

# Games and Coloring Fun



**FOOD SAFETY**

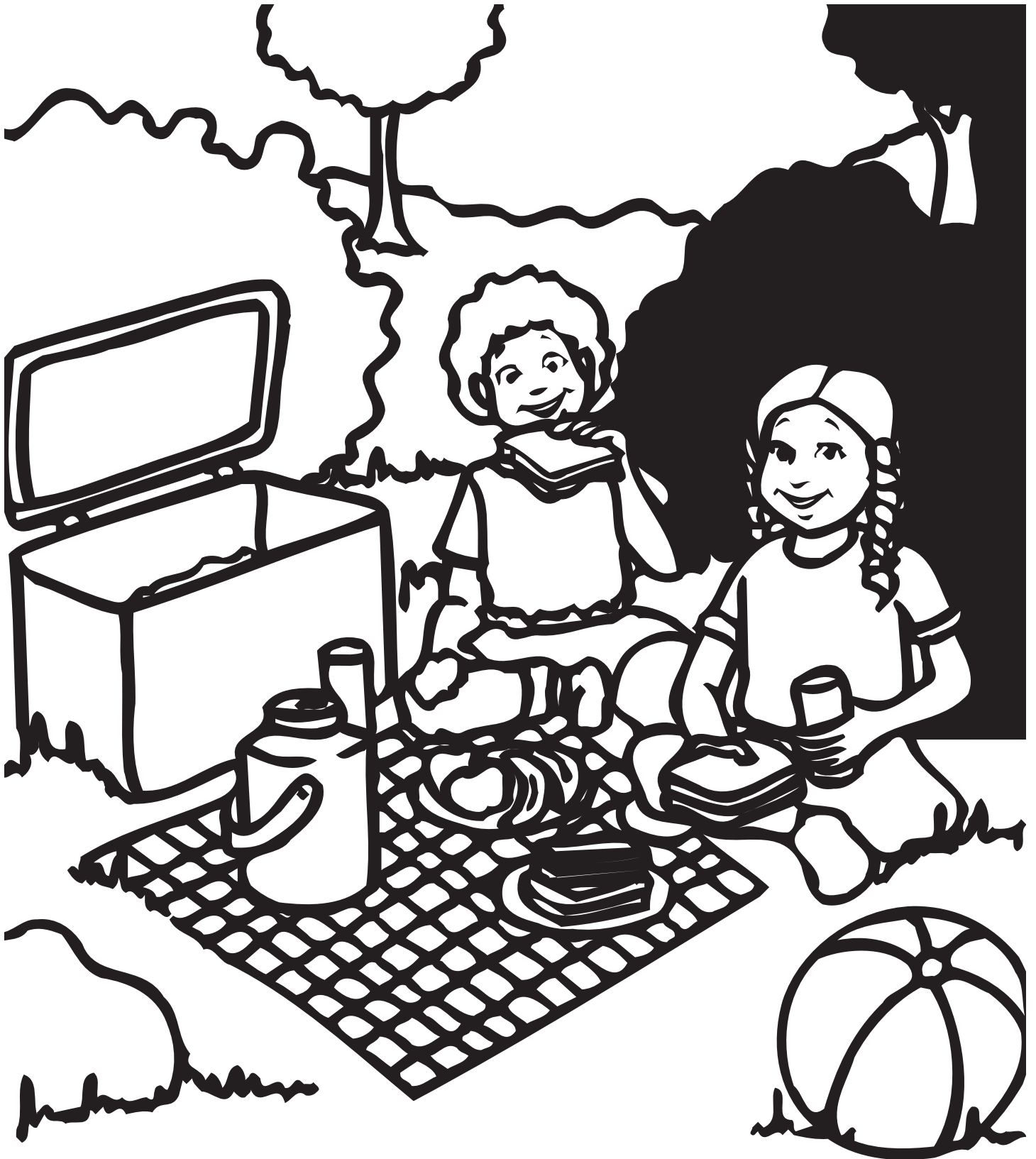
**THE KEY INGREDIENT**

There are four simple rules to follow:

1. Keep it clean! Wash your hands, kitchen counters, cutting boards, and knives before and after fixing food. Use hot water and soap.



