



United States Department of Agriculture

FOOD SAFE FAMILIES

# ACTIVITY BOOK

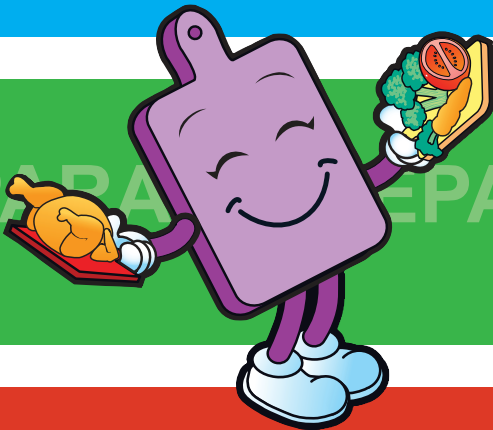


Food Safety and Inspection Service

CLEAN. CLEAN. CLEAN. CLEAN.



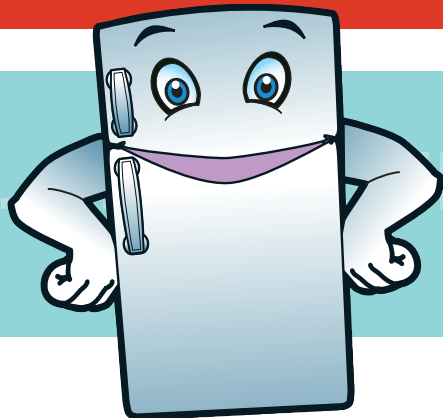
SEPARATE. SEPARATE. SEPARATE.



COOK. COOK. COOK. COOK.



CHILL. CHILL. CHILL. CHILL.





## Hey Kids,

Food safety is important for you and your family. That's why you should always remember to keep your family safe from food poisoning! It is easy and fun to do if you follow these four important steps.



**WASH HANDS AND SURFACES OFTEN**



**SEPARATE RAW MEATS FROM OTHER FOODS**



**COOK TO THE RIGHT TEMPERATURE**



**REFRIGERATE FOOD PROMPTLY**

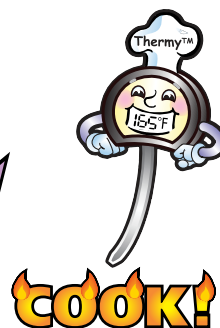
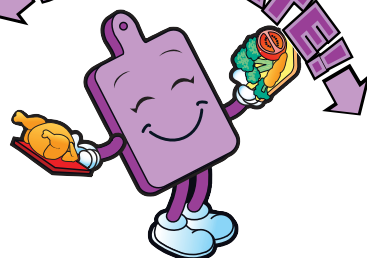
We developed this activity booklet to help you learn what you need to keep your family food safe!

Remember, fighting food poisoning is important for you and your family, so check your steps at [FoodSafety.gov](http://FoodSafety.gov).

**CLEAN!**

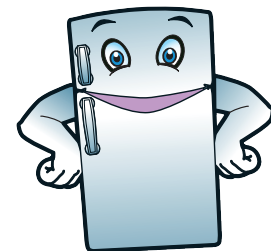


**SEPARATE!**



**COOK!**

**CHILL!**



# CLEAN!

BAC (bacteria) can be hiding just about anywhere: in your kitchen, on your plate and even on your hands! The invisible enemy (BAC) 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.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking.
- 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.
- Cooked foods should not be placed on the same plate that held raw meat, poultry or fish unless the plate has been washed first in hot, soapy water.
- 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!® \*

