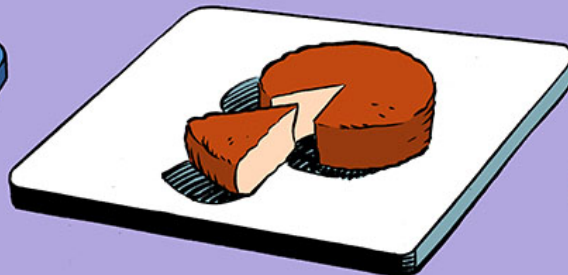
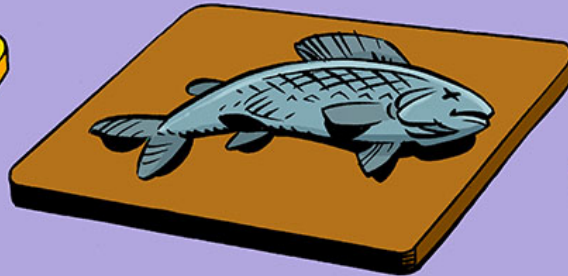
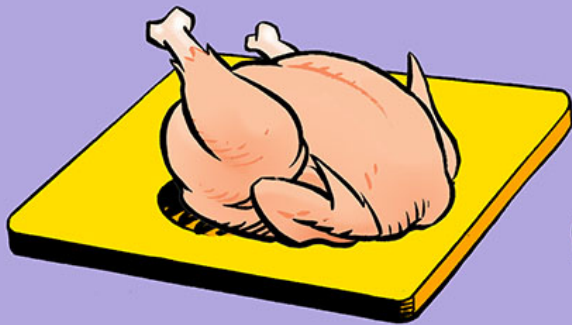


