

# Sink Those Germs! Food Safety



## Food Safety Know-How

### CLEAN:

Wash hands and food preparation surfaces often.



### SEPARATE:

Don't cross-contaminate food items. For example, after cutting meat, wash the knife before using it to cut vegetables, or use a different knife.



### COOK:

Cook food to proper temperature.



### CHILL:

Refrigerate food promptly.



## The Importance of Handwashing

**Hand washing is one of the easiest and most important ways to keep you and your child from getting sick.**

Wash with warm water and soap for **20 seconds**. Your children are less likely to get sick if they wash their hands properly. Plus, it may become a healthy habit for life! Wash your hands



- after using the bathroom;
- before and after handling or eating food;
- after playing with pets or visiting a zoo;
- after coughing, sneezing, or blowing your nose; or
- whenever they are dirty.

### Handwashing Fun

- ✓ Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" (all the way through) while washing hands to make sure your child is washing long enough.
- ✓ Have your child pick out a special soap for washing hands.
- ✓ Help your child reach the sink easily by using a stool.

## Clean Kitchen

Always rinse fresh vegetables and fruits before eating, cutting, or cooking them to keep your family safe from germs. This will: keep germs from transferring from the outside to the inside of the fruit or vegetable; rinse off any chemicals that may have been sprayed on the fruit or vegetable.



## Physical Fun



- Spray water on children's hands with a spray bottle.
- Explain that the water represents germs that come out of their mouths when they cough or sneeze.
- Have the children touch something (table or chair). What happened?



- Explain that this is what happens when we sneeze into our hands and then touch something.
- What happens if your friend touches it?  
Answer: They might pick up the germs and get sick.
- Explain that if you wash your hands after coughing or sneezing in them, the germs will be washed away!

Option: water can be colored with food coloring for effect.

For tips visit us at:



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