



Be Food Safe

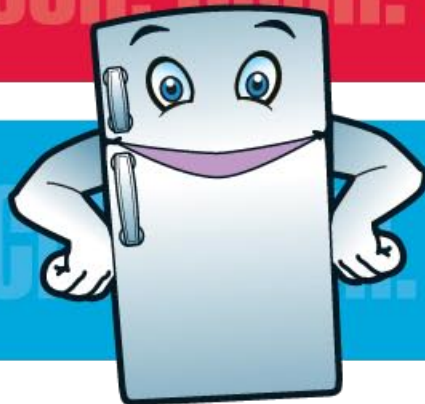
Activity Book

Clean. Clean. Clean. Clean. Clean. Clean.

Separate. Separate. Separate. Separate.

Cook. Cook. Cook. Cook. Cook. Cook. Cook.

Chill. Chill. Chill. Chill. Chill. Chill.



Hey Kids,

Food safety is important for you and your family. That's why you should always remember to Be Food Safe! It is easy and fun to do if you follow these four simple steps.



Clean. Wash hands with soap and warm water for 20 seconds before and after handling food.



Separate. Keep raw meat and poultry apart from foods that won't be cooked.



Cook. Use a food thermometer – you can't tell food is cooked safely by how it looks.



Chill. Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.

USDA's Food Safety and Inspection Service (FSIS) developed this activity booklet to help you learn what you need to do to Be Food Safe! Remember, fighting foodborne illness is important for you and your family, so Be Food Safe each and every day.

To find out more about food safety, visit befoodsafe.gov or ...



Visit **ASK KAREN** at askkaren.gov

Call the **USDA Meat & Poultry Hotline**
1-888-MPHotline (1-888-674-6854)



CLEAN!

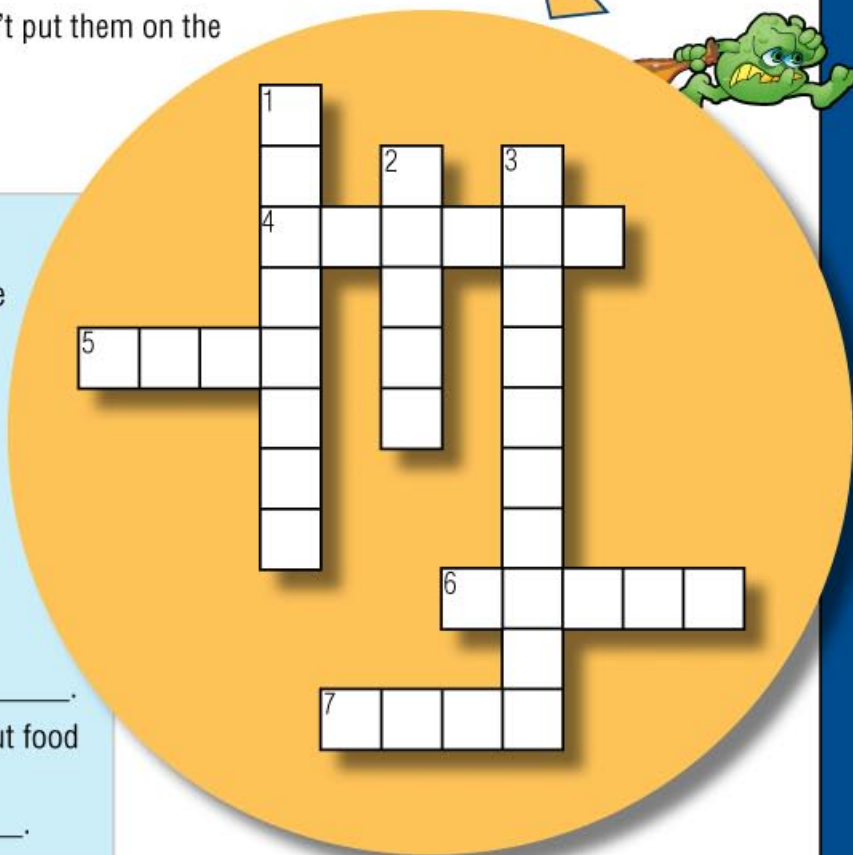
BAC (foodborne bacteria) can be hiding just about anywhere: in your kitchen, on your plate and even on your hands!