Preparing Food Safely Part 1

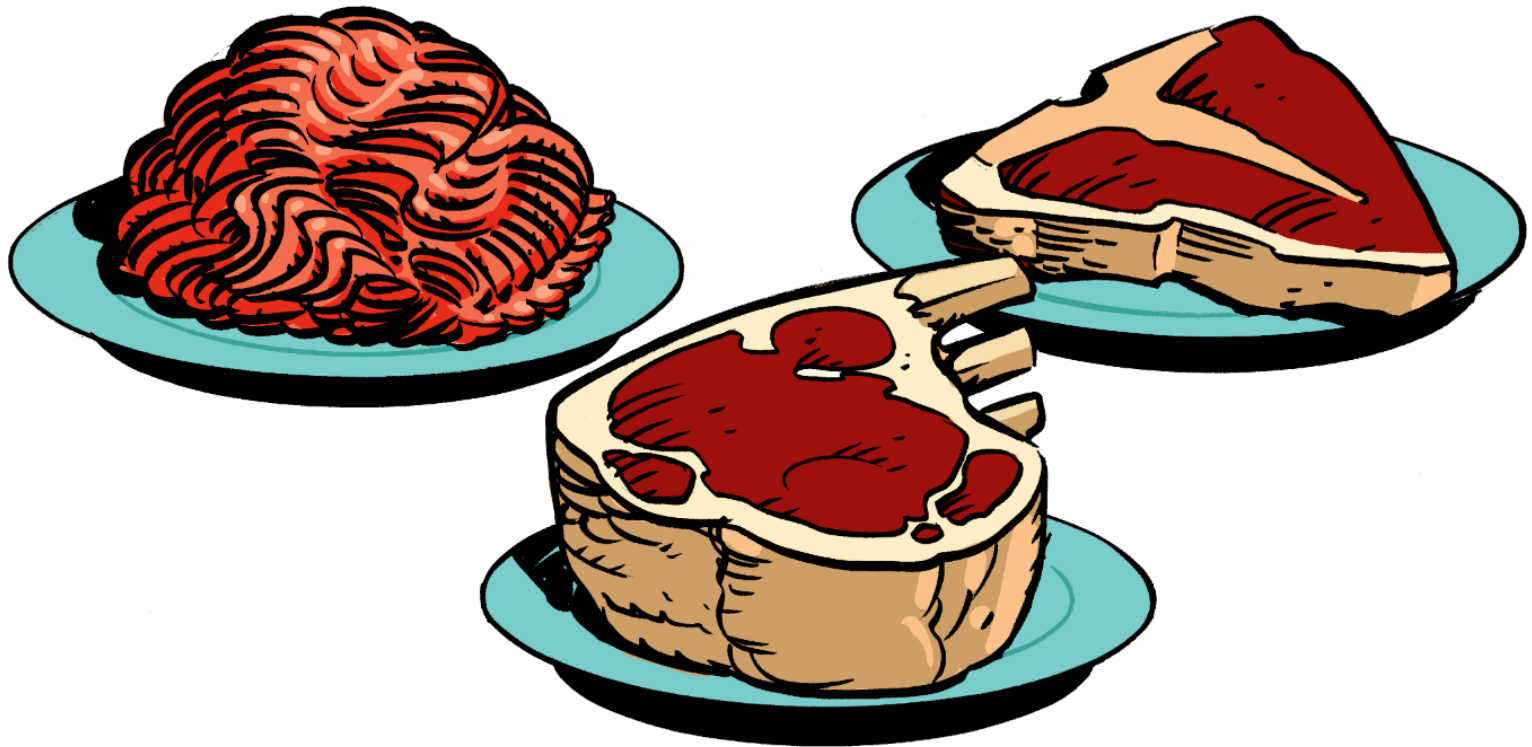
Thawing



Colour-coded Cutting Boards



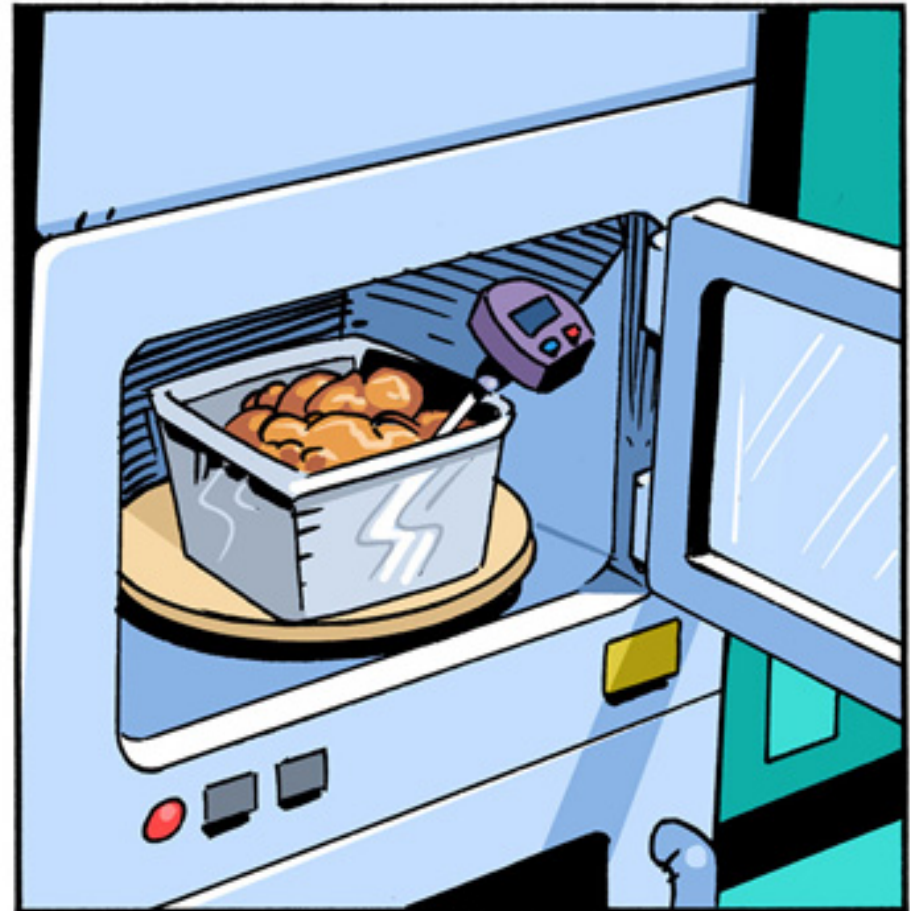
How Would You Like That Cooked?



