



Make It Safe, Keep It Safe Quick Chilling Activity



Materials Needed:

- Hot gravy substitute* or another thick food substance such as refried beans
- An accurate thermometer, preferably an instant-read thermometer
- Cooling containers for gravy mixture or beans
- A refrigerator or a cooler with ice packs
- A chart (black board, white board or chart paper) to record temperatures

Procedure:

At the beginning of the class session have the hot thick mixture heated to boiling. * Make the gravy substitute with 1/2 cup cornstarch mixed into 8 cups of water. Add instant coffee to color the gravy for eye appeal. Bring mixture to a boil, stirring constantly until thickened.

Divide the mixture into 3 containers measuring equal amounts into the different containers. (3 cups per container are about right). Two 3 equal containers should be 2 inches high or less and one should be deeper (such as quart jar). Put one of the shallow containers and the deep (quart jar) container in the refrigerator; leave the other shallow container at room temperature. Record the temperature of each container on the chart.

Check the temperatures of the containers every 15 minutes. Record the temperatures on the chart so that the class participants can see them.

At the end of the session, compare the results and discuss. Improper cooling procedures are often cited as the most common food handling error. Talk about the importance of getting things chilled as quickly as possible in the refrigerator or freezer.

Adapted from: Be Food Safe! —a curriculum unit for Nutrition Education Assistants, EFNEP, March 2000, page 130 by Diane L. Metz, University of CA Cooperative Extension, October 2001.

Time	CONTAINER #1	CONTAINER #2	CONTAINER #3
	2 inch Deep and Stored at Room Temperature	2 inch Deep Container Stored in the Refrigerator	Deep Jar Stored In Refrigerator
Beginning			
20 minutes			
40 minutes			
60 minutes			
80 minutes			
100 min.			
120 min.			