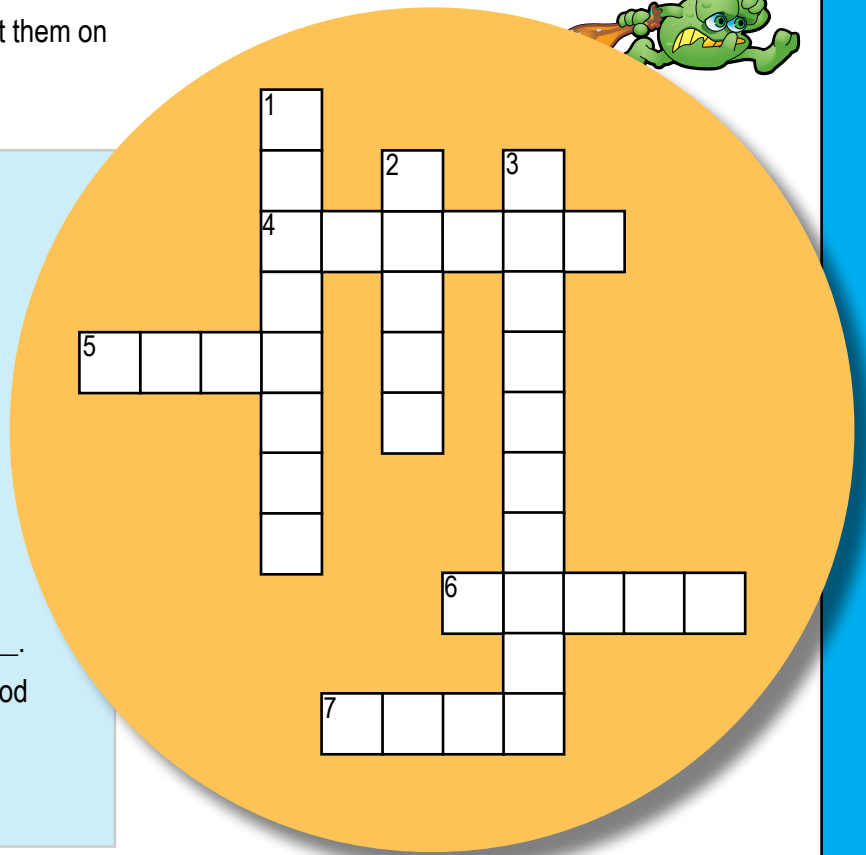


## DOWN

1. Place your \_\_\_\_\_ on the floor, not on the kitchen counter or table.
2. Always use clean knives, spoons, plates and \_\_\_\_\_.
3. Use running tap water to rinse fruits and \_\_\_\_\_.

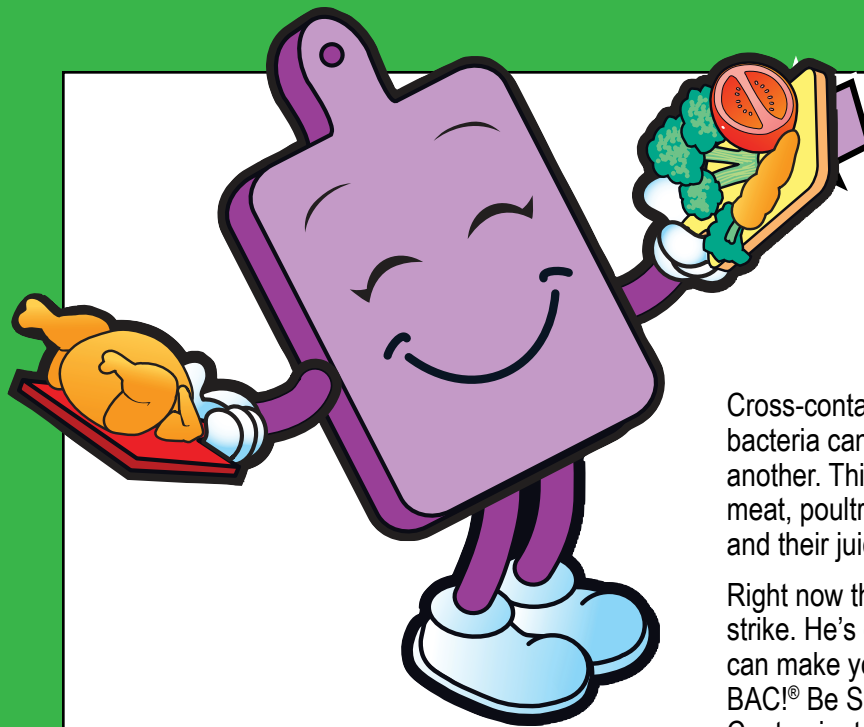
## ACROSS

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 \_\_\_\_\_.