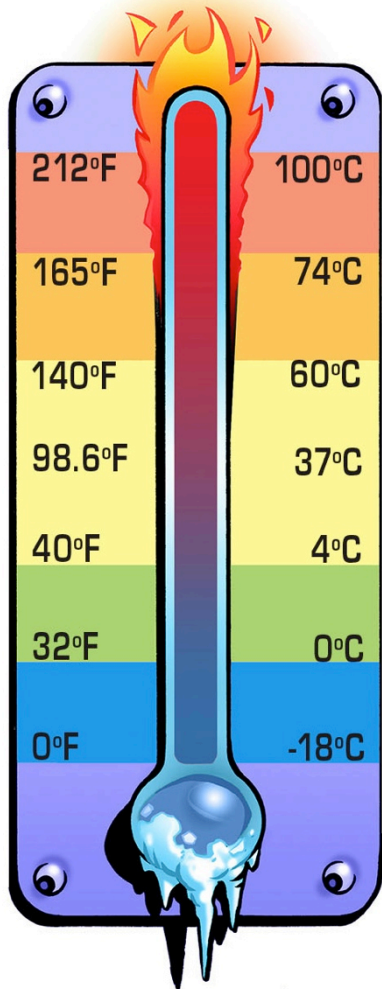
Using a Food Thermometer



Using a Food Thermometer



Cooling Foods Rapidly



60°C to 20°C within two hours

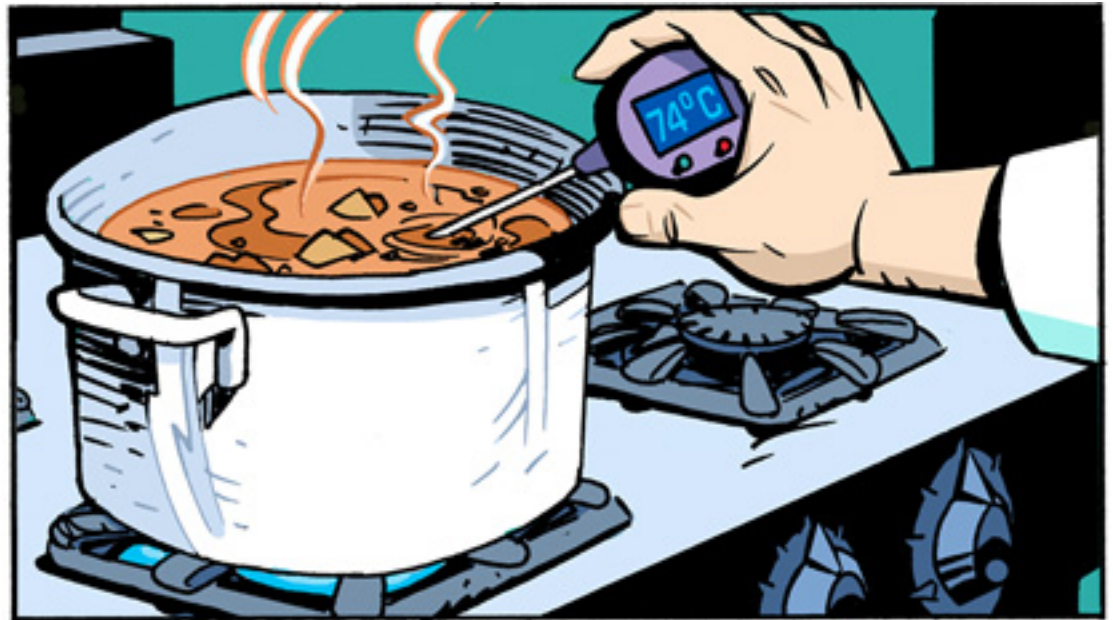
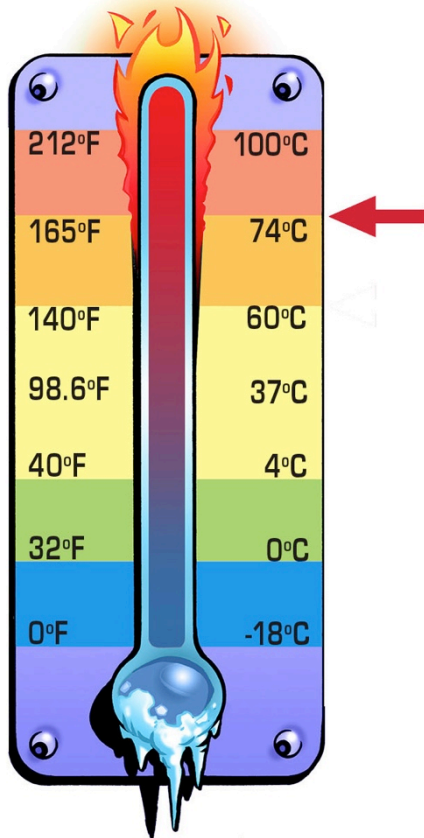
20°C to 4°C within the next four hours

