	for Parents for Kids	for Teens For Educators
		Q
KidsHealth / Parents / Food Safety		MORE ON THIS TOPIC FOR:
Food Safety		Parents Kids Teens
Reviewed by: <u>Mary L. Gavin, MD</u>		Food Safety: Fruits & Vegetables
ΑΑΑ		E. Coli Infections: Diarrhea
		Campylobacter Infections
Food safety means knowing how to buy, prepare, and store food to prevent the spread of harmful bacteria that cause foodborne illnesses, like <u>Salmonella</u> and <u>E. coli</u> .		Salmonella Infections
		Food Poisoning
		View more

Here are more ways to make sure your kitchen and the foods you prepare in it are safe.

handling raw meat, poultry, fish, or eggs. Use separate cutting boards for meat and

produce, and separate plates and utensils for cooked and raw foods.

Buying Food

Put refrigerated items (such as meat, dairy, eggs, and fish) in your cart last. Keep meats separate from produce and other items you eat raw. If your drive home is longer than 1 hour, consider putting these items in a cooler or insulated bag to keep them fresh.

When purchasing packaged meat, poultry, or fish, check the expiration date on the label. Even if the expiration date is still good, don't buy fish or meats that smell or look strange.

Also check eggs before buying them. Make sure the eggs are clean and without any cracks.

Don't buy:

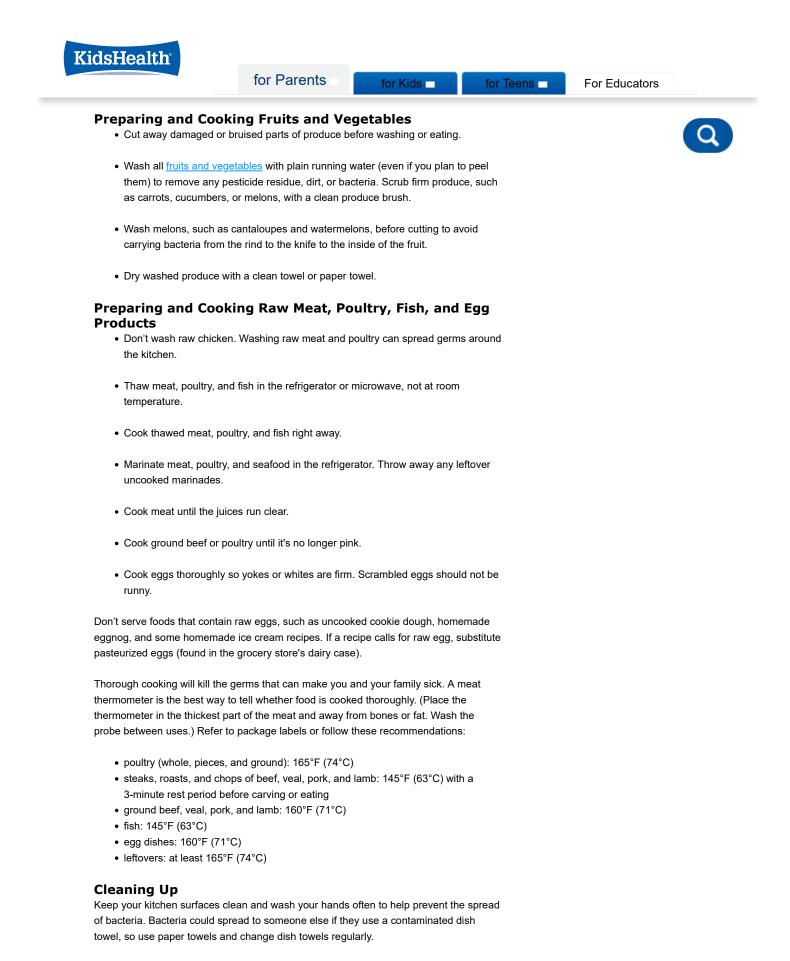
- · fruit with broken skin
- · unpasteurized ciders or juices
- · pre-stuffed fresh turkeys or chickens

Refrigerating and Freezing

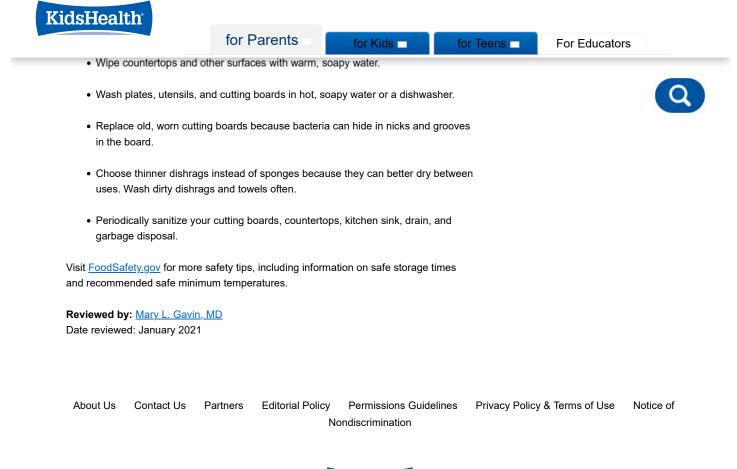
Set your refrigerator to 40°F (5°C) and your freezer to 0°F (–18°C) or lower. These chilly temperatures will help keep any bacteria in your foods from multiplying. If your refrigerator doesn't have a thermostat, use an appliance thermometer to be sure the fridge and freezer are at the right temperatures.

Put away refrigerated and frozen food first. Here are some quick tips to remember for foods that need to be kept cool:

- Keep eggs in the original carton on a shelf in your refrigerator (most refrigerator doors don't keep eggs cold enough).
- Put meat, poultry, and fish in separate plastic bags so that their juices don't get on your other foods.



Follow these tips when cleaning up after meals:





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Food Safety Post Test – March 2023

Please keep this test and certificate in your files for Licensing. You do not need to send it in to our office or the State.

- 2. Use separate cutting boards for meat and produce, and separate plates and utensils for ______ and _____ foods.
- 3. If the expiration date is good you can buy fish or meats that smell or look strange.

True or False?

- If your refrigerator doesn't have a thermostat, use an appliance thermometer to be sure the fridge and freezer are the right ______.
- 5. Put meat, poultry and fish in ______ plastic bags so that their juices don't get on your other food.
- 6. Wash melons before cutting to avoid carrying bacteria from the ______ to the knife to the inside of the fruit.
- 7. Washing raw meat and poultry can spread germs around the kitchen. True or False?
- 8. A ______ is the best way to tell whether food is cooked thoroughly.
- 10. Choose thinner dishrags instead of ______ because they can better dry between uses.

February 2023 Quiz Answers. 1. Proteins 2. Immune System 3. True 4. Anaphylaxis 5. Prescription Medicine 6. Food Label 7. False 8. Utensils/Cookware 9. Childcare Supervisor 10. Preparation/Prevention



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March 2023: Food Safety

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This Family Day Care Provider supports the commitment to Quality Child Care as demonstrated by completion of this course

Given this date _____

Chialach luth

Elizabeth Curtis Training Coordinator Southwest Human Development Services

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