



DO YOU PRACTICE SAFE FOOD HANDLING?

Put an X in the box that best describes your food-handling habits.

Things I do at home:	Never	Sometimes	Always
1. Shop for cold food last in the grocery store.			
2. Store dry foods in a cool, dry area.			
3. Place raw meats on the lowest shelf in the refrigerator.			
4. Wash my hands before handling food.			
5. Use a thermometer when cooking.			
6. Use separate platters for raw and cooked meats.			
7. Wash and sanitize cutting boards.			
8. Use leftovers within 3-4 days.			
9. When in doubt, throw it out.			
10. Reheat leftovers to 165°F.			

SAFE FOOD SENSE ACTIVITY

Fill in the blanks below with the correct answers selected from the Word Bank below.

1. Shop for cold foods _____ and get it home fast.
2. The _____ danger zone for food is 40° to 140°.
3. Space food apart in the _____ for air to circulate.
4. Place meat on the _____ shelf of your refrigerator to avoid cross-contamination.
5. FIFO is a method of _____ to ensure that older foods are used first.
6. Consider using _____ for cleaning kitchen surfaces.
7. _____ hands after handling raw meat, fish, or poultry.
8. Store leftovers in _____ refrigerator or freezer containers.
9. Use a _____ when cooking meat and poultry.
10. When poultry reaches an internal temperature of _____ degrees, it is thoroughly cooked.
11. When grilling, use _____ platters for raw and cooked meat.
12. Cutting boards should be washed and sanitized to prevent _____.
13. Never leave food out more than _____ hours.
14. Storage in the refrigerator should be at or below _____ degrees.
15. Storage in the freezer should be at _____ degrees.
16. Store dry foods in a cool, _____ area.

Word Bank

clear	cross-contamination	thermometer
last	separate	dry
refrigerator	40	160
temperature	140	0
paper towels	rotation	165
bottom	2	wash



MISSISSIPPI STATE
UNIVERSITY
EXTENSION SERVICE

msucares.com

Distributed by **Carol Ball**, Extension Associate II, Department of Food Science, Nutrition, and Health Promotion.

Funded by USDA's Food Stamp Program and the Mississippi Department of Human Resources.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Form 1074

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. MELISSA J. MIXON, Interim Director (POD 06-09)