The invisible enemy can multiply and make you sick. But you can Fight BAC!® by following these important rules:

- Wash your hands and surfaces often.
- Wash hands with soap and warm water for 20 seconds before and after handling food.
- Rinse fruits and vegetables with running tap water before you eat them.
- Wash your hands:
 - Before you make or eat a snack or meal,
 - After playing with pets, and
 - After using the bathroom.
- 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.



Kids, complete this puzzle to help Fight BAC!®



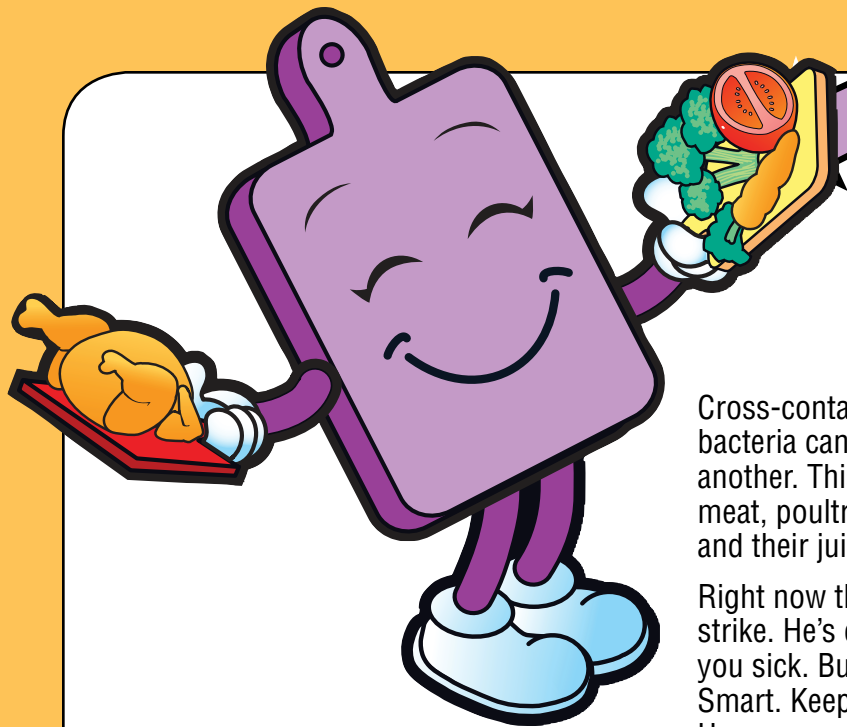
DOWN

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 _____.

Answers: Down 1-backpack 2-forks 3-vegetables
Across 4-cooked 5-soap 6-clean 7-pets



SEPARATE!

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, eggs and seafood, so keep these foods and their juice away from ready-to-eat foods!

Right now there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make you sick. But you have the power to Fight BAC!® Be Smart. Keep Foods Apart – Don't Cross-Contaminate! Here are some things that you and your parents can do to Fight BAC!®

Kids, can you separate the Food Safety words from the jumbled letters?



- Keep raw meat and poultry apart from foods that won't be cooked.
- Wash hands with warm soapy water for 20 seconds.
- Always wash cutting boards, dishes and utensils with hot, soapy water after they come in contact with raw meat, poultry, eggs and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry and seafood.



WORD BANK

- | | |
|-------------|-------------------|
| RAW MEAT | BACTERIA |
| WASH HANDS | POULTRY |
| CLEAN PLATE | COUNTERS |
| HOT WATER | SCIENCE |
| SICK | SAFE |
| SOAPY | SEAFOOD |
| SEPARATE | CUTTING BOARD |
| FIGHT | CROSS CONTAMINATE |

CHILL!