Methods for Cooling Foods



Re-Heating Foods

Re-heat cooled foods rapidly to a minimum temperature of 74°C



Preparing Food Safely Part 2

Unit 6 Review



1. Which is NOT a safe way to thaw frozen food?
 - a) submerged in cold running water
 - b) at room temperature on an elevated shelf
 - c) in the refrigerator or walk-in cooler

2. You have just cut up a raw chicken on a cutting board. You now want to slice cucumbers for a salad. You have thoroughly washed your hands. What must you do next to prevent cross-contamination?
- a) use a clean, sanitized cutting board and knife
 - b) wipe the cutting board with a warm, soapy cloth
 - c) pour vinegar on the cutting board to sanitize it

3. The correct way to check that a meatloaf has reached a high enough internal temperature to kill pathogens is to:
 - a) follow the prescribed cooking time in the recipe
 - b) press on the top to check that the juices are clear
 - c) insert a probe thermometer into the middle

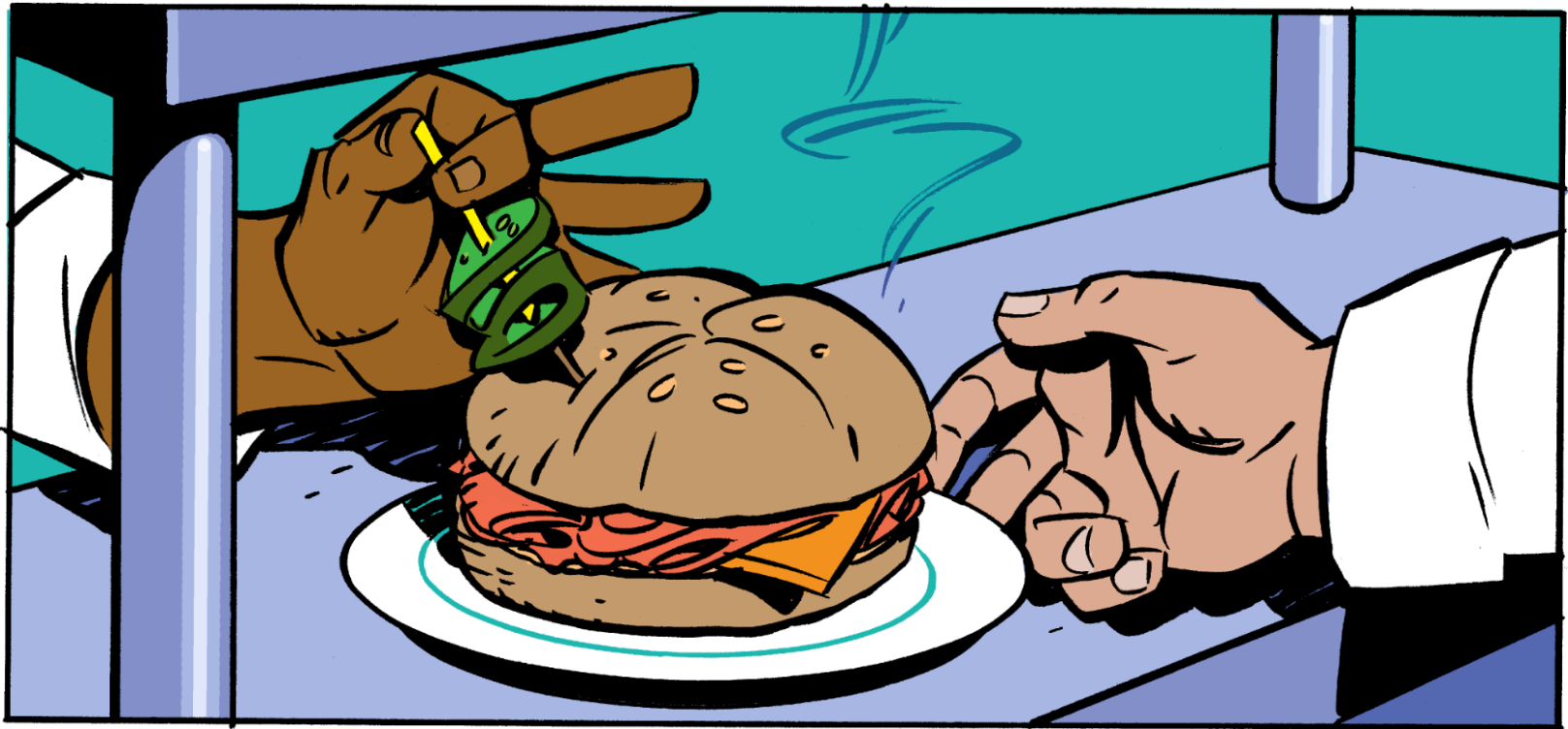
4. Before putting food into a hot-holding unit, the food must be heated to at least:
- a) 37°C (99°F)
 - b) 60°C (140°F)
 - c) 74°C (165°F)

