Food Fact Sheet 20 - Quiz

Defrosting

Circle the answer you believe is correct.

1. True False
   Foods are best defrosted in the refrigerator or microwave.

2. True False
   Refrigeration is the best method for defrosting as it maintains the food out of the temperature danger zone.

3. True False
   The microwave is an acceptable method for defrosting however the rate of defrosting is not uniform.

4. True False
   It is important that potentially hazardous food are defrosted correctly to maintain the quality and integrity of the product, protect the food from contamination and to ensure the potentially harmful bacteria and toxins do not reach harmful levels with potential to cause disease.

5. True False
   All foods can be defrosted in the refrigerator over 12 hours or less.

I _____ have read and understood the information on **Defrosting** as provided in Fraser Coast Regional Council's

☐ Food Fact Sheet 20 - Defrosting

_____ _____ ___/___/_____
Employee's Name (PRINT) Employee's Signature Date

_____ _____ ___/___/_____
Supervisor's Name (PRINT) Supervisor's Signature Date

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For further information please contact Regulatory Services on 1300 79 49 29 *Page 1 of 2*

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