

# Eating Safely

## Food Safety Tips

### Did You Know?

There are several ways you can prevent harmful bacteria and germs from spreading. Circle the correct answer below:

- a) Wash your hands with soap and water before every meal.
- b) Refrigerate food promptly.
- c) Rinse fruits and vegetables before eating them.
- d) Don't place your backpack or coat on the counter top or table where people eat.
- e) All of the above.



### Foods to Refrigerate

Some foods need to be stored in the refrigerator . Refrigeration helps prevent certain types of bacteria. It can also help food last longer.

Unscramble the words below to reveal a few foods that require refrigeration.

G E G

A A S D L

\_\_\_\_\_

\_\_\_\_\_

N E K I H C C

\_\_\_\_\_

\_\_\_\_\_

I K M L

\_\_\_\_\_



Answer to multiple choice: e  
Answers to work scramble: egg salad,  
chicken, milk