

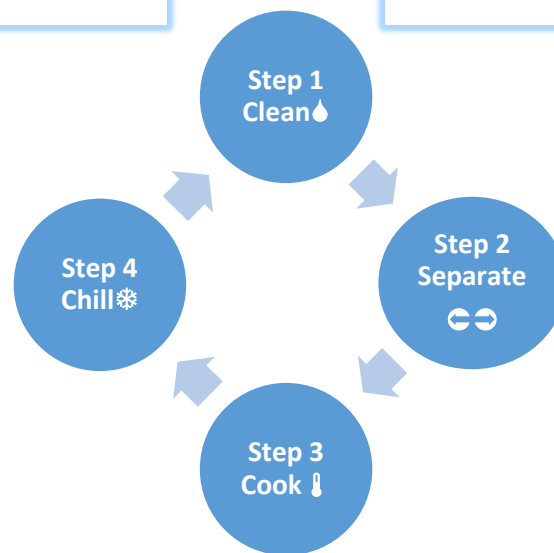
# Food Safety Practices



**Clean-** Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. This is called cross-contamination. Wash your hands with soap and water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you move onto the next food, and wash cloth towels often after using them to clean kitchen surfaces.



**Separate-** Separating foods that are ready to-eat from those that are raw or that might otherwise contain harmful microbes is key to preventing foodborne illness. Attention should be given to separating foods at every step of food handling, from purchase to preparation to serving. Cross contamination is how bacteria can be spread when improperly handling raw meat, poultry, seafood and eggs. As a result, harmful bacteria can be spread to food and throughout the kitchen leading to a foodborne illness. The following [Food Safety Glossary](#) has some common terms associated with foodborne illness.



**Cook-** One effective way to prevent illness is to [use a food thermometer](#) when cooking seafood, meat, poultry, and egg dishes. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F.



**Chill-** Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40° F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.



Instructions: Find the six food safety mistakes in this fun coloring activity. For more resources on food safety, feel free to visit <https://www.fightbac.org/>

## Activity Page- Find the six food safety mistakes.



Practice these food safety principles and show us what you've learned on our [TikTok](#), [Facebook](#) or [Instagram](#) and tag #GirlScoutsatHome