Georgia Department of Agriculture
Commissioner Gary W. Black

Food Safety:
The Key Ingredient
Kids Coloring & Activity Book

The Georgia Department of Agriculture wants all kids to remember food safety as a key ingredient! There are four important steps to remember:

Step 1: Clean. Wash hands, counter tops, cutting boards and utensils before and after fixing food. Use warm, soapy water.

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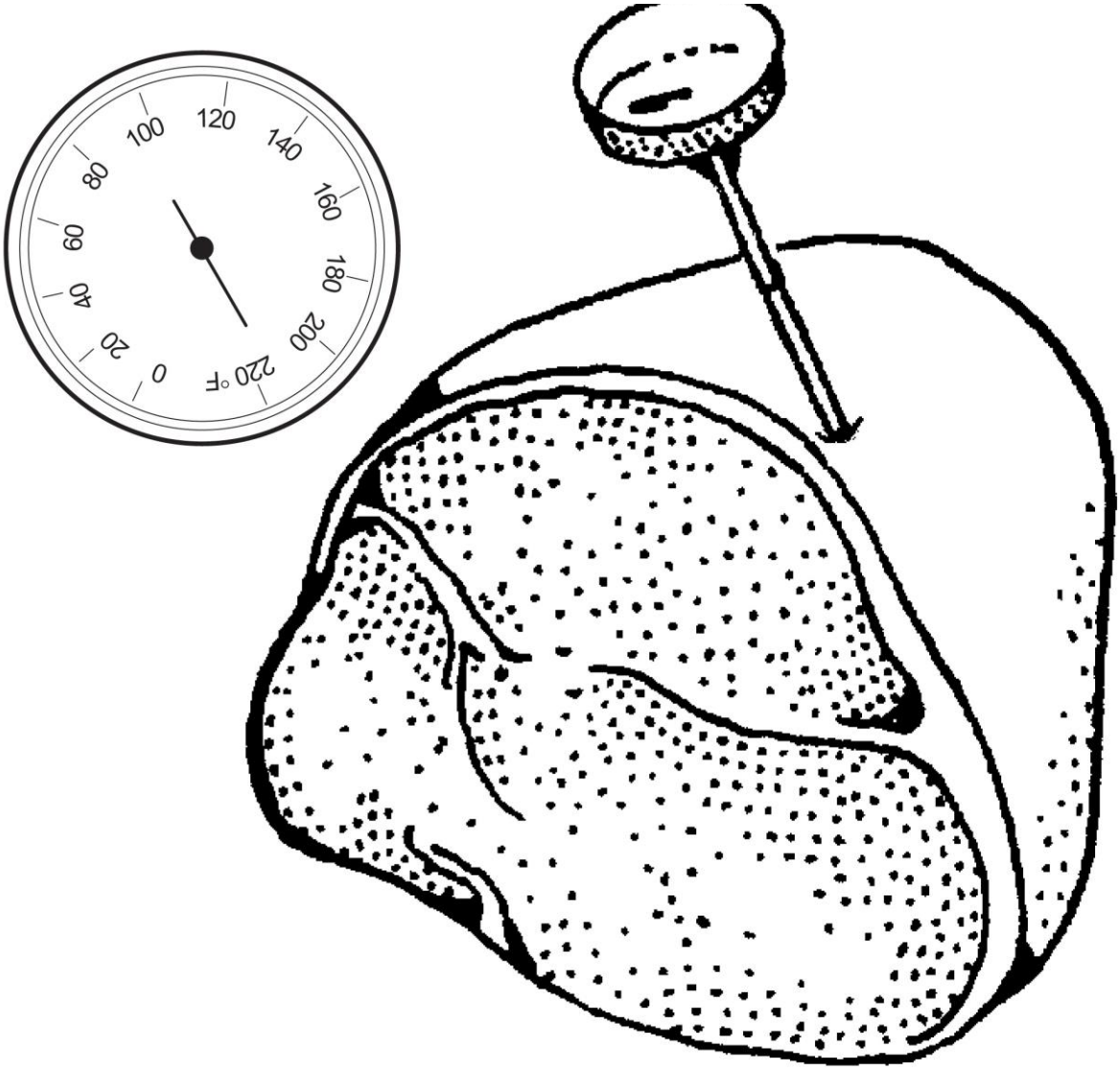
Step 2: Cook. Cook meats, poultry and seafood to proper temperatures. Remember to reheat leftovers properly, too! Use a food thermometer to be sure.



