



SAFELY PREPARE AND COOK RAW MEATS, POULTRY, AND SEAFOOD

When preparing raw meats, poultry, and seafood special precautions need to be taken in the kitchen to ensure your safety and decrease your chances of becoming sick by eating unsafe food.

- Cross contamination is the transfer of bacteria or germs from one food to another. When preparing raw meats, poultry, or seafood there is an increased risk of cross contamination occurring in your kitchen. This could lead to a foodborne illness. Listed below are some actions you can take in your kitchen to prevent cross contamination.

- Before you begin to prepare your meal, be sure that the kitchen countertop and any other kitchen equipment (knives, cutting boards, etc.) you will be using are cleaned and sanitized.
- Wash your hands with warm water and soap:
 - Before you prepare any foods.
 - After handling raw meats, poultry, and seafood.
 - After touching anything dirty, including hair, clothes, pets, mops, or parts of your face.
 - Before and after eating.

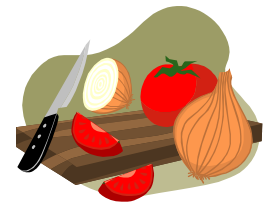


How To Wash Your Hands Correctly

Moisten hands with warm water, then apply soap. Rub hands together for at least 20 seconds before rinsing. Dry hands with a clean towel, preferably paper.

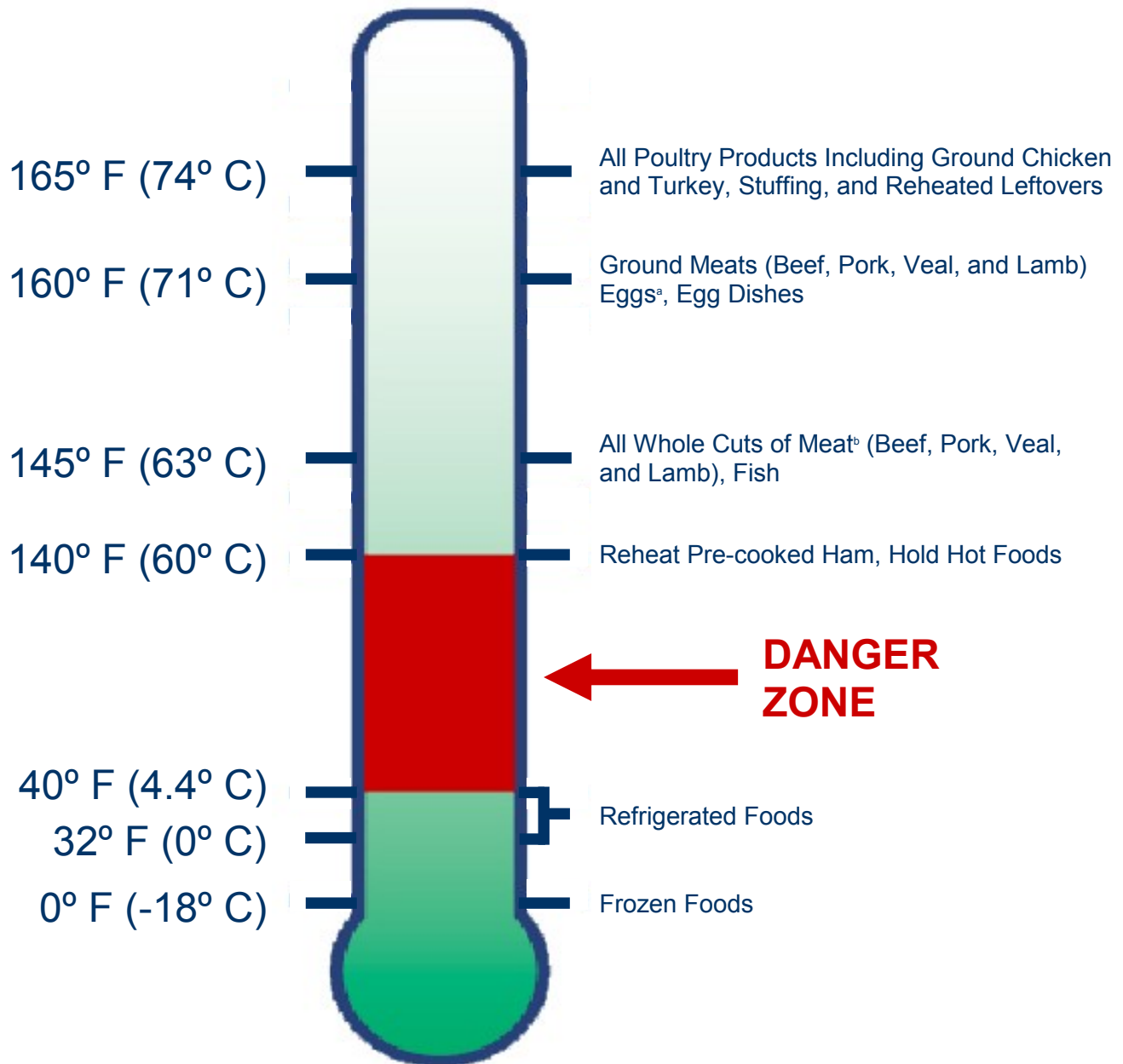


- Use a clean cutting board each time you cut or chop different kinds of foods. It is recommended that you have at least two different cutting boards in your kitchen. One should be used for fresh produce and the other should be used for raw meats, poultry, and seafood.
- Never place cooked food back on the same plate or cutting board that previously held raw food.
- When cooking raw meats, poultry, or seafood, using a cooking thermometer is the only way to determine if your food is cooked completely and safely. On the next page you will find a diagram displaying the recommended safe internal cooking and storage temperatures.



RECOMMENDED

Safe Internal Cooking and Storage Temperatures



^a Or until both the yolks and whites are firm

^b Whole cuts of meat include steaks, roasts, and chops

^b All whole cuts of meat need to rest for three minutes before carving

TEST YOUR KNOWLEDGE

1. Before you begin to cook, you should _____ the kitchen countertop and any other cooking equipment you will be using.
 - A. Look for germs on
 - B. Clean and sanitize
 - C. Rub your finger on
 - D. Smell
2. You should always wash your hands after handling any raw meat, poultry, or seafood.
 - A. True
 - B. False
3. It is a good idea to have at least 2 separate cutting boards in your kitchen. One can be used for fresh produce and the other for raw meats, poultry, and seafood.
 - A. True
 - B. False
4. _____ is the only way to tell if your raw meat, poultry, or seafood is cooked completely and safely.
 - A. Using your fingers to feel if it is hot
 - B. Looking to see if the outside is brown
 - C. Using a cooking thermometer
5. When cooking chicken what should be the minimum internal temperature for the chicken to be considered safe to eat?
 - A. 140°F
 - B. 155°F
 - C. 160°F
 - D. 165°F

Answers
1. B
2. A
3. A
4. C
5. D

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