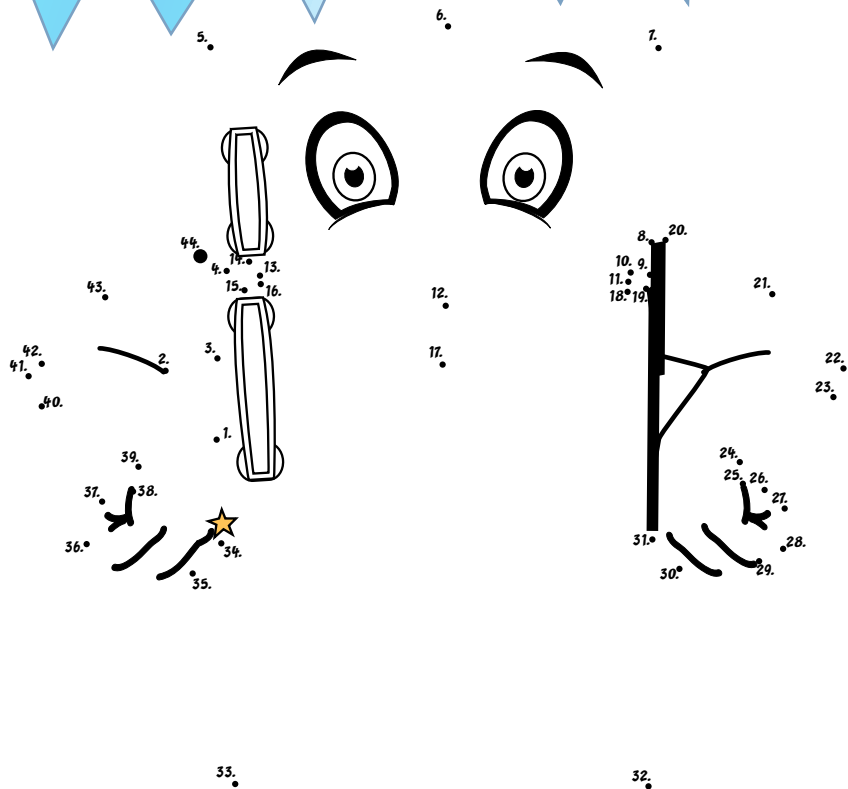


Keeping cold foods cold is one of the most important rules you can follow to help Fight BAC!® To make sure you are keeping your food safe at all times, check out these other ways you can Fight BAC!®

- Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.
- Some foods that need to stay cold include:
 - Sandwiches or salads made with meat and poultry;
 - Tuna and egg salad;
 - Milk, cheese, and yogurt;
 - Peeled or cut fruits and vegetables.
- Use an insulated lunch box or bag to keep food cold at school.
- Keep your lunch in the coolest place possible. Never leave it in direct sun.
- Add a frozen gel pack, frozen juice box, or use a thermos to keep food cold.



Kids, start at the star and connect the dots to reveal the hidden image.



Hey Kids . . .

Thermy™

"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

Thermy™ Rules!



- 1. Always use a food thermometer when you cook.**

A food thermometer will help you make sure your food has reached a high enough temperature to kill harmful bacteria, and viruses.

- 2. The color of cooked meat—whether it's pink or brown inside—can fool you.**

The only way to be sure cooked food is safe to eat is by using a food thermometer.

- 3. Place the thermometer in the thickest part of the food, away from any bones and fat.**

- 4. Cook food to a safe minimum internal temperature.**

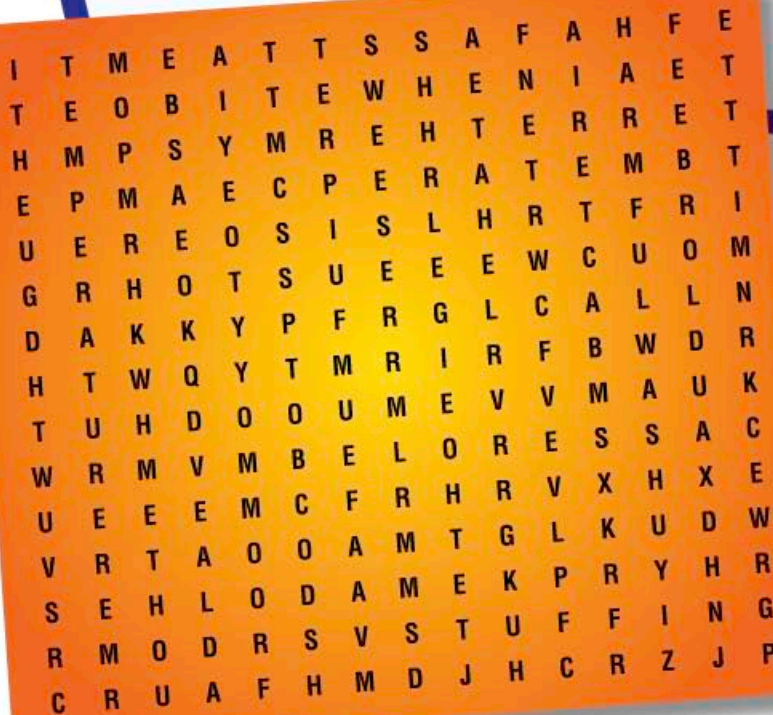
145 °F—Beef, lamb, and veal steaks, roasts and chops.

