



LESSON 4

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

PRETEST & POSTTEST ANSWERS

1. d – All of the above—When selecting whole fish, fresh fish should have bright clear full eyes, shiny skin with tight scales, and bright pink or red gills.
2. a – true—Frozen seafood should be kept at temperatures below 0° F.
3. d – All of the above—Frozen seafood can be thawed under cold running water, in the refrigerator, or in the microwave oven. If thawed in the microwave, cook immediately.
4. b – 10 minutes—For every inch of thickness cook fish for 10 minutes.
5. b – false—Seafood should be used within 36 hours of purchase.
6. a – true—Fish is best cooked over high heat, 425° F to 450° F.
7. b – false—Seafood that has been cooked should not be held at room temperature for longer than 2 hours.
8. a – true—Smoked fish need to be refrigerated.