.
- 2.
- 3.
- 4.

14. Briefly define the three types of thermometers discussed on pages 12 & 13.

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15. Briefly explain why it is never ok to partially cook food.

16. T/F – it is ok to use recipes which eggs remain raw or only partially cooked.

17. When preparing food in the oven, set the oven TO AT LEAST \_\_\_\_\_ degrees.

18. Microwave oven can be used to prepare food, but care must be taken to make sure food reaches a safe temperature throughout. List the 5 steps to ensure safe microwave cooking:

19. DANGER ZONE.... Bacteria multiply rapidly between \_\_\_\_\_ and \_\_\_\_\_ degrees.

a. Keep hot foods \_\_\_\_\_ and cold foods \_\_\_\_\_.

b. Never leave perishable foods in the Danger Zone over \_\_\_\_\_ hours; \_\_\_\_\_ hour in temperatures over above \_\_\_\_\_.

c. When in doubt \_\_\_\_\_ it out!

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20. List the 6 ways to properly chill food in the refrigerator.

21. When you reheat food:

- a. Heat cooked, commercially vacuum-sealed, ready-to-eat foods, such as hams and roasts to \_\_\_\_\_.
- b. Foods that have been cooked ahead and cooled should be reheated to at least \_\_\_\_\_.
- c. Reheate leftovers thoroughly to at least \_\_\_\_\_. Reheat sauces, soups, and gravies to a \_\_\_\_\_.

22. Once food is cooked or reheated, it should be held hot, at or above \_\_\_\_\_.

23. Store food in the refrigerator at \_\_\_\_\_ or below.

24. When you finish up, \_\_\_\_\_ all perishable foods left at room temperature longer than \_\_\_\_\_ hours.

25. \_\_\_\_\_ refrigerate or freeze remaining leftovers in \_\_\_\_\_ containers.