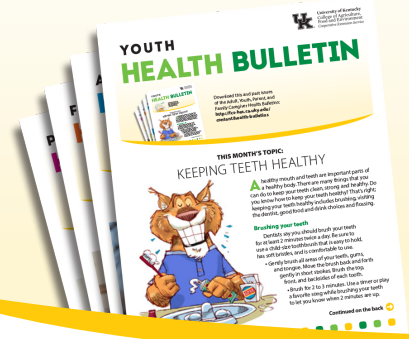


# YOUTH HEALTH BULLETIN



SEPTEMBER 2023

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## THIS MONTH'S TOPIC:

# BE A SAFE FOOD FAN!

**A**s you are getting older, you are learning more skills that help you do things for yourself. Learning to cook food is a good skill to learn. It is important to make safe choices in the kitchen, to keep yourself safe and healthy.

You need to prepare and store foods in certain ways. You need to keep them fresh and free from germs that could make you or your family sick. When too many germs are allowed to grow on food, it makes us sick. And that is no fun for anyone.

Continued on the next page ➔



a **GOOD COOK** always starts WITH **CLEAN HANDS!**



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→ Continued from the previous page

## You can be a Safe Food Fan by following four rules in the kitchen:

- 1. Clean:** Wash hands, utensils, and surfaces before starting to prepare food, and after cooking. Germs can spread and survive in many places.
- 2. Separate:** Raw meat, poultry, seafood, and eggs can spread germs to other food, so keep them apart in your grocery cart, in the fridge, and while cooking. Always store cooked and uncooked meat, poultry, seafood, and eggs apart as well.
- 3. Cook:** Food is safely cooked only when the inside temperature is high enough to kill germs that can make you sick. See the safe cooking temperatures list below for what temperature to cook meat, seafood, chicken, and other foods. Ask a grown-up to help you use a food-safe thermometer to check the temperature on cooked meats and reheated foods to make sure they are hot enough to kill germs before serving.
  - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160 degrees F for ground meats, such as beef and pork



- 165 degrees F for all poultry, including ground chicken and turkey
- 165 degrees F for leftovers and casseroles
- 145 degrees F for fresh ham (raw)
- 145 degrees F for fin fish, or cook until flesh is opaque

- 4. Chill:** Quickly refrigerate food that will spoil. Germs that cause food poisoning spread quickest between 40 degrees F and 140 degrees F. That zone includes the temperature outside of your fridge and when food is not being cooked. Do not let foods sit out on the counter or table for a long time. If food is not being cooked or served and eaten, you need to put it away.

You can learn new cooking skills in the kitchen and whip up delicious food for yourself and your family to eat by following food safe rules. Help your family members to do the same!

#### REFERENCE:

<https://www.planeatmove.com/eat-well/food-safety-basics>

## ADULT HEALTH BULLETIN

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