160 °F—Ground beef, pork, veal, and lamb. Pork chops, ribs, and roasts. Egg dishes.

165 °F—Chicken and turkey – whole, pieces or ground. Stuffing and casseroles. Reheat leftovers.

- 5. Check the temperature in several places to be sure the food is cooked evenly.**

- 6. Wash the food thermometer with hot, soapy water after using it.**



- | | |
|-----------|-------------|
| BACTERIA | MEAT |
| BEEF | SOAP |
| CASSEROLE | STUFFING |
| COLOR | TEMPERATURE |
| COOK | THERMOMETER |
| FOOD | THERMY |
| HAMBURGER | VIRUSES |
| HARMFUL | WASH |
| LEFTOVERS | |

befoodsafe.gov

United States Department of Agriculture, Food Safety and Inspection Service
USDA is an equal opportunity provider and employer.

When in Doubt, Throw it Out!

Remember: **YOU** have the power to
Fight BAC![®]
and keep your food safe!

Kids, unscramble each
of the four ways to
keep food safe.



nalec

ckoo

lich

apretase



Then match the unscrambled word to
the correct food safety messenger.

BAC-Catcher Game

Folding Instructions

1. Cut along the dotted line.
2. Place the BAC-Catcher face down. Fold 2 corners together to form a triangle. Crease and unfold. Now fold the other 2 corners together, crease and unfold.
3. Now, fold each corner to the center point.
4. Turn the folded paper over and fold each corner into the center.
5. Fold the square in half. Unfold it and fold it in half the other way.
6. Using both hands, place your thumbs and index fingers under the flaps.

How to play

- This game is for 2 players. Ask the other player to pick one of the printed squares – for example, “Hot Stuff.”
- Open and close the BAC-Catcher in an alternating direction for each letter of the phrase **H O T S T U F F** (8 times).
- Ask the question closest to the phrase chosen and let the other player answer. Lift the flap to find the answer.
- Now give the BAC-Catcher to the other player. It's your turn to answer.
- Alternate asking and answering until all the questions are answered . . . everyone wins by learning about **FOOD SAFETY**.

cut along dotted lines

Hot Stuff

KEEP YOUR DISTANCE

HOT STUFF

ALL WASHED UP!

Why did the milk like to hang out in the refrigerator?
Because it was cool!

Why did the chicken cross the road?
To stay away from the vegetables on the cutting board. He didn't want to contaminate them!

What's the difference between a cold pack and a confused bank teller?
One keeps the food in your lunchbox safe . . . and one keeps the lunchbox in the safe!

Cross-contamination! Yuck — don't do it!

What do you get when you cross a tomato with raw meat?

Food that's been microwaved the right way!
What do you get when you mix a "zap," a "rotate" and "time"?

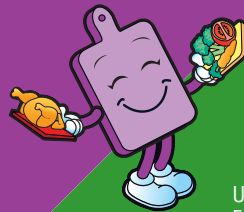
Clean hands!

What do you get when you mix 10 live fingers, warm water, and soap?

Knock knock. Who's there?
Temper. Temper who?

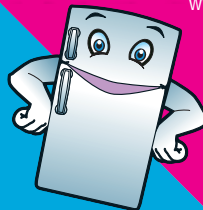
Temperature counts! Cook your burgers to 160° and chicken breasts to 165°.
Clean them before preparing food!
Get bacteria off your counters!

Knock knock. Who's there?
Get back. Get back who?