\* Fight BAC!® and BAC! images, © 2005, Partnership for Food Safety Education.

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 (foodborne 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!®

- 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.

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



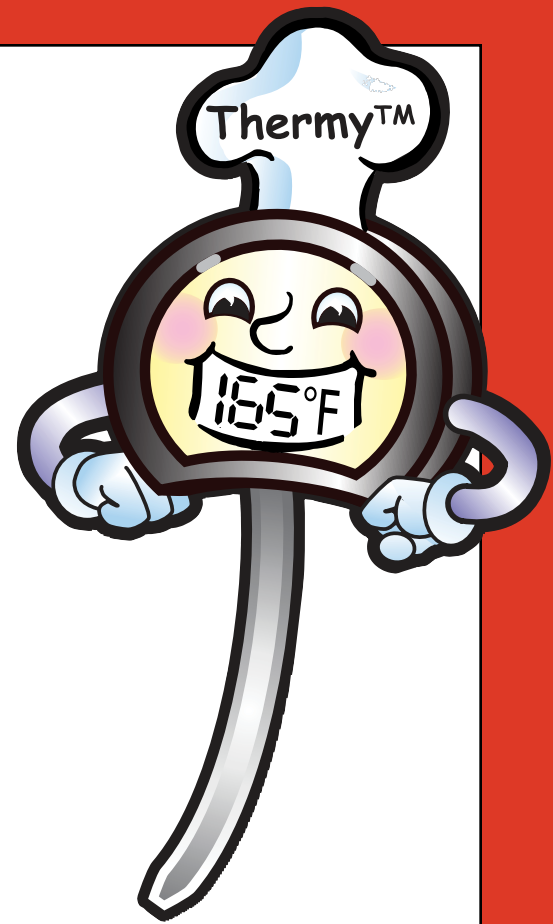
## WORD BANK

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

# COOK!

Hey kids, did you know that BAC (foodborne bacteria) can't be seen, smelled or tasted and can make you sick? You can help your parents to Fight BAC!® by reminding them of these important safe cooking tips.

- Use a food thermometer – you can't tell food is cooked safely by how it looks.
- Always cook food to a safe minimum internal temperature.
  - Beef, pork, veal, lamb, steaks, roasts and chops to 145 °F with a 3-minute "rest time" after removal from the heat source.
  - Chicken and turkey – whole, pieces or ground to 165 °F.
  - Ground meats including hamburgers, and egg dishes to 160 °F.
  - Reheat leftovers to 165 °F.
- Always place the food thermometer in the thickest part of the food, away from bone and fat to check the temperature.
- When cooking in a microwave oven, stir, cover, and rotate food for even cooking. Use a food thermometer to check the temperature in the food in several places.
- Let food stand for a few minutes after cooking it in the microwave.
- Always cook eggs before eating them. When cooked, eggs should be firm, not runny.



Kids, unscramble each of the clue words. Copy the letters in the numbered boxes to other boxes at the bottom with the same number to find the secret message.



