



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

LEADER TRAINING GUIDE

Is It Done Yet?

Objectives

1. Participant will recognize the different types of food thermometers and their intended uses.
2. Participants will know internal minimum temperatures requirements for cooking safe foods.
3. Participants will recognize the importance of safe food handling for high-risk audiences.
4. Participants will demonstrate the use of a food thermometer.

Major Teaching Points

1. Foods that are potentially hazardous must be cooked or reheated to certain temperatures to insure safety.
2. People with compromised immune systems are particularly susceptible to serious illness due to foodborne pathogens. These high-risk populations include the very young, the very old, pregnant women, and people with chronic disease.
3. Food thermometers are inexpensive and easy to use.
4. The routine use of food thermometers promotes both food safety and quality (flavor, texture and nutrient value).

Before the Lesson

1. Call the USDA Meat and Poultry Hotline toll free at 1-888-674-6854. Request a copies of the "Is It Done Yet?" brochure and magnet for each member of your club.
2. Gather different types of food thermometers to show. If you don't have them, borrow from your Extension office.
3. For more information and reference, visit Clemson Extension's Home & Garden Information Center (<http://hgic.clemson.edu>) and download HGIC Food Thermometers: A Key to Food Safety. Or ask your local Extension office for a copy.
4. **Optional:** Purchase a whole chicken to roast in order to demonstrate the use of a food thermometer. Prepare the chicken according to one of the Roast Chicken recipes provided or your own favorite recipe. Begin roasting the chicken before your club meeting begins, allowing plenty of time for the chicken to cook to the proper minimum temperature (165°F). Be sure to set a timer. You may choose to ask other club members to bring side dishes to be served with the Roast Chicken.

Is It Done Yet?

Show: A collection of food thermometers (bimetallic stemmed, digital, instant read).

Say: *Do you have any of these food thermometers in your kitchen?* Explain the difference between the bimetallic stemmed thermometer (it stays in the food throughout the cooking time), and the digital and instant read thermometers (used only when the food is done or about done).

Show Poster #1: Use a Food Thermometer

Say: *When was the last time you used a food thermometer?* (Allow club members to share their thoughts). *It was probably the last time you cooked a turkey, right? Well, these days, food thermometers aren't just for our large holiday roasts and turkeys. These days, food travels an average of 1500 miles*

before it reaches our kitchens, and many people are involved in its production, processing, shipping and marketing. In order to keep food safe, we must use a food thermometer every single time we cook meats or poultry. (Review talking points on Poster #1).

Show Poster #2: Typical Symptoms of Foodborne Illness

Say: *Have any of you ever had foodborne illness, or “food poison”? Do you know how you got it? (Review talking points on Poster #2 and let club members share their stories).*

Show Poster #3:

Say: *For most of us, foodborne illness means a couple of days with an stomach upset. But for some people, it can be very, very dangerous. What we call “high-risk” populations have weak or immature immune systems, and if they get a foodborne illness, it can be life-threatening. (Review talking points on Poster #3).*

Show Poster #4:

Say: *And so it’s very important that we use a food thermometer, and that we use it correctly. (Show instant read or digital thermometer and review talking points on Poster #4).*

Show Posters #5-7:

Say: *Some people hesitate to use a food thermometer because they think there are too many different temperatures to remember. It’s pretty simple, really: only 3 temperatures to remember. (Review talking points on Poster #5-7). Distribute magnets.*

Ask: *By the way, why do you think a hamburger must be cooked to a higher temperature than steak? (When beef is ground, bacteria on the surface of the meat ends up in the middle of the ground meat).*

Demonstrate Use of Food Thermometer (Optional)

1. Wash and dry the stem of a digital or instant-read thermometer.
2. When you think the chicken is done or nearly so, insert the thermometer into the chicken in the thickest part of the breast, being careful not to touch bone. Do the same in the thickest part of the thigh.
3. The temperature must reach a minimum of 165° F.
4. If the internal temperature of the chicken is lower than 165° F in either spot, return the chicken to the oven for more cooking, wash the stem of the thermometer, and check again.

Distribute Brochure and Handout

“Is It Done Yet?” for members to review and reference at home and Handout #1 if recipe is demonstrated.



