FYI: The recommended internal temperatures for safe cooking of the following types of food are given below. These temperatures are not quite the same as given in your textbook in terms of recommended temperatures for rare, medium, and well done; they are the guidelines for safe cooking according to the Monroe County Health Department, based on USDA standards.

- Whole cuts of beef: 145 F
- Pork: 145 F
- Ground meat: 155 F
- Poultry: at least 165 F

Additional questions:

1. Why should ground beef be cooked to a higher internal temperature than whole cuts of beef? Because the beef is ground up, bacteria can penetrate throughout the meat. Bacteria would only be on the outside of whole cuts.

2. You are cooking a steak for guests. To ensure food safety, you take the temperature of the internal part of the steak and find that it is lower than the recommended temperature. What should you do? Keep cooking until the recommended temperature is reached!

3. Name four types of dry heat cooking methods for meat and poultry.

   - grilling
   - roasting
   - broiling
   - barbequing

4. In general, what types of meat can be cooked by dry heat methods? Tender cuts of meat

5. Name four types of moist heat cooking methods for meat and poultry.

   - boiling
   - simmering, stewing
   - steaming
   - poaching
   - braising
   - blanching

6. In general, what types of meat can be cooked by moist heat methods? Tough cuts of meat generally require moist heat cooking. Tender cuts could also be cooked by moist heat methods.