



LESSON 4

SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING

PRETEST

1. When selecting whole fish, fresh fish should have _____.
 - a. bright, clear, full eyes
 - b. shiny skin with tight scales
 - c. bright pink or red gills
 - d. all of the above
2. Frozen seafood should be kept at temperatures below 0° F.
 - a. true
 - b. false
3. Frozen seafood can be thawed _____.
 - a. under cold running water
 - b. in the refrigerator
 - c. in the microwave oven
 - d. all of the above
4. For every inch of thickness, cook fish for _____.
 - a. 20 minutes
 - b. 10 minutes
 - c. until it reaches a temperature of 160° F
 - d. none of the above
5. Seafood should be used within 48 hours of purchase.
 - a. true
 - b. false
6. Fish is best cooked over high heat 425° F to 450° F.
 - a. true
 - b. false
7. Seafood that has been cooked should not be held at room temperature for longer than 4 hours.
 - a. true
 - b. false
8. You must keep smoked fish refrigerated.
 - a. true
 - b. false