

Cook

Why Use A Food Thermometer?

Most people think they know when food is "done" just by "eyeballing it." They look at it and trust their experience. Experience is good, but it sometimes can be misleading. For instance, cooking by color is definitely misleading. Meat color—pink or brown—can fool you!

How do you know when your hamburger is cooked? Because it's brown inside? Think about this... 1 out of every 4 hamburgers turns brown in the middle BEFORE it has reached a safe internal temperature, according to recent USDA research. Use a food thermometer. Keep your family safe. Be a better cook.

Digital, Dial, & Disposable!

Thermometers are turning up everywhere in today's kitchens in all shapes and sizes—digitals, instant-reads, probes for the oven and microwave, disposable indicators and sensor sticks, pop-ups, and even barbecue forks. They're high-tech and easy to use.

Some thermometers are meant to stay in the food while it's cooking; others are not. Some are ideal for checking thin foods, like the digital. Others, like the large-dial thermometer are really meant for large roasts and whole chickens and turkeys.

Why is it Important?

These are the facts!

- Millions of people get sick from dangerous bacteria in food every year.
- Public health data in 2000 show that there are more than 5 times the number of dangerous bacteria in our food than we were aware of in 1942.
- Many people don't link their illness to foodborne bacteria. They think they have a case of the flu.
- You can become sick anytime from 20 minutes to 6 weeks after eating food with some types of harmful bacteria.
- For some people who are at high risk—young children, pregnant women, people over 65, and people with chronic illnesses—getting sick from foodborne bacteria can cause serious health problems.

Temperature Rules!

Food	°F
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Poultry	
Chicken & Turkey, whole	180
Poultry breasts, roast	170
Poultry thighs, wings	180

Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Leftovers & Casseroles	
	165

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