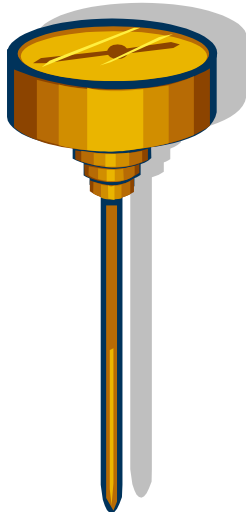
Prepared by Marilyn Peters, Food Safety & Nutrition Educator, Colleton County

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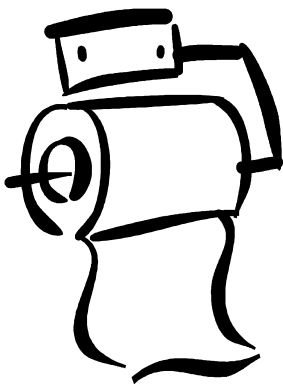
Use a Food Thermometer

- Every time you cook meat, fish, or poultry, for all sizes, cuts, and combinations (as in casseroles or one-dish meals)
- To avoid overcooking
- To keep foods safe



Typical Symptoms of Foodborne Illness

- **Upset Stomach**
- **Diarrhea**
- **Fever**
- **Vomiting**
- **Abdominal Cramps**
- **Dehydration**



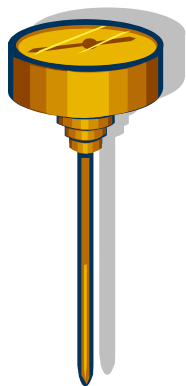
Deaths: 5,000/Year

High-risk populations

- Infants and young children
- Pregnant women
- Older adults
- People with weakened immune systems caused by cancer treatment, AIDS, diabetes, kidney disease, and organ transplants.

Do you ever cook for infants, young children, pregnant women, older adults, or people with chronic disease?

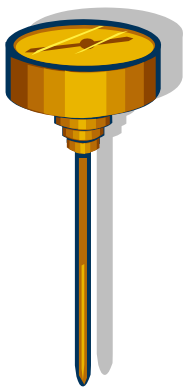
USE A FOOD THERMOMETER!



Poster #3

How to Use a Food Thermometer

- Toward the end of the cooking time, before the food is expected to be “done.”
- Place it in the thickest part of the food, not touching bone, fat, or gristle.
- Compare thermometer reading to USDA Recommended Safe Minimum Internal Temperatures to determine if it has reached a safe temperature.
- Clean food thermometer before and after each use.



USDA Recommended Safe Minimum Internal Temperatures

145°F

- Beef Steaks & Roasts
- Fish



Poster #5

USDA Recommended Safe Minimum Internal Temperatures

160° F

- Ground Beef
- Pork
- Egg Dishes



Poster #6

USDA Recommended Safe Minimum Internal Temperatures

165 °F

- All Poultry
- Stuffings & Casseroles
- Leftovers



Poster #7

ROAST CHICKEN WITH GARLIC CLOVES

3 1/2 lb. chicken
Sea salt and pepper
1 head garlic, separated into cloves
1 sprig fresh rosemary
2 tbsp. olive oil
1 tbsp. chopped parsley

Preheat oven to 400°F. Season inside and outside of chicken with sea salt and pepper. Truss and place in roasting pan with olive oil, rosemary and garlic cloves. Place in oven without lid and cook for 15 minutes. Cover with lid and continue cooking one hour until chicken is done (registers 165° F).

Remove garlic, peel and set aside. Cut chicken into serving pieces and place on warmed platter. Skim fat from juices and pour over chicken. Sprinkle with parsley. Top with peeled, roasted garlic and serve with vegetables and potatoes.

Serves 4.

ROAST CHICKEN IN LEMON - ROSEMARY MARINADE

1 whole chicken
1 lemon, halved
4 sprigs rosemary

Marinade

2/3 c. freshly squeezed lemon juice
2 tbsp. olive oil
3 tbsp. crushed black peppercorns or coarsely ground pepper
4 tbsp. fresh, chopped rosemary or 2 tbsp. dried

Combine all ingredients for the marinade. Pour over the chicken and marinate in the refrigerator for at least 3 hours, or overnight.

Place the lemon halves and rosemary sprigs in the cavity of the chicken. Roast chicken in a 425 degree oven for 15 minutes per pound or until it reads a minimum of 165°F.

Serves 4.

Handout 1