

Food at Home and on the Go

Activity C

Chapter 20

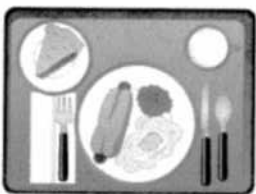
Name _____

Date _____ Period _____

Read the following statements about food handling practices at home and away from home. If the statement is true, write the word *true* in the blank. If the statement is false, change the underlined word(s) to make the statement true. Write the correct word(s) in the blank.



- _____ 1. Store eggs on the shelf located on the door of the refrigerator.
- _____ 2. When you get home from the store, put away perishable foods first.
- _____ 3. Keep the refrigerator at a temperature of 0°F.
- _____ 4. Keep a meat thermometer in your freezer to ensure a safe temperature.
- _____ 5. Store dry beans in the refrigerator.
- _____ 6. Chill cooked foods quickly to minimize growth of bacteria.
- _____ 7. Air circulation helps foods chill more quickly.
- _____ 8. Most leftovers will keep safely in the refrigerator for three to four weeks.
- _____ 9. Wax paper and plastic wrap are suitable disposable food covers.
- _____ 10. The sink base cabinet is a good place to store potatoes and onions.
- _____ 11. Wash hands with soap and warm water for 20 seconds before handling food.
- _____ 12. You do need to wash your hands after each time you cough or sneeze.
- _____ 13. Wear gloves in the kitchen when you have a cold.
- _____ 14. A plastic cutting board is easier to clean than a wooden one.
- _____ 15. Bacteria can grow on the blade of a can opener if it is not kept clean.
- _____ 16. Damp dishcloths and sponges are breeding grounds for bacteria.
- _____ 17. Bacteria grow least rapidly at temperatures between 40°F and 140°F.
- _____ 18. Limit time foods are held at room temperature to no more than four hours.
- _____ 19. Refrigerate leftovers only after cooling to room temperature.
- _____ 20. The safest place to thaw foods is on the kitchen counter.
- _____ 21. It is a good idea to taste meat before serving to be sure it is completely done.
- _____ 22. Undercooked eggs may contain E. coli bacteria.
- _____ 23. Microwave ovens tend to cook foods less evenly than regular ovens.
- _____ 24. Pack food to go in an insulated bag or cooler.

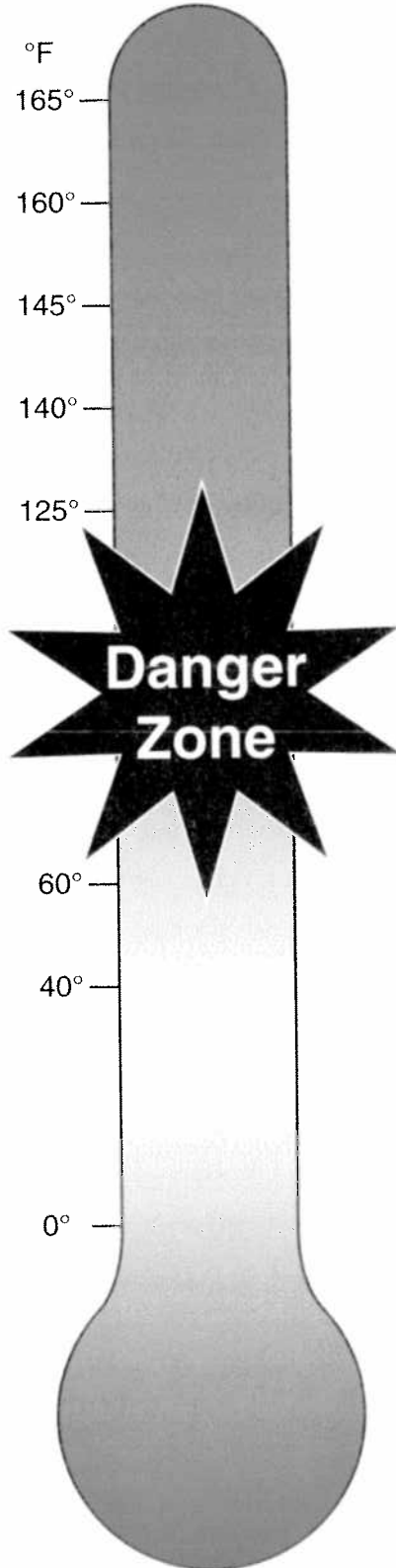


Out of the Danger Zone

Activity D
Chapter 20

Name _____
Date _____ Period _____

Use the thermometer diagram below to answer questions about the temperature danger zone.



Part 1

Put an A, B, and C next to the temperatures on the thermometer diagram for each of the following:

- A. optimum holding temperature for cooked foods
- B. optimum temperature for refrigerator storage of foods
- C. optimum temperature for freezer storage of foods

Part 2

Write "DZ" in the space before each food below that is in the "Danger Zone." (Note: All temperatures are Fahrenheit.)

- _____ A. Egg salad sandwiches in a hiker's backpack on a 30°F day
- _____ B. Chicken and other food purchases in a parked car on an 80°F day
- _____ C. Hamburger stored in an insulated cooler at 60°F
- _____ D. Eggs on the refrigerator door shelf at 50°F
- _____ E. Fish nuggets held on a buffet at 145°F
- _____ F. Casserole in a 0°F freezer
- _____ G. Stuffed turkey left on the table at room temperature
- _____ H. Leftover deviled eggs in a 42°F refrigerator
- _____ I. Chocolate pudding in 39°F refrigerator
- _____ J. Fried chicken at a picnic on a 92°F day
- _____ K. Cooked rice on the kitchen counter
- _____ L. Lamb chops in a freezer at -5°F