

Module 8 Overview:



Reheating



TRAINER: Read this page ahead of time to prepare for teaching the module.

PARTICIPANTS WILL:

1. Understand the importance of thoroughly reheating leftovers.
2. Know the time and temperature requirements for reheating previously cooked and cooled and commercially precooked foods.

TIME: 15 minutes

TEACHING LOCATION: Kitchen

MATERIALS NEEDED:

- Activity: Reheating Exercise (p. M8-5)
 - Food
 - Metal Stem Thermometers
 - Temperature Log (p. M8-6)

COPIES REQUIRED:

- Pre and Post Quiz
- Talking Points (p. M8-4)
- Activity: Reheating Exercise (p. M8-5)
- Fact Sheet: Temperature Danger Zone (p. M8-6)
- Fact Sheet: Thermometer Placement (p. M8-7)

GLOSSARY TERMS:

- BACTERIA
- DANGER ZONE
- POTENTIALLY HAZARDOUS FOODS



Pre Quiz

MODULE 8: REHEATING

1. How long should it take to reheat food?

2. Is it acceptable to reheat food using the following?

Circle Yes or No

Steam table Yes No

Crock-pot Yes No

Stovetop Yes No



Module 8 Presentation:

Reheating



TRAINER: Read aloud to prepare participants for training.

Today We Are Learning About Reheating. Before our training begins today there will be a short quiz. The quiz helps the Health Department assess training effectiveness and success. You do not need to write your name on the quiz and you will not be graded. Try your best to answer all the questions and don't share your answers with coworkers. We will be taking the same quiz at the end of training so if you don't know the answers, you'll be learning them today. After the training presentation we will do an activity together followed by some review questions. The training will take about 15 minutes and all of you will be participating.



TRAINER: Read aloud.

What's the Risk?

Thoroughly reheating food is important to kill disease-causing BACTERIA. Even when foods are cooked properly, these BACTERIA can be present. If the food is slowly cooled, BACTERIA may grow and cause a foodborne illness. This is because BACTERIA multiply rapidly in the DANGER ZONE - between 41°F and 135°F. Proper reheating will help you prevent a foodborne illness.



TRAINER: Read aloud.

What's the Law?

POTENTIALLY HAZARDOUS FOODS that are cooked, cooled, and reheated for hot holding must be reheated to at least 165°F for 15 seconds.

Ready-to-eat food taken from a commercially processed, sealed container must be reheated to at least 135°F for hot holding.

Reheating must be completed in less than 2 hours.



TRAINER: Give participants a copy and have them take turns reading aloud.



Talking Points

- BACTERIA: Germs
- DANGER ZONE: The DANGER ZONE is when the temperature of food is between 41°F and 135°F. This is called the DANGER ZONE because BACTERIA will grow quickly between these temperatures.
- POTENTIALLY HAZARDOUS FOODS: Foods BACTERIA will grow in when the temperature is in the DANGER ZONE between 41°F and 135°F.
- Common equipment used for reheating: alto sham, steamer, convection oven, stove top, grill or microwave.
- When using a microwave for reheating, stir and/or rotate food midway through the heating time to eliminate cold spots where harmful BACTERIA can survive. Allow the product to stand covered for 2 minutes to ensure thorough reheat.
- Slowly reheating food in slow cookers, steam tables or chafing dishes is unsafe and not allowed.
- Use an accurate, appropriate thermometer to check reheat temperatures.
- To maintain food quality, reheating the same food more than once is not recommended.
- Food can be safely reheated to 165°F if it has been in the DANGER ZONE less than 4 hours. This may occur if your equipment is not operating properly or power outages occur.



Module 8 Activity:

Reheating Exercise



TRAINER: Give participants copies of activity sheet and corresponding fact sheet(s). Have participants complete individually or as a group.

Choose a food product that you commonly reheat. Follow the outlined procedure below or your own from your establishment's procedure manual.

