Purchasing and Handling -Instructor

1. When buying seafood which of the following is NOT a recommended practice?
    a. Make seafood the last item you pick up in the store due to its highly perishable nature
    b. Fish should be kept at room temperature while at the market
    c. Purchase seafood from reputable dealers who should be in clean clothing, wearing hair coverings, and using disposable gloves to handle raw fish.
    d. Seafood should be kept at 32 degrees F

2. When buying whole fish, choosing those that have bright, clear, full eyes are an indicator of _____?
    a. Species
    b. Freshness
    c. Origin
    d. Freezing

3. Which of the following represent proper seafood handling practices?
    a. Keep it clean, cold and use within a few days after purchase
    b. Keep clean, room temperature, and use within two days.
    c. Keep it cold and in the refrigerator for over three days
    d. There are no proper practices for seafood.

4. The "10-Minute Rule" for cooking seafood refers to what?
    a. Keep seafood cold for at least 10 minutes before cooking
    b. Cook ten minutes per serving
    c. Letting fish rest for ten minutes before cooking
    d. Cook for ten minutes per inch of thickness

5. What is the recommended internal cooking temperature for fish?
    a. 125-130 degrees F for 5 seconds
    b. 145 degrees F for 15 seconds
    c. 165 degrees F for 10 seconds
    d. 200 degrees F for 20 seconds