HOW "FOOD SAFETY SAVVY" ARE YOU?

Read the following statements and determine if each is a myth or fact. Circle your answer.

1. Tasting food is a good way to tell if it's safe.   Myth or Fact?

2. Never put cooked meat back on a plate that held raw meat.   Myth or Fact?

3. It's OK to let foods sit out on a counter or in a turned-off   Myth or Fact?
   microwave to thaw.

4. You should always wash meat, poultry, or seafood before cooking.   Myth or Fact?

5. Food needing to be cooled should be put in the refrigerator as   Myth or Fact?
   soon as possible.

6. Eating raw cookie dough can make you sick.   Myth or Fact?

7. It's best to marinate meat, poultry or seafood at room   Myth or Fact?
   temperature.

8. Leftover marinade should be cooked to a boil before being eaten.   Myth or Fact?

9. It's OK to eat meat, poultry, seafood or eggs very rare, as long as it   Myth or Fact?
   has been cooked a little bit.

10. It's important to always wash hands before cooking, serving, or   Myth or Fact?
    eating food.

HOW "FOOD SAFETY SAVVY" ARE YOU?

Read the following statements and determine if each is a myth or fact. Circle your answer.

1. Tasting food is a good way to tell if it's safe. **Myth** or Fact?

   Why? You can't taste the bacteria that can cause food poisoning and even a tiny amount of contaminated food can cause illness. Throw away food that has been stored too long. Here are some basic guidelines. http://www.foodsafety.gov/keep/charts/

2. Never put cooked meat back on a plate that held raw meat. Myth or **Fact**?

   Why? Germs from the raw meat will still be on the plate and can easily be passed to the cooked meat.

3. It's OK to let foods sit out on a counter or in a turned-off microwave to thaw. **Myth** or Fact?

   Why? Bacteria that causes food poisoning can grow very quickly. The ways to thaw food safely are in the refrigerator, in a microwave set on low or thaw, or in cold water.

4. You should always wash meat, poultry, or seafood before cooking. **Myth** or Fact?

   Why? Washing raw meat or poultry can spread bacteria to your sink, countertops, and other kitchen surfaces.

5. Food needing to be cooled should be put in the refrigerator as soon as possible. Myth or **Fact**?

   Why? Bacteria that can make you sick can grow in some foods within two hours if you don't put it in the refrigerator. It can happen even faster in foods over 90 degrees.

6. Eating raw cookie dough can make you sick. Myth or **Fact**?

   Why? Uncooked eggs can contain salmonella or other sources of food poisoning. Eggs should always be cooked before you eat them, even in cookie dough.

7. It's best to marinate meat, poultry or seafood at room temperature. **Myth** or Fact?

   Why? Harmful germs can grow very quickly in meat, poultry, or seafood. As with storing or thawing, it should be done in the refrigerator.

8. Leftover marinade should be cooked to a boil before being eaten. Myth or **Fact**?

   Why? The germs from the raw meat can get into marinade while soaking and then spread to other foods. Marinade should be thrown away or brought to a boil just before using.

9. It's OK to eat meat, poultry, seafood or eggs very rare, as long as it has been cooked a little bit. **Myth** or Fact?

   Why? Cooked food is safe only after it has been heated to a high enough temperature to kill dangerous germs.

10. It's important to always wash hands before cooking, serving, or eating food. Myth or **Fact**?

    Why? Your hands touch a lot of things...including germs that can make you sick. It's important to always wash your hands for at least 20 seconds with soap and water before handling food.