Temperature Quick Guide:

165°F = All poultry, leftovers, food cooked in the microwave, stuffing, and casseroles.

160°F = Hamburger, meatloaf and other ground meat.

145°F = Whole muscle cuts of meat, fin fish, and fresh shell eggs broken, cooked and served immediately.

140°F = Ham or other fully-cooked roasts, fruits and vegetables that are cooked.

Step 3: Separate. Keep raw and cooked foods apart to prevent cross contamination. Separate raw meat, poultry, and seafood from raw fresh fruits and vegetables.

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Step 4: Chill. Always keep cold foods cold (and hot foods hot). Remember the "2 hour rule" and don't leave perishable foods unrefrigerated for more than two hours.

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GOOD CLEAN FUN

Number the steps of proper hand washing shown in the pictures below.

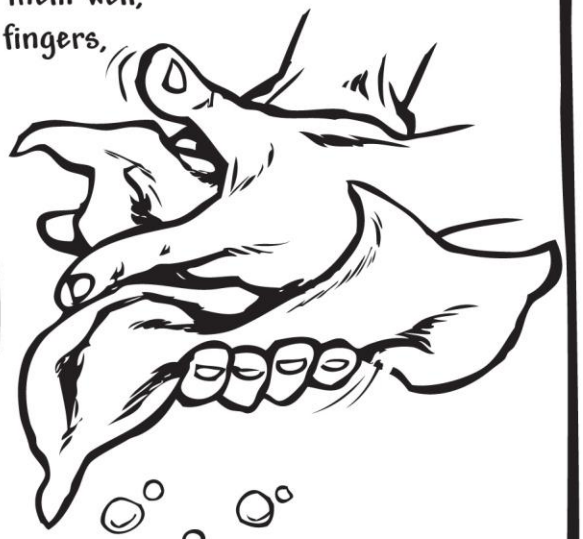
1: Wet your hands with clean, warm running water and apply soap.

2: Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.

3: Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4: Rinse your hands well under running water.

5: Dry your hands using a clean towel or dry by air.



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Food Safety Word Search

U	C	L	M	N	F	K	O	Z	S	A	M	P
A	I	O	Q	E	O	E	K	M	X	J	V	X
S	W	V	O	X	O	Y	L	D	R	M	P	A
E	R	M	U	K	D	I	M	L	I	C	V	L
P	Y	T	E	M	S	N	W	R	Z	N	O	H
A	H	F	O	D	A	G	N	E	B	V	U	N
R	A	Y	I	Q	F	R	G	R	N	L	A	R
A	T	O	K	E	E	E	N	X	Q	E	U	L
T	E	R	H	O	T	D	U	L	L	C	E	Y
E	O	W	U	F	Y	I	B	C	O	L	D	G
B	I	V	E	L	X	E	U	H	J	O	W	Z
P	Q	R	S	A	F	N	I	M	W	T	E	X
Z	A	N	M	B	E	T	U	N	Z	E	N	D

Circle the following words:

Food Safety
Key Ingredient
Separate
Cook
Clean
Cold
Hot

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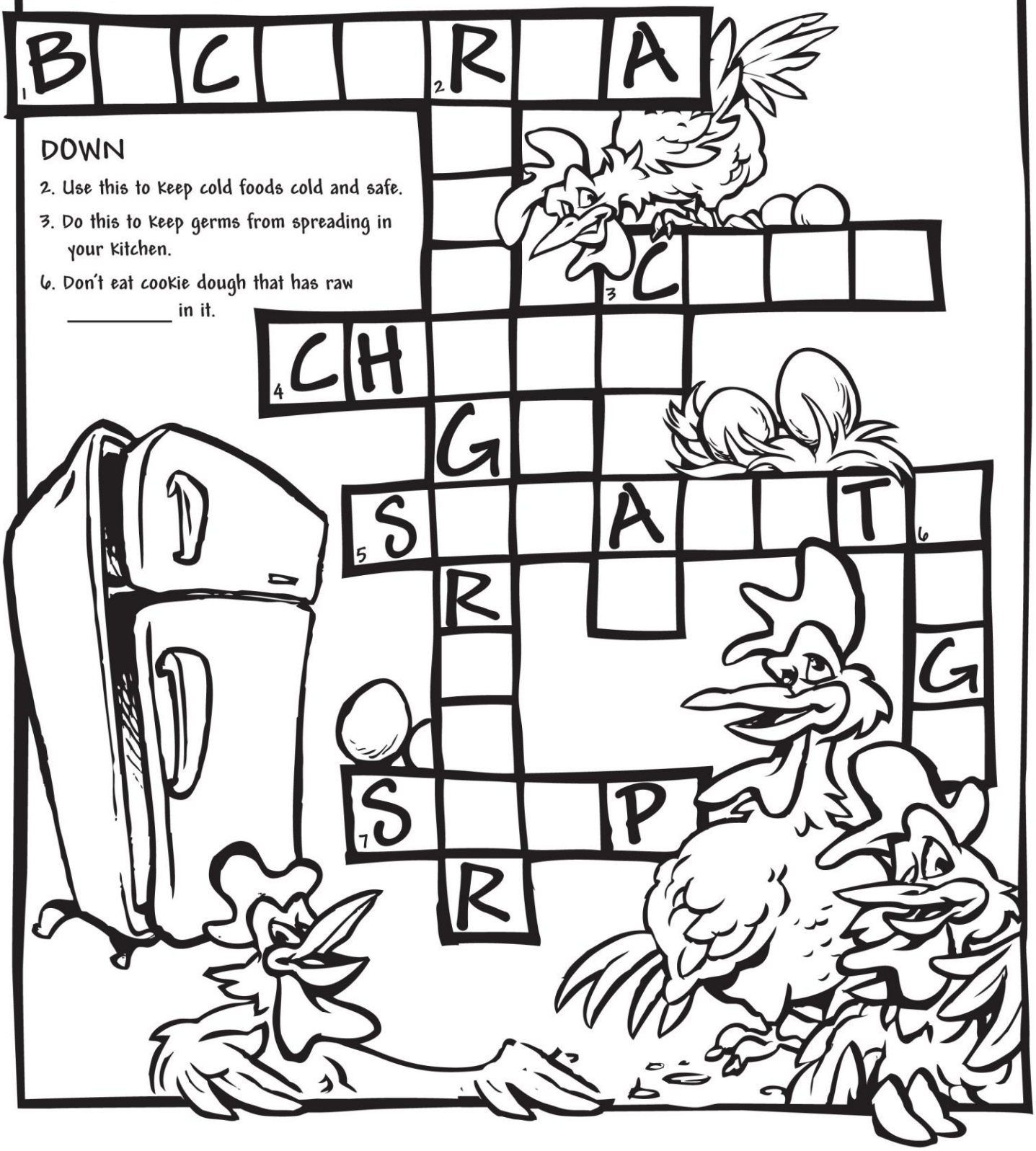
FOOD SAFETY CROSSWORD

ACROSS

1. This can contaminate your food and make you sick.
3. Using heat to make foods safe and tasty.
4. What you do to help your lunch "be cool."
5. What you do when you keep raw meat away from other food.
7. Wash your hands for at least 20 seconds using _____ and running water.

DOWN

2. Use this to keep cold foods cold and safe.
3. Do this to keep germs from spreading in your kitchen.
6. Don't eat cookie dough that has raw _____ in it.