5. Rapid cooling of hot foods is important for food safety because it:

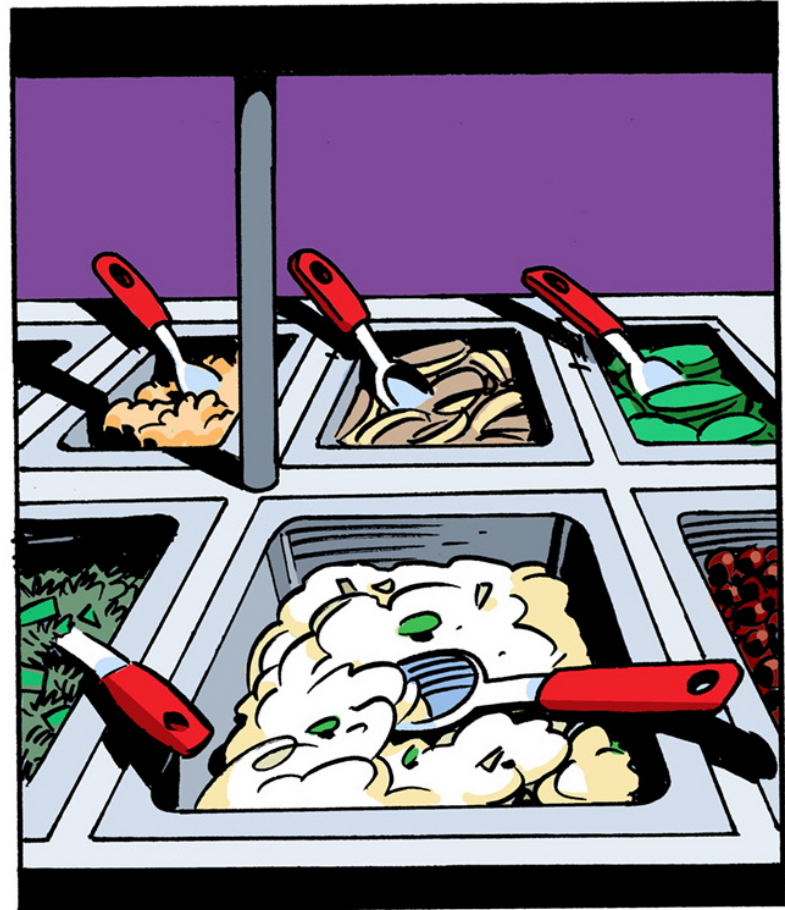
- a) helps prevent the growth of pathogens
- b) prevents a skin from forming on the top of food
- c) preserves the taste and colour of the food

