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EAT WELL, AGE WELL.

Happy Holidays!

December is the time of year when families get together to celebrate the holidays. It is a time of fun, laughter, and joy. During this time of being together families cook and bake all kinds of delicious festive foods. However, the festivities could quickly turn sour if your loved ones end up getting sick due to abused food safety practices. That is why it is especially important during this time to be careful. Here are some quick and simple tips to keep you and your family healthy during your celebrations!

- Be sure to wash your hands thoroughly before, during, and after food preparation.
- Keep surfaces such as counters and cutting boards clean as well as utensils
- Keep hot foods at 140 degrees or above and cold foods at 40 degrees or below
- Don't keep perishable foods out for more than 2 hours
- Defrost foods in the refrigerator or the microwave rather than on the counter
- Use a food thermometer to check the temperatures of your foods

WEEKLY CHALLENGES

INCORPORATE FRUITS AND VEGGIES INTO YOUR FAMILY GATHERING DISHES!

REMAND YOURSELF TO WASH YOUR HANDS EVERY TIME YOU GO TO THE BATHROOM, COOK, AND EAT FOOD.

KEEP YOUR RAW MEATS AWAY FROM OTHER FOODS.

eatright.org; fda.gov

Holiday Food Safety

Write the letter of the correct match next to each problem. Have fun and good luck!

Created on TheTeachersCorner.net Match-up Maker

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|-----|-------------------|--|
| 1. | _____ wash | a. You should always _____ your hands before, during, and after cooking. |
| 2. | _____ perishable | b. When food becomes _____ (raw or cooked) be sure to throw it out. |
| 3. | _____ thermometer | c. Ingredients like eggs are very common in holiday dishes, however, they can carry salmonella. Buy _____ eggs; they are taste the same, but do not carry disease. |
| 4. | _____ pasteurized | d. Helping in the kitchen is fun, but too many _____ in the kitchen at one time can lead to accidents and cross contamination. |
| 5. | _____ uncooked | e. Along with eggs all _____ can carry germs that cause food poisoning, so be careful to cook them properly! |
| 6. | _____ bacteria | f. All surfaces should be kept clean, and _____ foods should be put away, they cannot be kept out for morethan 2 hours. |
| 7. | _____ preparation | g. Do not combine raw and cooked foods anywhere in the _____ process as this leads to cross contamination. |
| 8. | _____ old | h. A temperature gage or food _____ should be used to ensure food is cooked thoroughly. |
| 9. | _____ meats | i. Keeping clean hands and surfaces reduce the amount of _____ that grows and lowers the chance for foodborne illness or cross contamination. |
| 10. | _____ cooks | j. Salmonella is found in eggs, and flour can carry E. Coli, so this baking season use caution and resist trying _____ batter. |