

CLEAN!

BAC (bacteria) can be hiding just about anywhere: in your kitchen, on your plate and even on your hands! The invisible enemy (BAC) can multiply and make you sick. But you can Fight BAC!® by following these important rules:

- Wash your hands and surfaces often.
- Wash hands with soap and warm water for 20 seconds before and after handling food.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking.
- Wash your hands:
 - Before you make or eat a snack or meal,
 - After playing with pets, and
 - After using the bathroom.
- Always use clean knives, forks, spoons and plates.
- Cooked foods should not be placed on the same plate that held raw meat, poultry or fish unless the plate has been washed first in hot, soapy water.
- Put food on clean surfaces. Never put your sandwiches or snacks on a dirty table or counter.
- Put backpacks and books on the floor. Don't put them on the kitchen table or counters.



Kids, complete this puzzle to help Fight BAC!® *

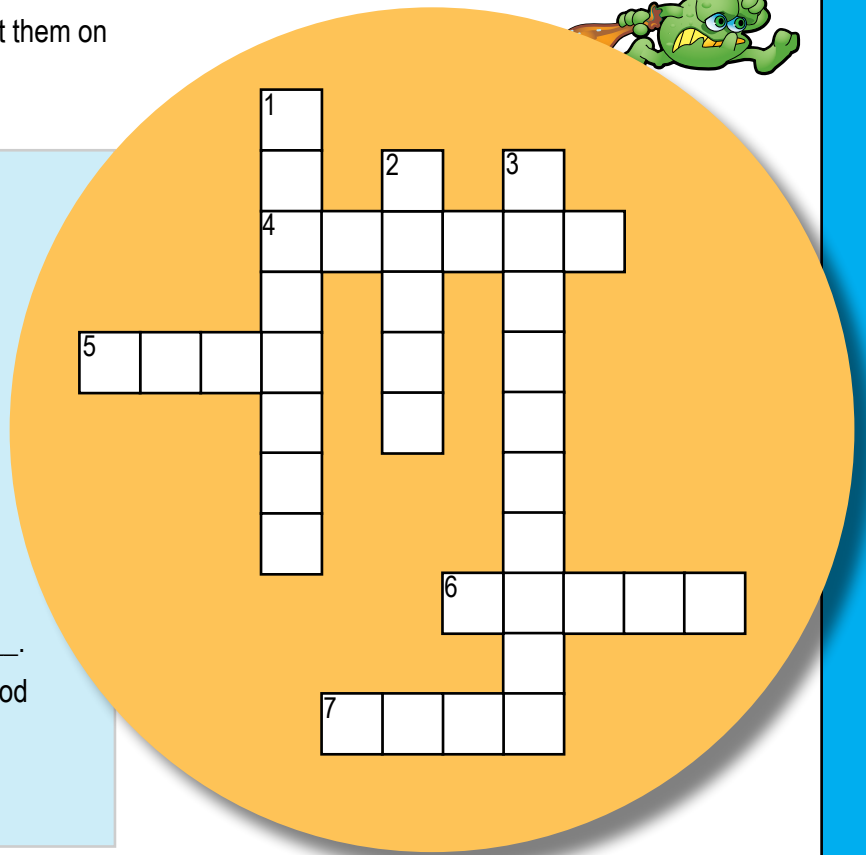


DOWN

1. Place your _____ on the floor, not on the kitchen counter or table.
2. Always use clean knives, spoons, plates and _____.
3. Use running tap water to rinse fruits and _____.

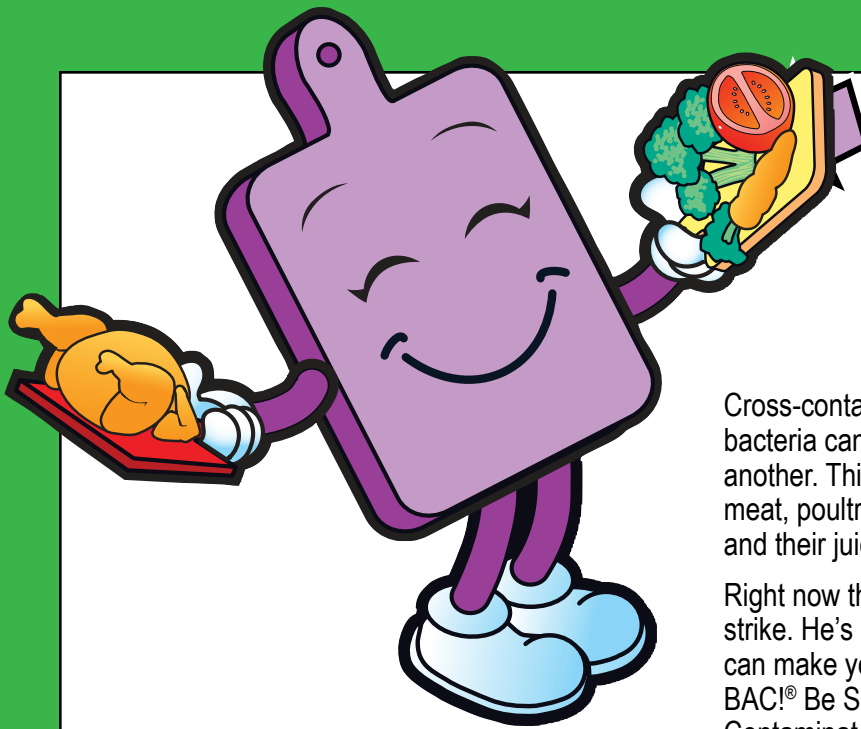
ACROSS

4. Place _____ foods on a clean plate.
5. Wash your hands with warm water and _____.
6. Counters should be _____ before you put food on them.
7. Wash your hands after playing with _____.



