

## Chapter 4

# Welcome to the Back of the House

## Activity 4.1 What's in the Back of the House?

### Directions

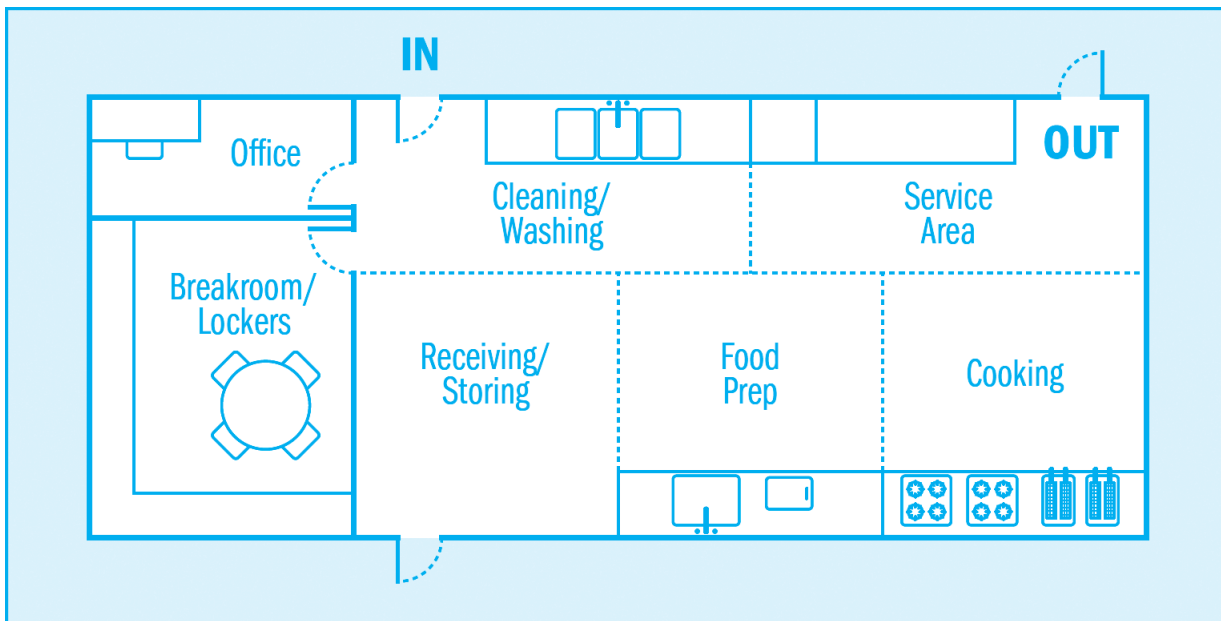
List the main areas of a professional kitchen. Identify which activities are performed in each area, and the equipment that can be found there.

Area	Activity and Equipment
Receiving/Storing	Near the back door, the receiving and storage area is where ingredients arrive at the operation. Food is received here and stored in areas such as walk-in freezers and coolers. Sections 4.3 and 4.4 have additional information on purchasing, receiving, and storing for students who wish to add additional detail.
Food preparation/ prep	As the name suggests, this is where food is prepped before it is cooked. The food preparation (or prep) area varies depending on what types of foods the operation serves. Many food prep areas have separate areas for processing raw foods (such as breaking down cuts of meat, seafood, and poultry), and for washing and chopping vegetables. Separating raw and ready-to-eat food can help keep food safe by preventing cross-contamination. It makes sense to keep the food preparation area near the cooking area so staff doesn't have to carry the food long distances. Section 4.5 has additional information on preparation for students who wish to add additional detail.
Cooking area	As the name suggests, this is where food is cooked. The cooking area will have commercial-size ovens, ranges, fryers, microwaves, and other equipment. Again, it makes sense to keep the cooking area near the service area so the hot and cold foods don't have to travel far. Sections 4.5 and 4.6 have additional information on cooking and reheating for students who wish to add additional detail.

Area	Activity and Equipment
Service area	The service area is where the finished food and drinks are held at safe temperatures, waiting for front-of-house staff to pick them up and serve them. Section 4.6 has additional information on service for students who wish to add additional detail.
Cleaning/Washing area	This is the area where dirty dishes, glasses, and cutlery are washed. Ideally, this area is near the storage area, so back-of-house workers don't have to travel far to put them away. Equipment found in this area includes dish-washing machines and three-compartment sinks. Section 4.6 has additional information on cleaning for students who wish to add additional detail.

