



KEEPING YOUR FOOD SAFE

Worksheet

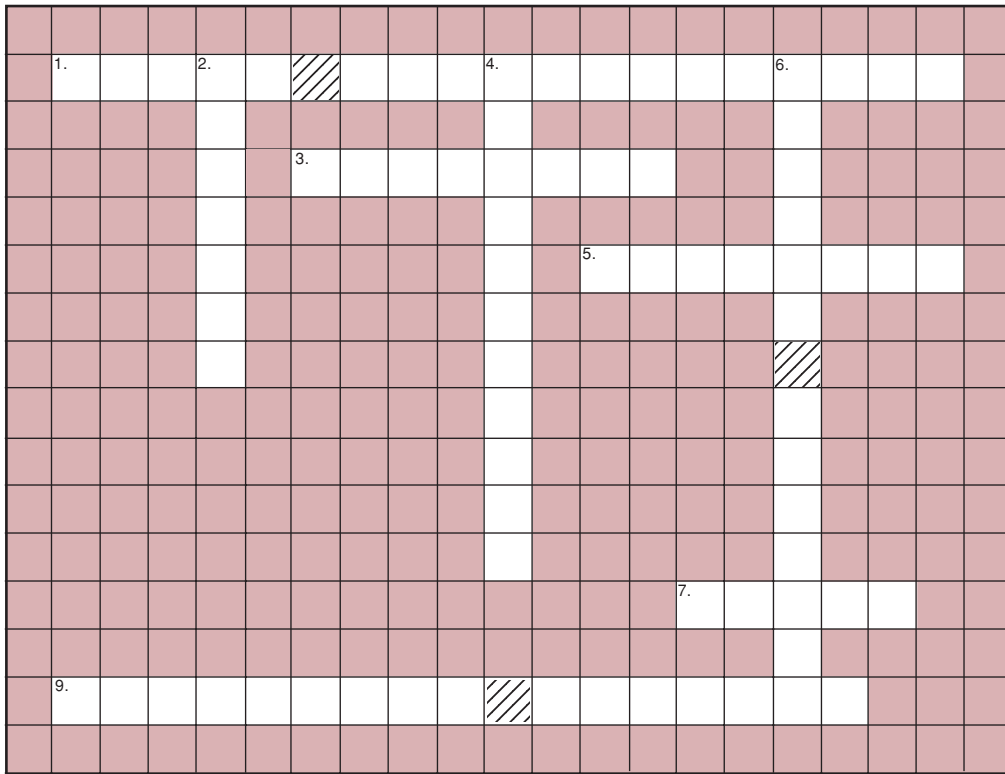
Lesson 5

Eat Healthy, Stay Fit

Please help us evaluate this lesson.

What mini goal(s) have you decided to work on?

After reading the Keep Your Food Safe lesson, answer the following crossword puzzle.



Across

1. What term is used for transfer of harmful bacteria to food from cutting boards?
3. What multiplies rapidly in the danger zone?
5. A bleach and water solution can be used to _____ washed surfaces, cutting boards and utensils.
7. What is the main vehicle for transmitting bacteria to foods?
9. Name a type of illness that has flu like symptoms.

Down

2. Store leftover foods in _____ containers.
4. What is the most accurate measure of thorough cooking?
6. Time you should spend washing hands before handling food?

Mini goal update:

Please tell us how you are doing on your mini goals from previous lessons.

For more information:

Check the items you want to receive.

- Take Out Foods Keeping Pot Luck Meals Safe

I have a question, please call me at this number: _____

Name: _____ Date: _____

Thanks for your help. Fold this sheet and it's ready to mail.



▼ FOLD HERE FIRST ▼

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▲ FOLD HERE LAST AND SEAL WITH TAPE. DO NOT STAPLE ▲