

# Eating Safely

**Primary**  
Aligns with  
**Science**  
learning standards

**giant eagle**

## 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

\_\_\_\_\_



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