

# Time and Temperature Safety

**Directions:** Complete each of the following activities to ensure food safety.

## Calibrating a Thermometer

1. Insert the bottom half of an instant-read thermometer stem into a small container of equal parts ice and cold water. Allow the thermometer to rest.
2. Read the temperature. The thermometer should read 32 degrees F
3. Adjust the calibration nut until the thermometer reads 32 degrees F if the temperature reading in Step 2 is not 32 degrees F.

## Testing Cooked and Held Food

1. Use the Food Temperature handout as guide, prepare a food product
2. Test the food product for the minimum safe internal temperature for serving.
3. Test the temperature of a steam table that is holding food for service.

## Washing and Sanitizing Cooking Equipment

1. Fill a 3 compartment pot or pan sink. The left sink is for washing, the middle is for rinsing and the right sink is for sanitizing.
2. Test the temperature of the water in the sanitizing sink.