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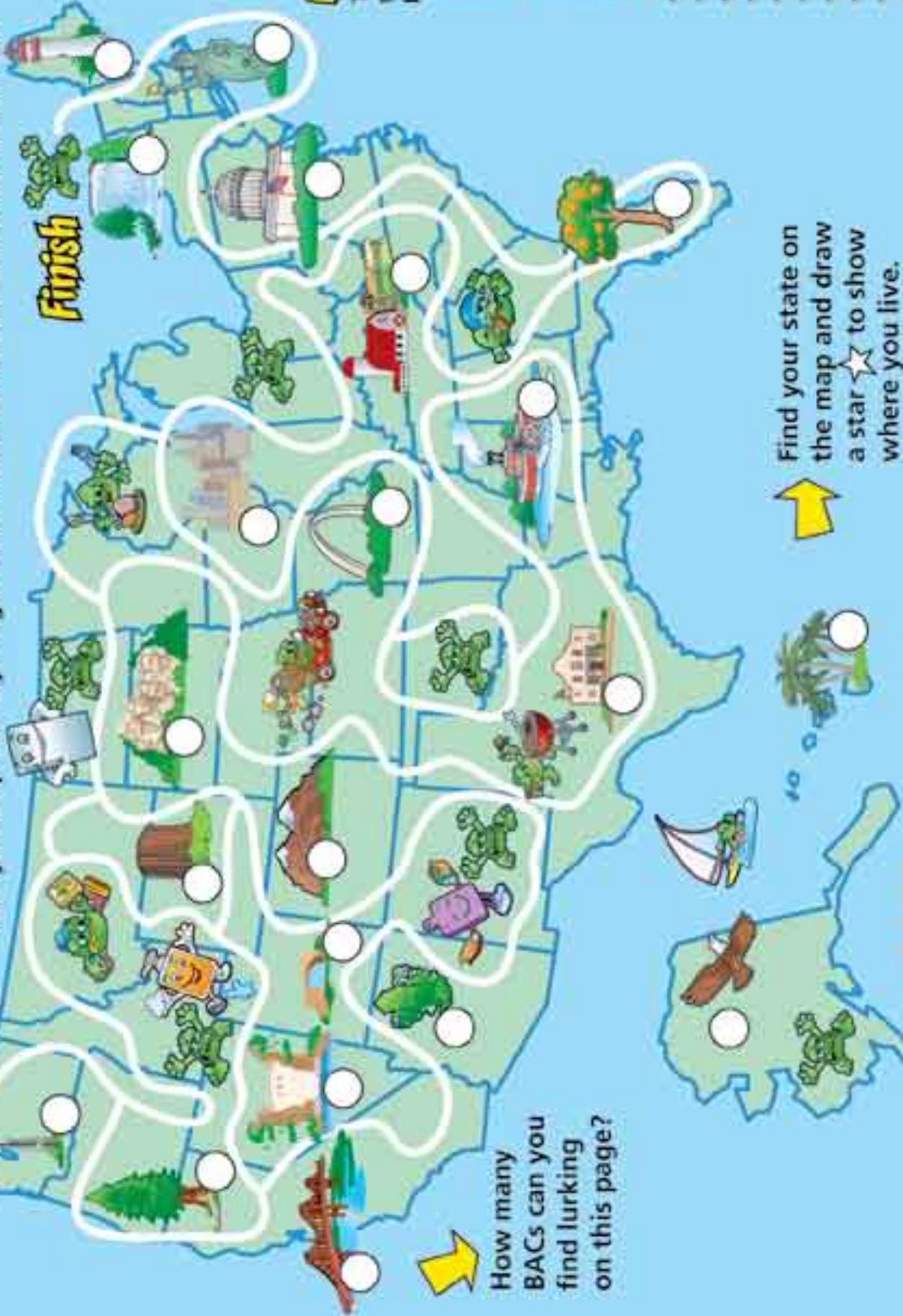


The Partnership for Food Safety Education
www.fightbac.org

USDA Food Safety

Our A-Mazing USA

Thermy™ is on the road, fighting BAC!® – foodborne bacteria – across the USA!
Can you help Thermy™ Fight BAC!® from the west coast to the east coast?



How many BACs can you find lurking on this page?



Find your state on the map and draw a star ☆ to show where you live.

Love Those Landmarks!

Test your Landmark IQ! Write the number in the circle by each landmark. Can you find them all?

1. Alamo
2. Bald Eagle
3. Cactus
4. City Skyline
5. Devils Tower
6. Drive-Thru Redwood Tree
7. Farmland
8. Gateway Arch
9. Golden Gate Bridge
10. Hoover Dam
11. Lighthouse
12. Mt. Rushmore
13. Natural Bridges
14. Niagara Falls
15. Orange Tree
16. Palm Trees
17. Snow-capped Mountain
18. Space Needle
19. Statue of Liberty
20. Steamboat
21. U.S. Capitol



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