

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Video 2 - Safe Food Handling

1. What are the safe ways to thaw food: (Circle all that apply)
  - a. In the refrigerator
  - b. In a microwave
  - c. As part of the cooking process
  - d. Under cold running water kept at 70°F or below
  
2. What answer represents TCS/PHF: (Circle all that apply)
  - a. Time and Temperature Control Sensitive food/Potentially Hazardous Food
  - b. Temperature Controlled Service/Piping Hot Food
  - c. Time for Customer Service/Please Help with Food
  - d. Timely Customer Service/Put Health First
  
3. What are the best ways to rapidly cool food: (Circle all that apply)
  - a. Wash, rinse, sanitize and air dry
  - b. Under cold running water
  - c. Smaller pieces, shallow pans, chilling equipment, stir ice bath, add ice
  - d. On counter
  
4. The temperatures for the 2-step cooling process are:
  - a. 41°F – 140°F
  - b. 140°F to 70°F in 2 hours; 70°F to 41°F in four or less hours
  - c. 160°F to 70°F in 2 hours; 70°F to 41°F in four or less hours
  - d. 180°F – 80°F ; then in 6 hours to 40°F
  
5. A thermometer may be calibrated in an ice bath to 32°F or in boiling water to 212°F.  
(True/False)

Answer key:

1. a, b,c,d
2. a
3. c
4. b
5. True