**DOFO**      
5 7 8



**PETERAUREM**             
9 13 12 17 1 19

**KOOC**      
6 14

**FASE**      
2 4 18

**LENCA**       
3

**BUMREHGAR**           
10 15

1 2 3

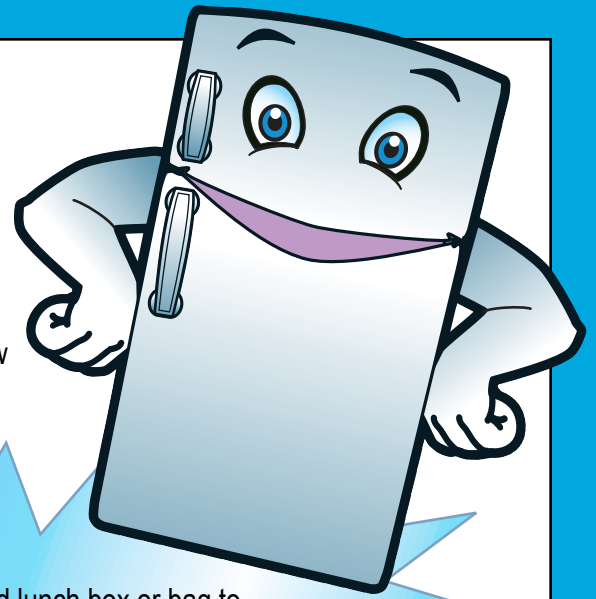
4

5 6 7 8

9 10 11 12 13 14 15 16 17 18 19

Answer key: DOFO-FOOD, PETERAUREM-TEMPERATURE, KOOC-COOK, FASE-SAFE, LENCA-CLEAN, BUMREHGAR-HAMBURGER  
SECRET MESSAGE - USE A FOOD THERMOMETER

# CHILL!

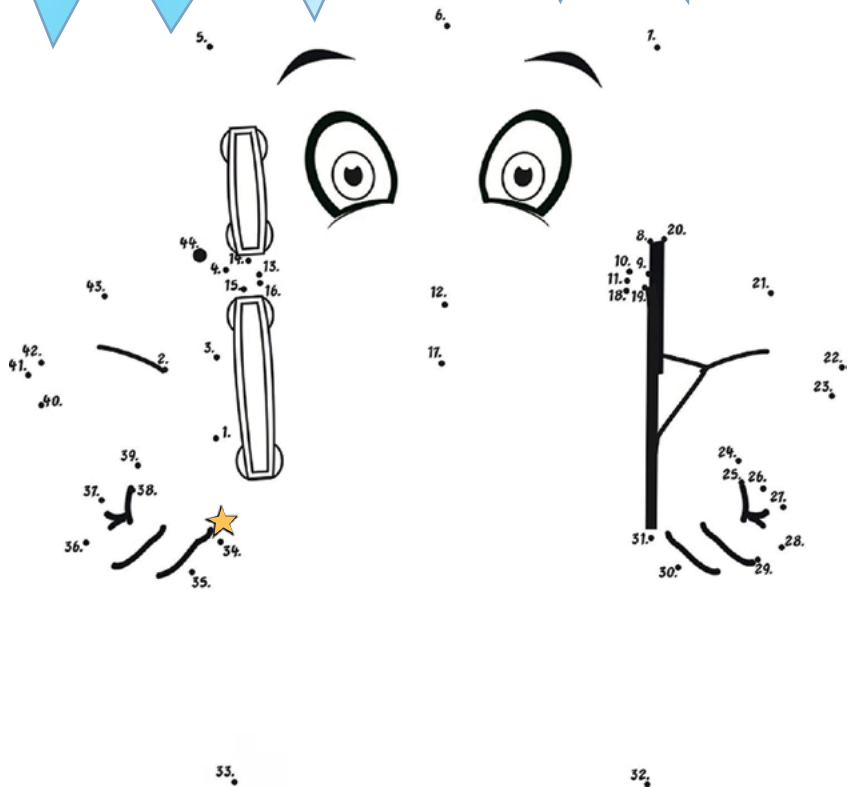


Keeping cold foods cold is one of the most important rules you can follow to help Fight BAC!® To make sure you are keeping your food safe at all times, check out these other ways you can Fight BAC!®

- ❑ 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.

