

## Chapter 8 – The Flow of Food – Preparation

### Identify

1. Correct ways for prepping food to prevent cross-contamination and time-temp abuse
2. Safe methods for thawing food
3. Minimum internal cooking temps for TCS food
4. The correct way to cook TCS food in microwave oven
5. Importance of informing consumers of risks when serving raw or undercooked food
6. Requirements for partially cooking TCS food
7. Methods and time-temp requirements for cooling TCS food
8. Time and temp requirements for reheating TCS food

### General preparation practices

#### When prepping food

- Make sure workstations, cutting boards, and utensils are clean and sanitized
- Only remove as much food from cooler as you can prep in short period of time
  - Prevents time-temp abuse
- Return prepped food to cooler or cook as quickly as possible

#### Food and color additives

- Only use additives approved by local regulatory authority
- Never use more additives than are allowed by law
- Never use additives to alter appearance of food
- Don't sell produce treated w/ sulfites before it was received in operation
- Don't add sulfites to produce that will be eaten raw

#### Present food honestly

- Don't use following to misrepresent appearance of food
  - Food additives or color additives
  - Colored overwraps
  - Lights
- Food must be presented in way it was described
  - Example: If menu offers "fried perch", another fish can't be substituted
- Food not presented honestly must be thrown out

#### Corrective actions

- Food must be thrown out in following situations
  - When it's handled by staff who have been restricted or excluded from operation due to illness
  - When it's contaminated by hands or bodily fluids from nose or mouth
  - When it has exceeded time and temp requirements designed to keep food safe

### Thawing

#### General guidelines for TCS food

- Thaw in a cooler, keeping its temp at 41F or lower
- Submerge food under running, drinkable water at 70F or lower
  - Use clean and sanitized food-prep sink
  - Use water flow strong enough to wash away food bits
  - Never let temp of food go above 41F for longer than 4 hours
- Thaw food in microwave

# Food Preparation Chapter Study Guide

**L Darling-Hammond**



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