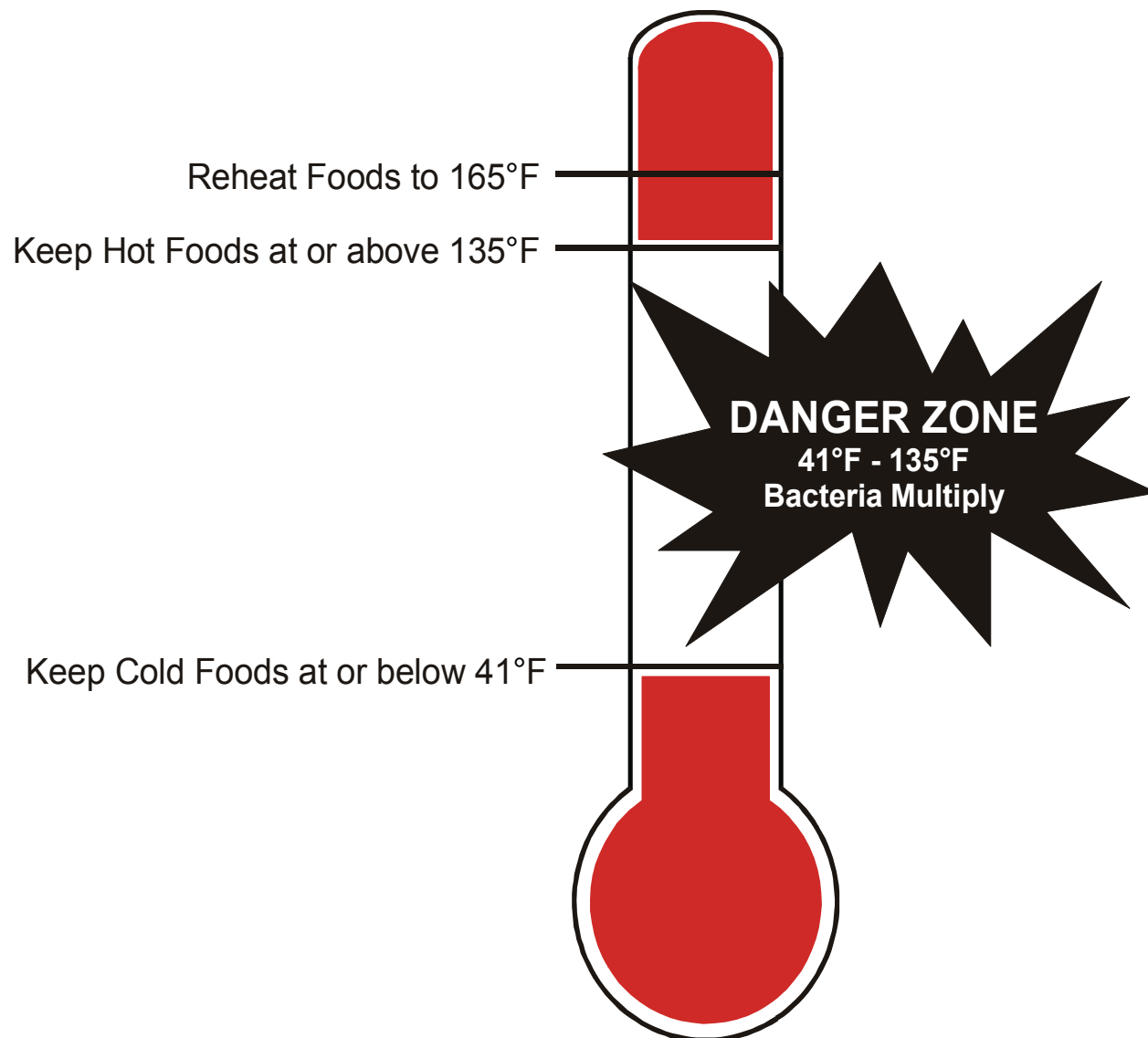
1. Place food in a container - smaller portions reheat faster.
2. Choose approved equipment for reheating - oven, stove top, grill or microwave.
3. Record the start time on a log. Use Food Temperature Log (p. M8-8).
4. Stir food often to distribute heat throughout the container.
5. If using a microwave, remember to let the food stand for 2 minutes afterward.
6. Use a thermometer to check the final reheat temperature. Refer to the Thermometer Placement fact sheet (p. M8-7). Did the food reach at least 165°F or 135°F depending on the food product?
7. Record the finish time and temperature on log. Was the food reheated in less than 2 hours?
8. When properly reheated, the food may be moved to hot holding equipment. Hot hold food products at or above 135°F.

Review and discuss Temperature Danger Zone fact sheet (p. M8-6).



Fact Sheet:

TEMPERATURE DANGER ZONE



WHEN IN DOUBT, THROW IT OUT!

Public Health – Madison and Dane County (06/04)



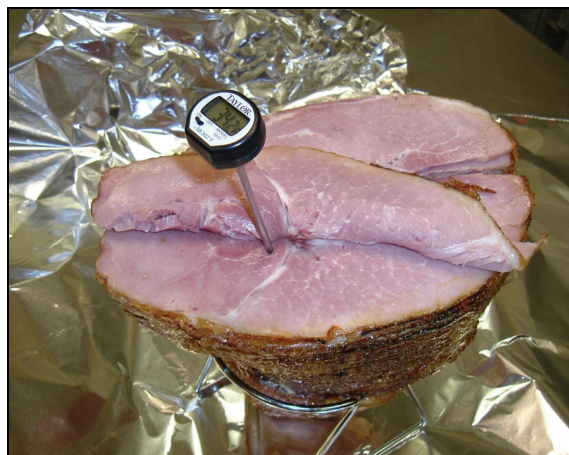
Fact Sheet:

THERMOMETER PLACEMENT

Ham

Insert the thermometer in the **thickest area**, away from bone & fat.

