

# Temperatures Quiz

## Answer Sheet

Please note that some questions have more than one correct answer

1

**At what temperature should cooked food be hot held above?**

- A.) 25°C
- B.) 63°C 'Hot holding'
- C.) 55°C
- D.) 75°C

Answer: Hot holding is the process of keeping food at a safe temperature while it is ready for service, food should be held at 63°C or above.

2

**What is the minimum core temperature which will ensure most bacteria is destroyed when cooking?**

- A.) 55°C
- B.) 63°C
- C.) 75°C
- D.) 100°C

Answer: Safely cooking food is all to do with the temperature. Food needs to reach a high enough temperature to kill bacteria that can cause food poisoning; the core temperature should reach 75°C or equivalent 70°C for 2 minutes. Food will be cooked at 100°C but question asks the minimum.

3

**Your fridge temperature should be between?**

- A.) 10-15°C
- B.) 1-5°C
- C.) 5-10°C
- D.) 15-20°C

Answer: We know that most bacteria don't like cold conditions so storing food between 1-5°C bacteria will not multiply, they will slow down.

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4

**The danger zone is between?**

- A.) 8-17°C
- B.) 20-30°C
- C.) 5-63°C
- D.) 75-90°C

Answer: The danger zone is the temperature range where bacteria will multiply "5-63°C". Most rapid multiplication of bacteria occurs between 20°C and 50°C.

5

**The temperature of a freezer should be?**

- A.) 0°C
- B.) -5°C
- C.) -18°C
- D.) -10°C

Answer: Freezing food does not kill bacteria it just puts them to sleep; they are inactive while they are in the freezer. When food starts to thaw the bacteria become active again. Freezers are usually -18°C or colder.

6

**What is the temperature for reheating food?**

- A.) 63°C
- B.) 70°C
- C.) 75°C
- D.) 82°C

Answer: We should reheat food to a minimum temperature of 82°C or until piping hot and try to only reheat once.