

Today in

NUTRITION CLASS

Your child learned about...

Food Safety

Wash
Wash
wash your hands!

To protect you and your family from **food-borne illnesses** (food poisoning), understand and follow these four words:

1. **Clean**—Wash hands before touching food. Clean surfaces, utensils, food containers, and dishes. Wash all fruits and vegetables.
2. **Separate**—Keep raw meat, which can have many harmful germs, separate from all foods that are not going to be cooked.
3. **Cook**—Cook foods to a high enough temperature to kill germs throughout the food.
4. **Chill**—Keep all perishable foods in the refrigerator or freezer. Follow the two-hour rule: If food has been out of the refrigerator for more than two hours, throw it out.

Washing your hands is the best way to protect yourself from germs. Follow these steps for germ-free hands:



4 Scrub your hands.



1 Turn on the water.



5 Rinse your hands.



2 Wet your hands.



6 Dry your hands.



3 Apply soap.



7 Turn water off with the towel.

Family CHALLENGE

Have a family discussion of what you do to keep your food safe and why. Be sure that both children and adults participate in the conversation.

Write your own challenge: _____

Get your GROOVE On

Play WHACK a GERM!

One person is the leader and calls out a safe or unsafe food practice. The rest of the family has to jump up if the practice is safe or fall down (as if they were whacked) if the practice is unsafe.

LEARN more here

- **Fight Bac:**
www.fightbac.org
- **Food Safety:**
www.foodsafety.gov
- **Hand-washing with Soapy the Germinator**
<https://www.youtube.com/watch?v=cWISRb2RMbs>