* Fight BAC!® and BAC! images, © 2005, Partnership for Food Safety Education.

Answers: Down 1-backpack 2-forks 3-vegetables
Across 4-cooked 5-soap 6-clean 7-pets



SEPARATE!

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, eggs and seafood, so keep these foods and their juice away from ready-to-eat foods!

Right now there may be an invisible enemy ready to strike. He's called BAC (foodborne bacteria) and he can make you sick. But you have the power to Fight BAC!® Be Smart. Keep Foods Apart – Don't Cross-Contaminate! Here are some things that you and your parents can do to Fight BAC!®

- Keep raw meat and poultry apart from foods that won't be cooked.
- Wash hands with warm soapy water for 20 seconds.
- Always wash cutting boards, dishes and utensils with hot, soapy water after they come in contact with raw meat, poultry, eggs and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry and seafood.

Kids, can you separate the Food Safety words from the jumbled letters?



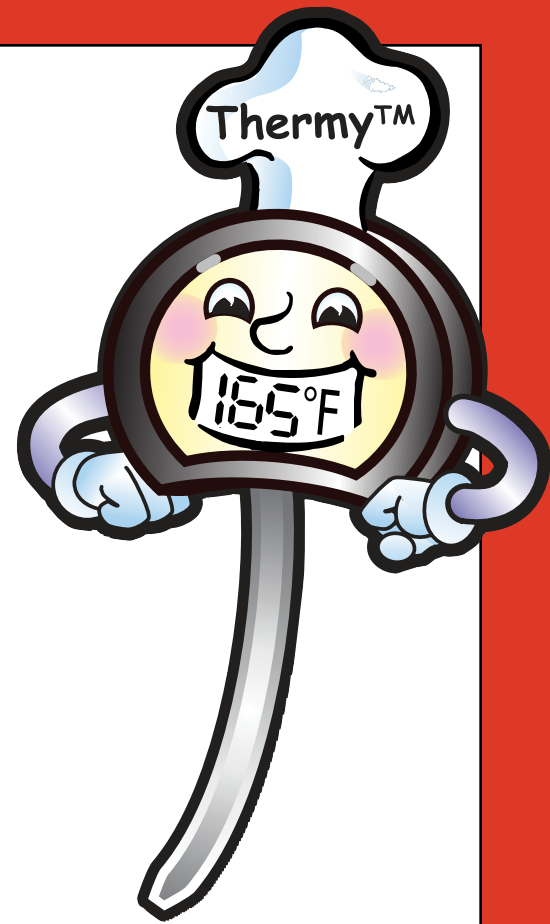
WORD BANK

- | | |
|-------------|-------------------|
| RAW MEAT | BACTERIA |
| WASH HANDS | POULTRY |
| CLEAN PLATE | COUNTERS |
| HOT WATER | SCIENCE |
| SICK | SAFE |
| SOAPY | SEAFOOD |
| SEPARATE | CUTTING BOARD |
| FIGHT | CROSS CONTAMINATE |

COOK!

Hey kids, did you know that BAC (foodborne bacteria) can't be seen, smelled or tasted and can make you sick? You can help your parents to Fight BAC!® by reminding them of these important safe cooking tips.

- Use a food thermometer – you can't tell food is cooked safely by how it looks.
- Always cook food to a safe minimum internal temperature.
 - Beef, pork, veal, lamb, steaks, roasts and chops to 145 °F with a 3-minute "rest time" after removal from the heat source.
 - Chicken and turkey – whole, pieces or ground to 165 °F.
 - Ground meats including hamburgers, and egg dishes to 160 °F.
 - Reheat leftovers to 165 °F.
- Always place the food thermometer in the thickest part of the food, away from bone and fat to check the temperature.
- When cooking in a microwave oven, stir, cover, and rotate food for even cooking. Use a food thermometer to check the temperature in the food in several places.
- Let food stand for a few minutes after cooking it in the microwave.
- Always cook eggs before eating them. When cooked, eggs should be firm, not runny.



Kids, unscramble each of the clue words. Copy the letters in the numbered boxes to other boxes at the bottom with the same number to find the secret message.



DOFO
 5 7 8

PETERAUREM
 9 13 12 17 1 19

KOOC
 6 14

FASE
 2 4 18

LENCA
 3

BUMREHGAR
 10 15

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

Answer key: DOFO-FOOD, PETERAUREM-TEMPERATURE, KOOC-COOK, FASE-SAFE, LENCA-CLEAN, BUMREHGAR-HAMBURGER
 SECRET MESSAGE - USE A FOOD THERMOMETER

CHILL!



Keeping cold foods cold is one of the most important rules you can follow to help Fight BAC!® To make sure you are keeping your food safe at all times, check out these other ways you can Fight BAC!®

- ❑ Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.
- ❑ Some foods that need to stay cold include:
 - ❑ Sandwiches or salads made with meat, and poultry;
 - ❑ Tuna and egg salad;
 - ❑ Milk, cheese, and yogurt;
 - ❑ Peeled or cut fruits and vegetables.
- ❑ Use an insulated lunch box or bag to keep food cold at school.
- ❑ Keep your lunch in the coolest place possible. Never leave it in direct sun.
- ❑ Add a frozen gel pack, frozen juice box, or use a thermos to keep food cold.



Kids, start at the star and connect the dots to reveal the hidden image.