Unit 7

Serving Food Safely



Self Service and Buffets



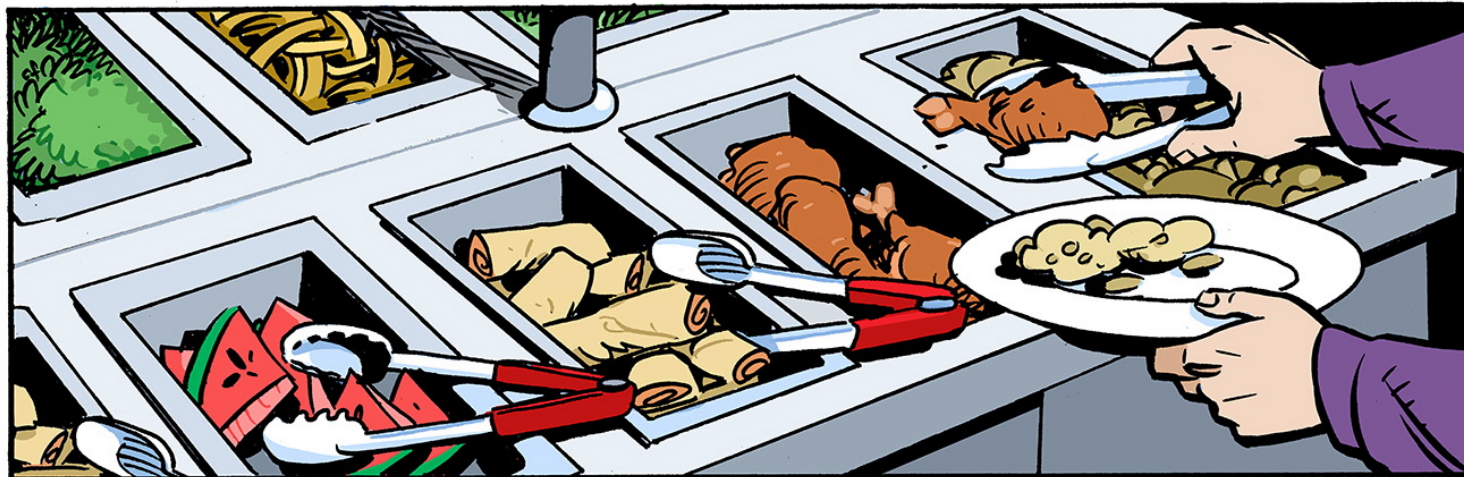
Self Service and Buffets



Self Service and Buffets



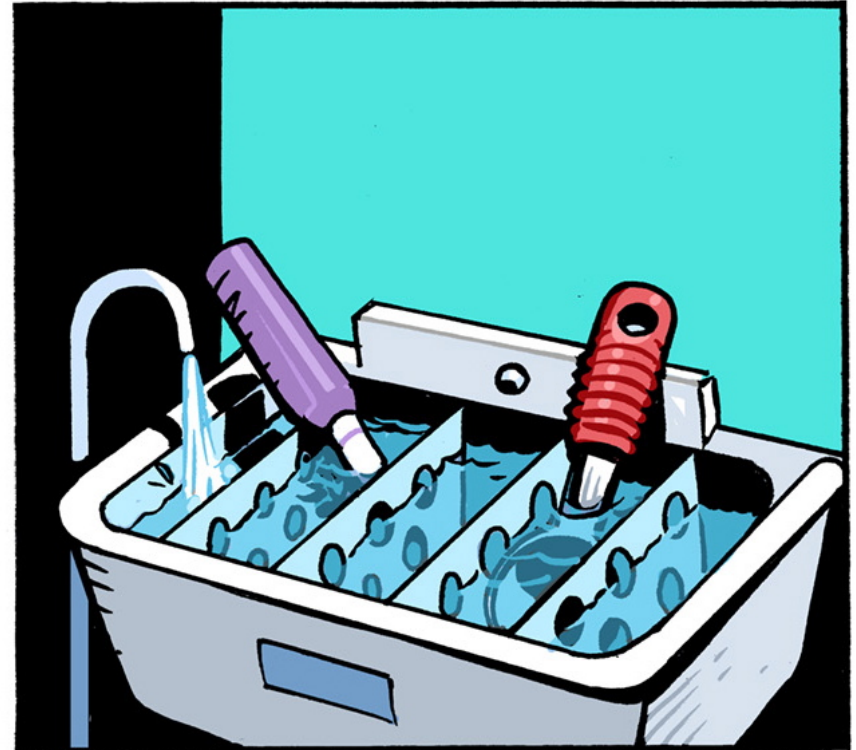
Self Service and Buffets



Serving Food



Serving Food



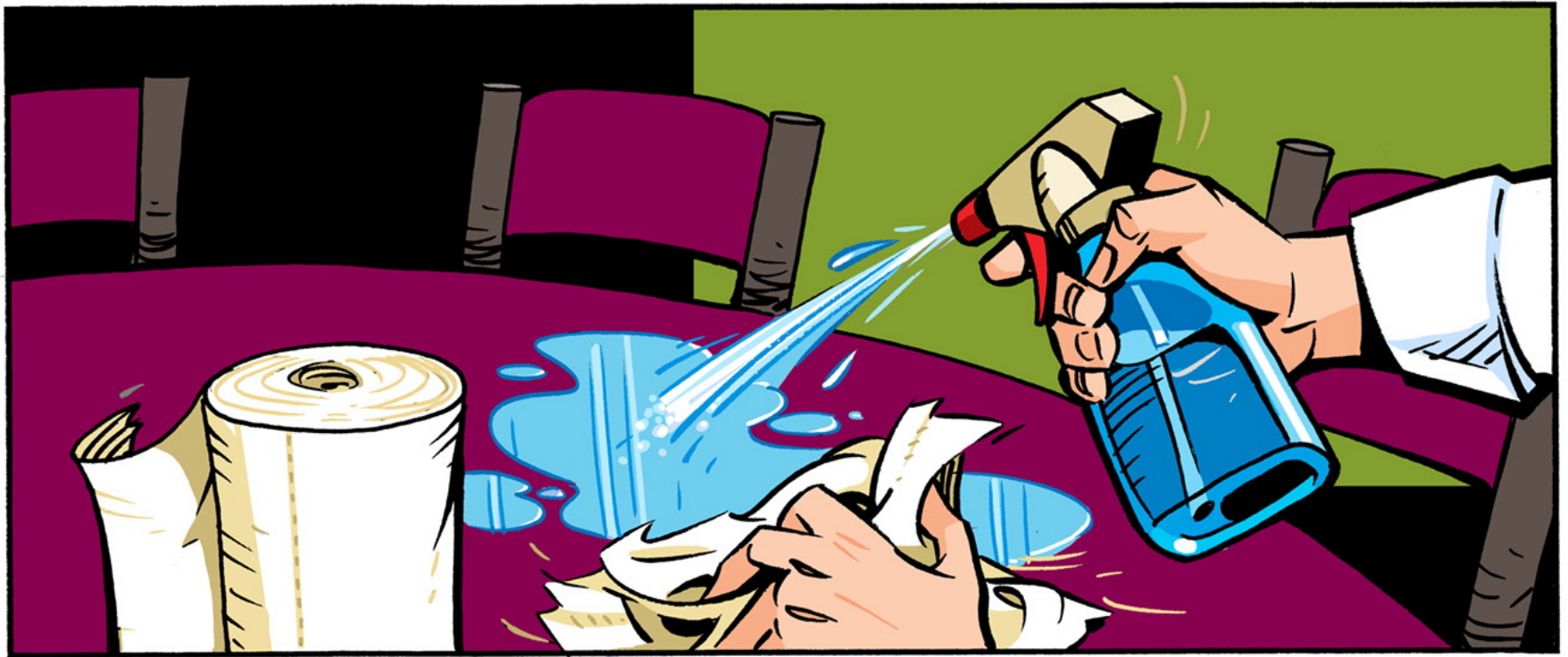
Serving Food



Clearing and Setting Tables



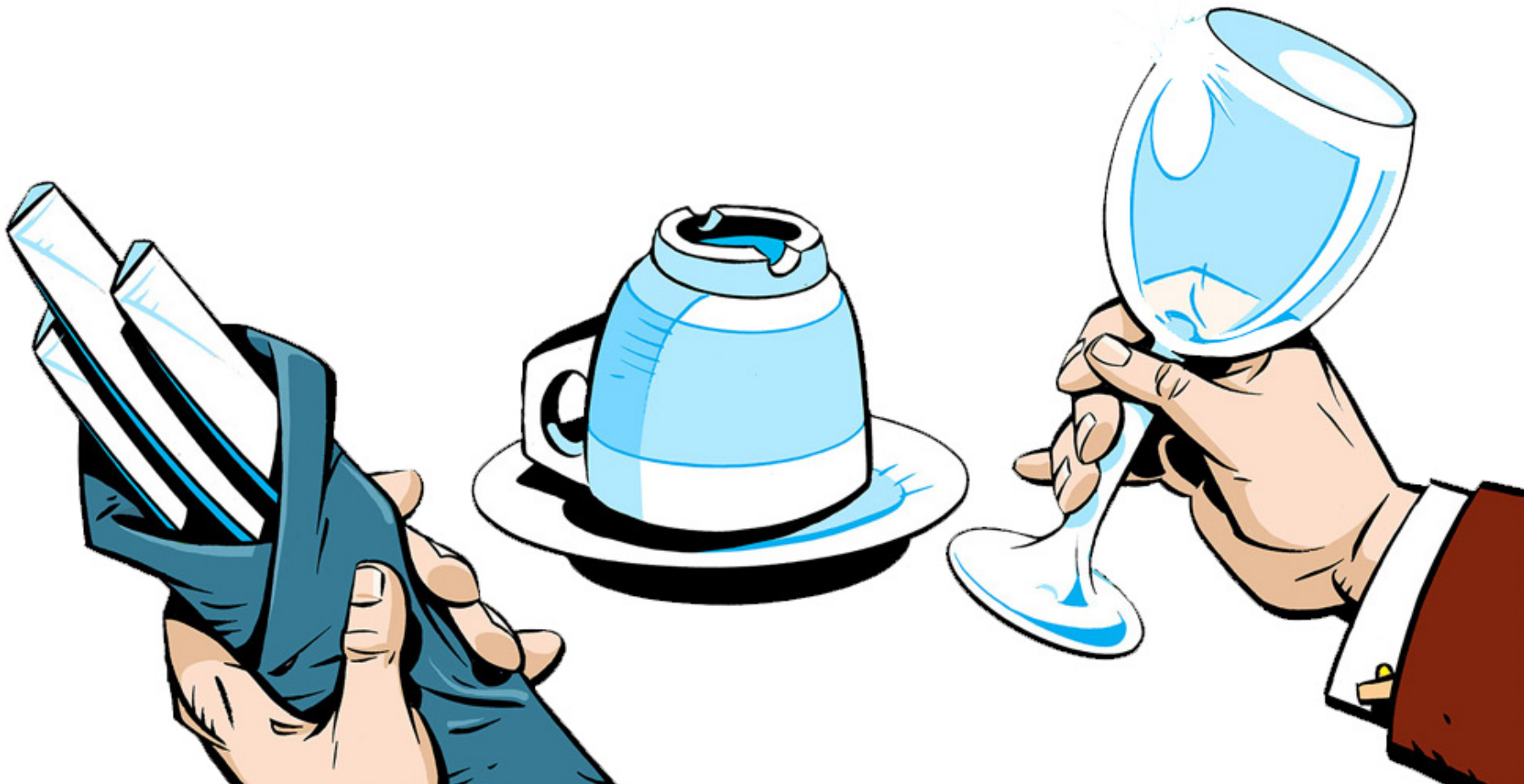
Clearing and Setting Tables



Clearing and Setting Tables



Clearing and Setting Tables



Single Service Items



Taking Away Leftovers



Catering and Delivery



Unit 7 Review



1. Mixing service utensils between dishes on a buffet could:
 - a) affect people with food allergies
 - b) make cleanup more difficult
 - c) create longer lineups at the buffet

2. Cold salad bars must be chilled to hold food at or below 4°C (40°F) in order to:
 - a) preserve the flavour of the food
 - b) kill pathogens that may be in the food
 - c) prevent pathogens from multiplying in the food

3. Frequently used ice cream scoops should be stored between uses in:
- a) gel sanitizer
 - b) cold running water
 - c) warm, soapy water

4. Leftover food from a buffet table must be:

a) reused

b) reheated

c) discarded

5. Hot food being transported off premises for catering or delivery must:
 - a) maintained at or above 60°C (140°F)
 - b) tightly wrapped in plastic wrap
 - c) maintained at or below 4°C (40°F)