

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



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