

Just COOK It!

- ✓ Always cook food to a safe internal temperature.
- ✓ Use a food thermometer to check temperatures in food. Clean the thermometer each time it is used.
 - Cook ground beef, including hamburgers, to at least 160 °F.
 - Cook roasts and steaks to at least 145 °F.
 - Cook whole chicken or turkey to 180 °F.
 - Cook leftovers to at least 165 °F.
- ✓ Placing the food thermometer in the right place is important. The thermometer should be placed in the thickest part of most foods, away from bone and fat.
- ✓ When cooking in a microwave oven, cover, stir, and turn food for even cooking. Use a food thermometer to check the temperature in the food.
- ✓ Always cook eggs before eating. Egg yolks and whites should be firm, not runny, when cooked. Don't eat uncooked foods that contain raw eggs, like raw cookie dough or uncooked cake batter.

His name is BAC (bacteria) and he is on the attack. He is the invisible enemy and he can make you sick. But you have the power to Fight BAC!™ and keep your food safe.

Check out the ways you can Fight BAC!™



**Kids, unscramble each of the clue words.
Copy the letters in the numbered cells to other cells
with the same number to show the secret message.**

DOFO

5	7	8	
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PETERAUREM

9	13	16	12	17	1	19
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KOOC

6	14	
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FASE

2	4	18
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LENCA

3		
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BUMREHGAR

10	15	11
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1	2	3
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4

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