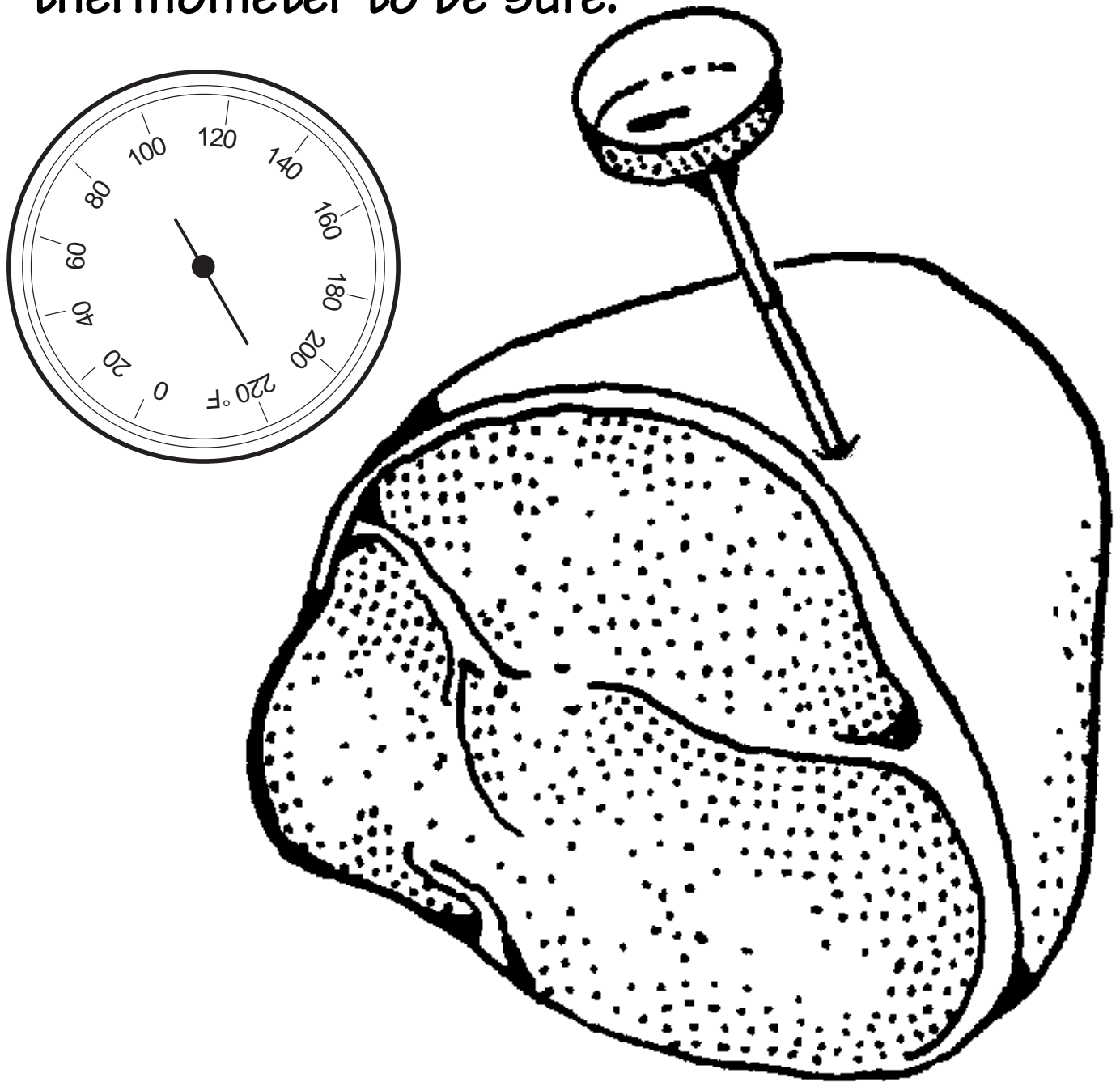
2. Keep hot foods hot and cold foods cold!  
Follow the 2-Hour Rule - Don't leave perishable  
foods unrefrigerated for more than two hours.



**3. Separate!** Keep raw and cooked foods apart.  
Separate raw meat, poultry, and seafood from other foods.



4. Cook thoroughly! Cook meats, poultry, and seafood to proper temperatures. Use a meat thermometer to be sure.



### True or False?

- |                               |                                |   |
|-------------------------------|--------------------------------|---|
| <input type="checkbox"/> True | <input type="checkbox"/> False | 1. If you don't follow food safety rules, you could get an upset stomach, or worse. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 2. Freeze or refrigerate cold foods IMMEDIATELY.                                    |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 3. You can tell if food has gone bad just by the smell.                             |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 4. A good way to defrost meat is to leave it out on the counter.                    |
| <input type="checkbox"/> True | <input type="checkbox"/> False | 5. It is important to wash your hands before and after handling food.               |

# Food Safety Word Search

U C L M N F K O Z S A M P  
A I O Q E O E K M X J V X  
S W V O X O Y L D R M P A  
E R M U K D I M L I C V L  
P Y T E M S N W R Z N O H  
A H F O D A G N E B V U N  
R A Y I Q F R G R N L A R  
A T O K E E E N X Q E U L  
T E R H O T D U L L C E Y  
E O W U F Y I B C O L D G  
B I V E L X E U H J O W Z  
P Q R S A F N I M W T E X  
Z A N M B E T U N Z E N D

Circle the following words:

Food Safety

Clean

Key Ingredient

Cold

Separate

Hot

Cook

# Activity Page

Find the six food safety mistakes.



Answers: 1. Opened container of mayonnaise in the cupboard instead of the refrigerator. 2 - 3. Cat and book bag on counter where food preparation takes place. 4. Milk is not in the refrigerator. 5. Sandwich is on the floor. 6. Hotdogs are in the cupboard instead of the refrigerator.