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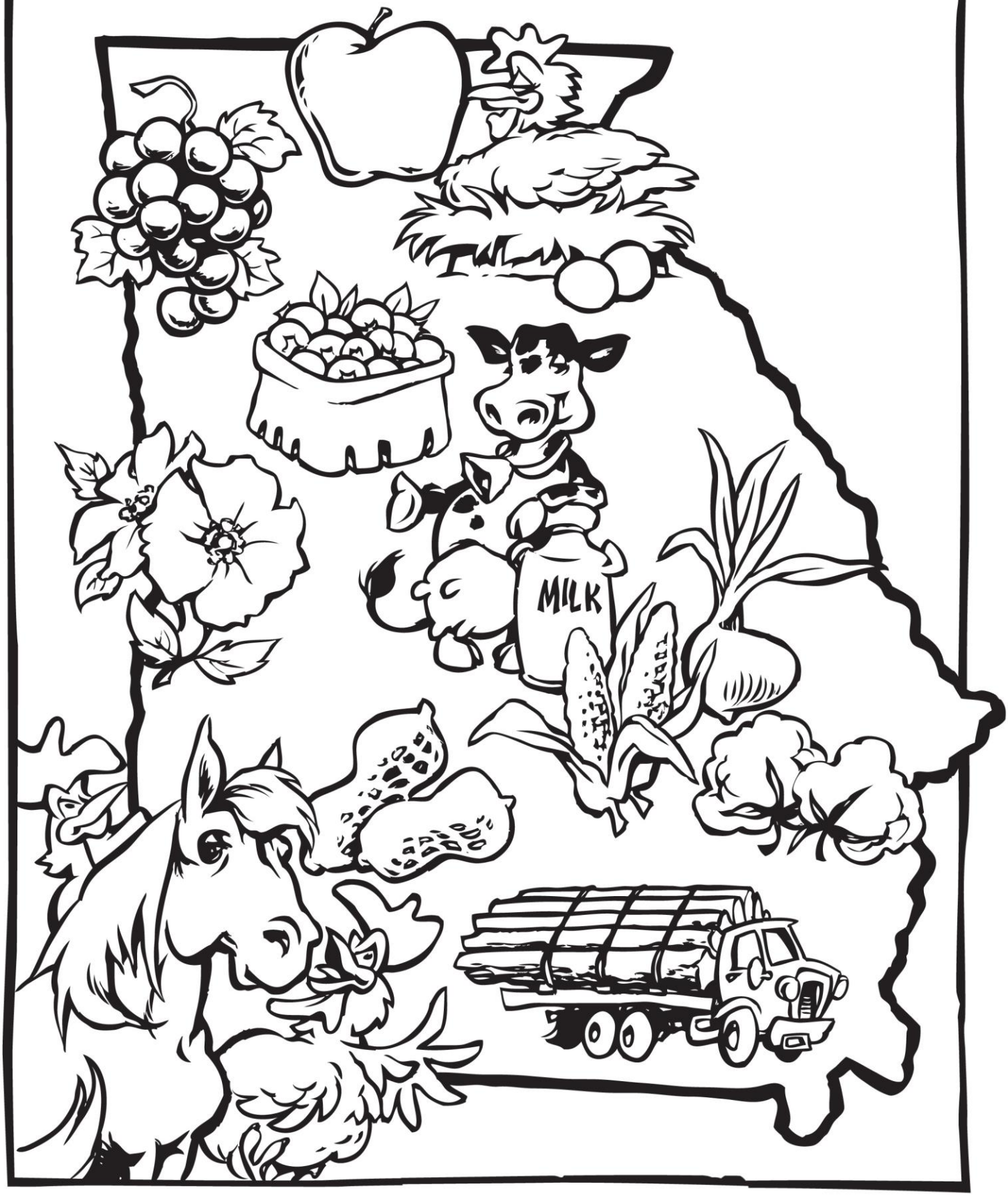
Farmers grow food all over Georgia. Color this map of Georgia, and circle the things that grow where you live.



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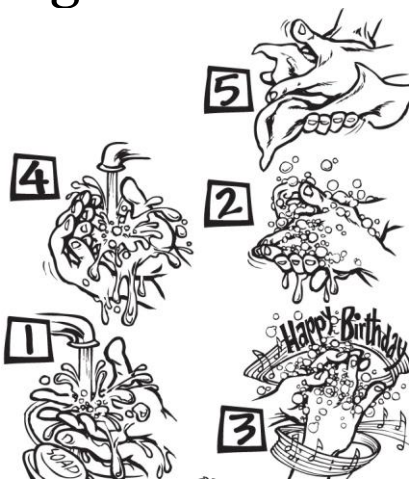
Answer Key

Proper hand washing:



Crossword puzzle:

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BACTERIA
      E
      F
      R  C
   CHILL
      G  E
    SEPARATE
      R  N    G
      A       G
      T       S
    SOAP
      R
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