NM-AAA Nutrition Training #4 Quiz

1. True or False When cutting foods, you should guide the knife blade against the food with your free hand.
2. When holding a knife you should:
3. put your fingers straight out when cutting foods.
4. Protect your fingertips by curing them inwards.
5. Both A and B
6. None of the above
7. What is the correct temperature for receiving cold TCS food?
8. 32°F (0°C) or lower
9. 41°F (5°C) or lower
10. 45°F (7°C) or lower
11. 50°F(10°C) or lower
12. Milk can be received at 45°F (7°C) under what conditions?
13. It is thrown out after 2 days
14. It is cooled to 41°F(5°C) or lower in 4 hours.
15. It is immediately cooled to 41°F (5°C) or lower.
16. It is served or used in the operation within 2 hours
17. When cooling TCS food, the temperature must go from 135°F to 70°F (57°C t0 21°C)
18. 2 hours
19. 4 hours
20. 6 hours
21. 8 hours
22. What is the maximum water temperature allowed when thawing food under running water?
23. 41°F (5°C)
24. 60°F (16°C)
25. 70°F (21°C)
26. 135°F (57°C)
27. True or False. Thermometers should not be cleaned after checking temperature of food.
28. What 3 nutrients should be limited when reading a food label?