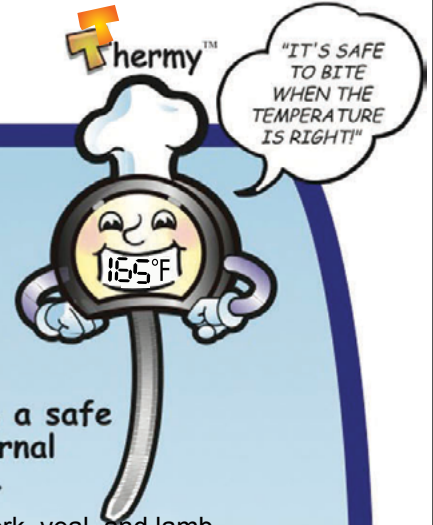


*Kids, start at the star and connect the dots to reveal the hidden image.*



# Hey Kids ...

## hermy™ 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, pork, veal, and lamb steaks, roasts, and chops, with a 3-minute “rest-time” after removal from the heat source.

160 °F - Ground beef, pork, veal, and lamb. 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.

I T M E A T T S S A F A H F E  
T E O B I T E W H E N I A E T  
H M P S Y M R E H T E R R E T  
E P M A E C P E R A T E M B T  
U E R E O S I S L H R T F R I  
G R H O T S U E E W C U O M  
D A K K Y P F R G L C A L L N  
H T W Q Y T M R I R F B W D R  
T U H D O O U M E V V M A U K  
W R M V M B E L O R E S S A C  
U E E E M C F R H R V X H X E  
V R T A O O A M T G L K U D W  
S E H L O D A M E K P R Y H R  
R M O D R S V S T U F F I N G  
C R U A F H M D J H C R Z J P

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



# When in Doubt, Throw it Out!

## Remember: YOU have the power to

# Fight BAC!<sup>®</sup>

## and keep your food safe!

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



nalec

\_\_\_\_\_

ckoo

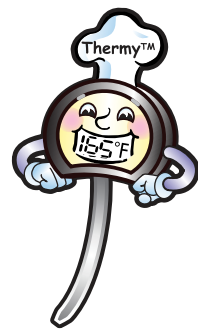
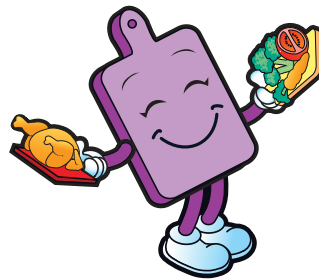
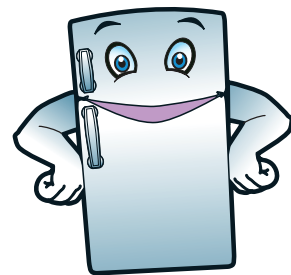
\_\_\_\_\_

lich

\_\_\_\_\_

apretase

\_\_\_\_\_



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

Answers: nalec = clean, ckoo=cook, lich=chill, apretase=separate

# 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



**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!

**KEEP YOUR DISTANCE**

**What do you get when you cross a tomato with raw meat?**  
Cross-contamination! Yuck — don't do it!

**What's the difference between a gel 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 mix 10 live finlers, warm water, and soap?**  
Clean hands!

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

**Clean them before! Get bacteria off your counters!**

**Knock knock. Who's there? Temper. Temper who?**  
Temperature counts! Cook your burritos to 160° and chicken breasts to 165°.

**Knock knock. Who's there? Get back. Get back who?**  
Get bacteria off your counters! Clean them before preparing food!

**ALL WASHED UP!**

# Cross the USA

## The Food Safe Way



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?

**Finish**



### 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



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.

KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at [FoodSafety.gov](https://www.foodsafety.gov)

Visit [AskUSDA.gov](https://www.asksd.gov) or [FoodSafety.gov](https://www.foodsafety.gov)  
for food safety information.

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

**FDA Food Information Line**  
1-888-SAFEFOOD (1-888-723-3366)

Check your steps at [FoodSafety.gov](https://www.foodsafety.gov)