

Kids Kitchen: Fight Bac!

Before you start creating meals and snacks in the kitchen, take a second to learn the basics to fight BAC (bacteria)! Bacteria are the invisible enemy found almost everywhere in the kitchen. You can find bacteria on food, cutting boards, utensils, cookware and even on you! Fighting bacteria in the kitchen will help keep you and others from getting sick. Play the games below to learn best practices to keep your food safe!



Circle the correct choice to keep you and your family healthy:

- | | | | |
|--|--|----|---|
| Eating within 2 hours?
If you pick up or receive hot food: | Enjoy eating within 2 hours | or | Leave on the table until you get hungry |
| Eating later than 2 hours?
Foods that have been purchased or delivered cold: | Should be "warmed" to room temperature | or | Should be eaten or refrigerated immediately |

Refrigerate or throw it out!

Keeping food warm is not enough because harmful bacteria can multiply at "warm" or at room temperatures.

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Source: United States Department of Agriculture; Food Safety and Inspection Service

http://www.fsis.usda.gov/Food_Safety_Education/For_Kids_&_Teens/index.asp

www.ext.vt.edu



Keep Hot foods **HOT!**

Keep Cold foods **COLD!**



Hot foods need to be kept hot and cold foods need to be kept cold. Foods that are supposed to be hot should be eaten hot! Foods that are supposed to be cold should be eaten cold! Do not eat “hot” or “cold” foods if they become room temperature.

**And always remember ...
If in doubt, throw it out!**

Here are some tips for safety and better taste...

Divide large quantities into smaller portions

Place food in shallow container

Cover and refrigerate immediately

Reheat it thoroughly to 165° when ready to eat

What should you do with your “hot” or “cold” food if you are eating later than 2 hours?

Draw or write in the space below what you would do to keep “hot” foods hot and “cold” foods cold:

Do you know the proper thawing and reheating techniques to keep your food safe from bacteria?

Draw a star next to each of the things that you have done to keep your food safe.

Thaw and marinate all foods in the refrigerator. Never thaw food on the counter and NEVER thaw foods at room temperature.

Thaw foods in a shallow pan to catch drippings so that other refrigerated foods will not be contaminated by raw food juices.

Thaw food in the microwave or in cold water in the sink. Food must be cooked immediately after thawing.

Reheat foods in microwave or oven until hot and steaming.

Cover and rotate food in a microwave so that it heats evenly.

Keep it ... CLEAN!

Check out the ways you can Fight BAC!®

Wash your hands and surfaces often.

Wash your hands with soap and warm water.

Wash your hands:

before you make or eat a snack or meal,

after playing with pets, and

after using the bathroom.

Wash fruits and vegetables with cold water before you eat them.

Always use clean knives, forks, spoons, and plates.

Always use a clean plate. Cooked foods should not be placed on the same plate that held raw meat, poultry, or fish.

Only put food on clean surfaces. Never put your sandwiches or snacks on a dirty table or counter.

Put backpacks and books on the floor. Don't put them on the kitchen table or counters.



SEPARATE: Don't cross-contaminate

Cross-contamination are the scientific words for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, and seafood, so keep these foods and their juices away from ready-to-eat foods. Here's how to Fight BAC:

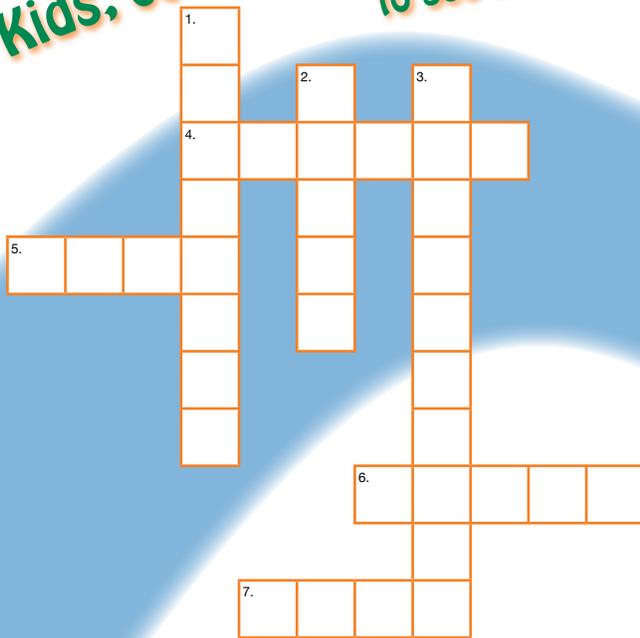
Separate raw meat, poultry, and seafood from other foods.

If possible, use a different cutting board for raw meat products.

Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

Kids, complete this puzzle

to see how much you have learned about fighting BAC



DOWN

1. Place your _____ on the floor, not on the kitchen counter or table.
2. Always use clean knives, spoons, plates, and _____.
3. Use cold water to wash fruits and _____.

ACROSS

4. Place _____ foods on a clean plate.
5. Wash your hands with warm water and _____.
6. Counters should be _____ before you put food on them.
7. Wash your hands after playing with _____.

Word Match

- | | |
|------------------------|--|
| 1. Two-Hour Rule | a. The transfer of harmful bacteria from one food to another. Harmful bacteria can also be transferred to food from another source, such as hands. |
| 2. Personal Hygiene | b. Defrost foods in the refrigerator, microwave, or under running water. Never defrost food on the kitchen counter. |
| 3. Perishable Food | c. Keeping work areas free from dirt or bacteria. |
| 4. Cross-Contamination | d. Foods that can become unsafe or spoil quickly if not refrigerated or frozen. |
| 5. Contaminated Food | e. Cleanliness, keeping yourself clean. |
| 6. Danger Zone | f. Perishable food should not be left at room temperature longer than two hours. |
| 7. Food-Borne illness | g. Food that contains harmful bacteria. |
| 8. The Thaw Law | h. Cooking food to a safe internal temperature. |
| 9. Sanitation | i. Sickness caused by eating contaminated food, sometimes called food poisoning. |
| 10. Thorough Cooking | j. The range of temperatures at which most bacteria multiply rapidly – between 40° and 140° Fahrenheit. |

Answers

Puzzle: 1. backpack 2. forks 3. vegetables 4. cooked 5. soap 6. clean 7. pets Word Match: 1. f 2. e 3. d 4. a 5. g 6. j 7. i 8. b 9. c 10. h

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