

Minimum Internal Cooking Temperatures Fact Sheet

Here are some minimal internal cooking temperatures for several common food items:

After safely preparing food, you must cook it to the correct minimum internal temperature to reduce dangerous microorganisms to safe levels. Temperatures vary from item to item. Always use a thermometer to verify final cooking temperatures.



Product	Cooking Temperature
Poultry (including whole or ground chicken, turkey, and duck)	165°F (74°C) for 15 seconds
Stuffing <ul style="list-style-type: none"> ● Stuffing made with potentially hazardous ingredients ● Stuffed meat, fish, poultry, and pasta 	165°F (74°C) for 15 seconds
Dishes containing potentially hazardous ingredients	Previously cooked ingredients: 165°F (74°C) for 15 seconds; cook raw ingredients to their required minimum internal temperatures
Ground meat (all meat or fish)	155°F (68°C) for 15 seconds
Injected meats	155°F (68°C) for 15 seconds (brined hams and flavor injected roasts)
Pork, beef, veal, and lamb	Steaks, Chops: 145°F (63°C) for 15 seconds Roasts: 145°F (63°C) for 4 minutes
Fish	145°F (63°C) for 15 seconds
Eggs for immediate service	145°F (63°C) for 15 seconds; eggs to be hot held: 155°F (68°C) for 15 seconds

When cooking in a microwave oven:

- Cover food to prevent drying.
- Cook food to 165°F (74°C).
- Rotate or stir food halfway through cooking.
- Take food's temperature and let stand for two minutes after cooking.

Now We're Cooking

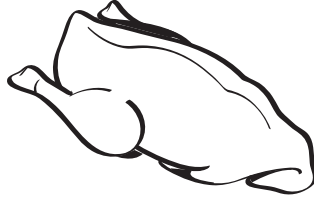
Directions: Write in the required minimum internal temperature and cooking time for each food item.

1



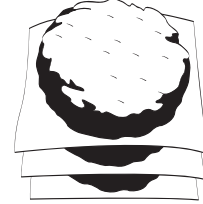
Beef steak

2



Duck

3



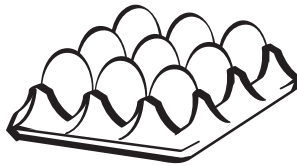
Hamburger patties

4



Fish

5



Eggs for immediate service

6



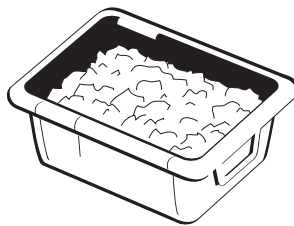
Leg of lamb

7



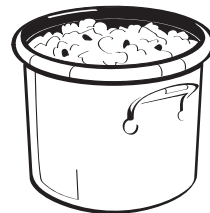
Injected roast

8



Stuffing

9



Turkey chili

Easy as 1-2-3

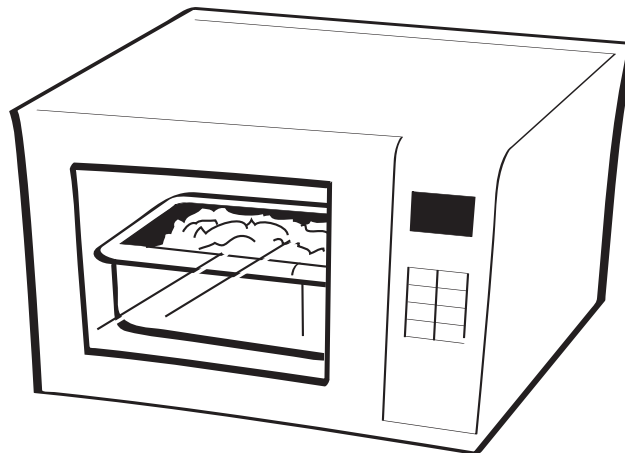
Directions: Write in the steps you must follow to properly cook food in a microwave oven and indicate the internal temperature food must reach to be safe.

1

2

3

Temperature:



Minimum Internal Cooking Temperatures Fact Sheet Optional Activity Answers

1. Now We're Cooking

1. Beef steak: cook to an internal temperature of 145°F (63°C) for fifteen seconds.
2. Duck: cook to an internal temperature of 165°F (74°C) for fifteen seconds.
3. Hamburger patties: cook to an internal temperature of 155°F (68°C) for fifteen seconds.
4. Fish: cook to an internal temperature of 145°F (63°C) for fifteen seconds.
5. Eggs for immediate service: cook to an internal temperature of 145°F (63°C) for fifteen seconds.
6. Leg of lamb: cook to an internal temperature of 145°F (63°C) for four minutes.
7. Injected roast: cook to an internal temperature of 155°F (68°C) for fifteen seconds.
8. Stuffing: cook to an internal temperature of 165°F (74°C) for fifteen seconds.
9. Turkey chili: cook to an internal temperature of 165°F (74°C) for fifteen seconds.

2. Easy as 1-2-3

1. Cover food to prevent drying.
2. Rotate or stir the food halfway through cooking.
3. Take food's temperature and let stand for two minutes after cooking.

Temperature: Internal temperature of 165°F (74°C) for fifteen seconds.