Check the temperature of **irregularly shaped foods** in several places.



Hamburger Patty



For **thin foods** like a hamburger patty, a digital thermometer or thermocouple is best.

Lasagna

Combination Dishes/Casseroles

Check in the center or thickest part.

Check in several places, especially for dishes containing eggs or ground meat and/or poultry.



Public Health – Madison and Dane County (06/04)



Food Temperature Log

Date	Time	Food Product	Internal Temperature	Action Taken	Initials

Thermometer Calibrated

Public Health – Madison and Dane County (06/04)



TRAINER: Share one or more of the following "Tales from the Kitchen."



Tales from the Kitchen

The following are examples of violations observed during inspections.

1. An employee put a full container of cold chili into a steam table an hour before serving to customers.

Problem: Steam tables are not designed to reheat foods. Steam tables are only intended to hot hold foods that have been cooked or reheated.

Solution: Reheat foods using proper equipment such as a stove within 2 hours and before serving.

2. A stockpot of properly reheated soup was placed into a cold steam table.

Problem: A cold steam table may cool foods to below 135°F.

Solution: Warmers and steam tables should be pre-heated.

3. A container of ground beef was placed in the microwave for 5 minutes to reheat. As soon as the microwave finished, the beef was placed into a crock-pot for hot holding.

Problem: All foods reheated in the microwave should be stirred during reheating to allow even distribution of heat. Also, the food should be allowed to stand covered for 2 minutes after the end of the microwave cycle to finish the heating process.

Solution: It is best to check the final reheat temperature with a metal stem thermometer.

4. A restaurant reheated all homemade soups on the stove at medium-high heat for 1 hour. After reheating, the health inspector checked the final temperatures. The chicken noodle soup was 170°F and the chili was only 125°F.

Problem: Thicker soups may take longer to reheat than thinner soups. The method and time that works for reheating chicken noodle soup may not work for reheating thicker foods like chili.

Solution: It is best to check the final reheat temperature with a metal stem thermometer.



Module 8 Questions:

Reheating Review



TRAINER: Ask participants to answer the following.

1. Why is it important to thoroughly reheat foods that have been previously cooked and cooled?

Answer: Thorough reheating can kill BACTERIA that may have contaminated the food and therefore help to prevent foodborne illness.

2. What temperature should leftover soup be reheated to for hot holding in a steam table?

Answer: 165°F

3. What is the correct reheat temperature of a frozen, commercial package of chili for hot holding?

Answer: 135°F

4. Why aren't slow cookers, steam tables or chafing dishes allowed for reheating?

Answer: The reheating time may take longer than 2 hours.



Post Quiz

MODULE 8: REHEATING

1. How long should it take to reheat food?

2. Is it acceptable to reheat food using the following?

Circle Yes or No

Steam table Yes No

Crock-pot Yes No

Stovetop Yes No



Post Quiz Answers

MODULE 8: REHEATING

1. How long should it take to reheat food?

2 hours or less

2. Is it acceptable to reheat food using the following?

Steam table	No
Crock-pot	No
Stovetop	Yes



Module 8 Moving Ahead:

For Managers/Trainers



TRAINER: Do not read aloud. These are your next steps, additional activities and resources.

After the Training

- Have participants sign Training Verification Log (p. 9), a requirement for **SAFE FOOD CREW** Recognition Program.
- Complete the Trainer's Evaluation Form (p. 10), a requirement for **SAFE FOOD CREW** Recognition Program.
- Present participants with Certificate of Completion (p. 12).
- Track all trainings an employee receives on the Employee Attendance Record (p. 13).
- Develop or review procedures for temperature monitoring, recording and corrective actions if improper temperatures are found for reheating.
- Create and/or post easy-to-use temperature logs for recording temperatures.
- Post the Temperature Danger Zone fact sheet (p. M8-6) and Thermometer Placement fact sheet (p. M8-7) in the kitchen for a quick reference.

Resources

- FDA 2001 Food Code and Wisconsin Food Code: 3-403.11, Reheating for Hot Holding.
- USDA, Food Safety and Inspection Service Fact Sheets, http://www.fsis.usda.gov/fact_sheets/index.asp
- Food Safety Training and Education Alliance, Food Safety Training Tools, <http://www.fstea.org/resources/tools.html>