## Directions

Draw your own floorplan for a professional kitchen here. Label each area.



### Teacher Note:

Student layout drawings of a professional kitchen may vary based on concept. A food truck, quick service operation, and fine dining operation will have different layouts. Here is one example, taken from Section 4.1.

## Activity 4.2 Know Your Temperatures

### Directions

Complete the tables below.

**Step 1:** Fill in the proper cooking temperatures for each item using the table below.

MINIMUM INTERNAL TEMPERATURE	TYPE OF FOOD
165°F (74°C) for less than 1 second (instantaneous)	<ul style="list-style-type: none"> <li>• Poultry—including whole or ground chicken, turkey, or duck</li> <li>• Stuffing made with fish, meat, or poultry</li> <li>• Stuffed meat, seafood, poultry, or pasta</li> <li>• Dishes that include previously cooked TCS ingredients (raw ingredients should be cooked to their minimum internal temperatures)</li> </ul>
155°F (68°C) for 17 seconds	<ul style="list-style-type: none"> <li>• Meats that are not intact, including:               <ul style="list-style-type: none"> <li>• Ground meat—i.e beef, pork, and other meat</li> <li>• Meat mechanically tenderized with needles or blades or by injecting it with brine or flavors (e.g., brined ham and flavor-injected roasts)</li> <li>• Meat vacuum-tumbled with marinades or other solutions</li> <li>• Meat that has been cubed or pounded</li> <li>• Ground seafood—including chopped or minced seafood</li> </ul> </li> <li>• Ratites (mostly flightless birds with flat breastbones)—including ostrich and emu</li> <li>• Shell eggs that will be hot held for service</li> </ul>

### Teacher Note:

This may be modified easily to include images or symbols to decode the text.

<b>MINIMUM INTERNAL TEMPERATURE</b>	<b>TYPE OF FOOD</b>
145°F (63°C) for 15 seconds	<ul style="list-style-type: none"> <li>• Seafood—including fish, shellfish, and crustaceans</li> <li>• Steaks/chops of pork, beef, veal, and lamb</li> <li>• Commercially raised game</li> <li>• Shell eggs that will be served immediately</li> </ul>
145°F (63°C) for 4 minutes	<ul style="list-style-type: none"> <li>• Roasts of pork, beef, veal, and lamb</li> </ul>
135°F (57°C) (no minimum time)	<ul style="list-style-type: none"> <li>• Food from plants, including fruits, vegetables, grains (e.g., rice and pasta), and legumes (e.g., beans and refried beans) that will be hot held for service</li> </ul>

**Step 2:** Explain the temperature requirements for each topic below.

<b>TOPIC</b>	
Correct cooling process	<ul style="list-style-type: none"> <li>• First, cool food from 135°F (57°C) to 70°F (21°C) within two hours.</li> <li>• Then, cool it to 41°F (5°C) or lower in the next four hours.</li> <li>• If food has not reached 70°F (21°C) within two hours, it must be either thrown out or reheated and then cooled again.</li> </ul>
Temperature danger zone	<p>The temperature danger zone is the temperature range from 41°F to 135°F (5°C to 57°C). Food can make people sick when it has stayed too long at temperatures that allow the growth of pathogens.</p>

<p>Correct reheating temperatures</p>	<ul style="list-style-type: none"> <li>• <b>Food for immediate service:</b> You can reheat food that will be served immediately, such as beef for a beef sandwich, to any temperature. However, you must make sure the food was cooked and cooled correctly.</li> <li>• <b>Food for hot holding:</b> You must heat TCS food for hot holding to an internal temperature of 165°F (74°C) for less than one second (in other words, instantaneous). Make sure the food reaches this temperature within two hours from start to finish.</li> <li>• Reheat commercially processed and packaged ready-to-eat food to an internal temperature of at least 135°F (57°C). This includes items such as cheese sticks and deep-fried vegetables.</li> </ul>
<p>Correct receiving temperatures</p>	<p>Cold TCS food should be received at 41°F (5°C) or lower, unless otherwise specified by the manufacturer.</p> <p>Hot TCS food should be received at 135°F (57°C) or higher.</p> <p>Frozen food should be frozen solid.</p>
<p>Correct holding range of temperatures for hot and cold items</p>	<p>When holding TCS food for service, keep hot food at 135°F (57°C) or higher. Never use hot-holding equipment to reheat food. Keep cold food at 41°F (5°C) or lower. Check the internal temperature of food at least every four hours. Throw food out if it is not at the correct temperature.</p>