



Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson 2

How can you make food safety the easy choice?

Bacteria can spread quickly if we don't handle food properly. We can avoid getting sick from unsafe food by remembering these four words: clean, separate, chill and cook.



clean

wash hands & surfaces often

Clean: Wash hands and surfaces often.

- Wash hands, utensils and surfaces with hot soapy water before and after food preparation and especially after preparing meat, eggs or seafood.
- Wash hands after using the bathroom, handling pets, coughing or sneezing.



separate

don't cross contaminate

Separate: Don't cross-contaminate.

- Use a different cutting board for raw meats.
- Wash hands, cutting boards, dishes and utensils with hot soapy water after touching raw poultry, seafood or other raw meats.
- Keep raw poultry, seafood and other raw meats separate from other foods when shopping in the grocery store.
- Store raw poultry, seafood and other raw meats on a plate in the refrigerator to keep juice from dripping on other foods.



chill

refrigerate promptly

Chill: Refrigerate right away.

- Refrigerate or freeze dairy foods, eggs, fish, poultry, seafood and all other meats in two hours or less.
- Thaw poultry, seafood and other meats in the refrigerator, not at room temperature.
- Divide leftovers into small, shallow containers for quick cooking in the refrigerator.



cook

cook to safe temperature

Cook: Cook foods to proper temperatures.

- Cook eggs until the yolks and whites are firm.
- Don't use recipes with raw or undercooked eggs.
- Don't taste raw cookie dough because it has eggs in it that haven't been cooked.
- Use a meat thermometer to make sure the meat is cooked to the right temperature.
- Don't eat ground beef that is pink inside.

Helpful hint:

Wash reusable grocery bags.



Graphics from befoodsafes.org.

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