



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



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