

## 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

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## **Table of Contents Food Preparation Chapter Study Guide**

1. Understanding the eBook Food Preparation Chapter Study Guide
  - The Rise of Digital Reading Food Preparation Chapter Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Food Preparation Chapter Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Food Preparation Chapter Study Guide
  - User-Friendly Interface

4. Exploring eBook Recommendations from Food Preparation Chapter Study Guide
  - Personalized Recommendations
  - Food Preparation Chapter Study Guide User Reviews and Ratings
  - Food Preparation Chapter Study Guide and Bestseller Lists
5. Accessing Food Preparation Chapter Study Guide Free and Paid eBooks
  - Food Preparation Chapter Study Guide Public Domain eBooks
  - Food Preparation Chapter Study Guide eBook Subscription Services
  - Food Preparation Chapter Study Guide Budget-Friendly Options
6. Navigating Food Preparation Chapter Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Food Preparation Chapter Study Guide Compatibility with Devices
  - Food Preparation Chapter Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Food Preparation Chapter Study Guide
  - Highlighting and Note-Taking Food Preparation Chapter Study Guide
  - Interactive Elements Food Preparation Chapter Study Guide
8. Staying Engaged with Food Preparation Chapter Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Food Preparation Chapter Study Guide
9. Balancing eBooks and Physical Books Food Preparation Chapter Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Food Preparation Chapter Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Food Preparation Chapter Study Guide
  - Setting Reading Goals Food Preparation Chapter Study Guide
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Food Preparation Chapter Study Guide
  - Fact-Checking eBook Content of Food Preparation Chapter Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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