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