Cold Pizza for Breakfast

MyPyramid Food Safety Tips for Teens and Tweens Who Cook

You can get sick from a foodborne illness when you eat unsafe food!

Foodborne Illness Facts

Each year in the United States, 76 million people become sick from foodborne illnesses and 5,000 people die.

Some possible signs and symptoms you have a foodborne illness include:

• Upset stomach
• Fever
• Diarrhea
• Vomiting
• Dehydration (sometimes severe) from losing bodily fluids
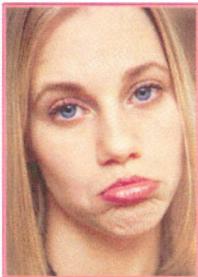
It can take ½ hour to 6 weeks to become sick from unsafe foods. You usually feel OK right after eating and become sick later.

You can't always spot spoiled food by using sight, smell and taste. A "tiny taste" may not protect you — as few as 10 bacteria could make you sick!

Increase your chances of preventing foodborne illness! For home-cooking, MyPyramid recommends…

1. Clean
2. Separate
3. Cook
4. Chill

Clean

Before you start to cook, CLEAN hands and food-contact surfaces. Handwashing is the most effective way to stop the spread of illness.

Wash cutting boards, knives, utensils and counter tops with hot soapy water after preparing each food and before going on to the next. Avoid spreading bacteria! Use paper towels or clean dishcloths to wipe up kitchen surfaces or spills. Dirty dishcloths spread bacteria.

Clean fruits and vegetables under clean, running water just before preparing or eating. Avoid washing raw meat and poultry to reduce the danger of cross-contamination. Bacteria present on the surface of meat and poultry can be spread to ready-to-eat foods, kitchen utensils and counter surfaces.

Clean — Wash hands and surfaces often.
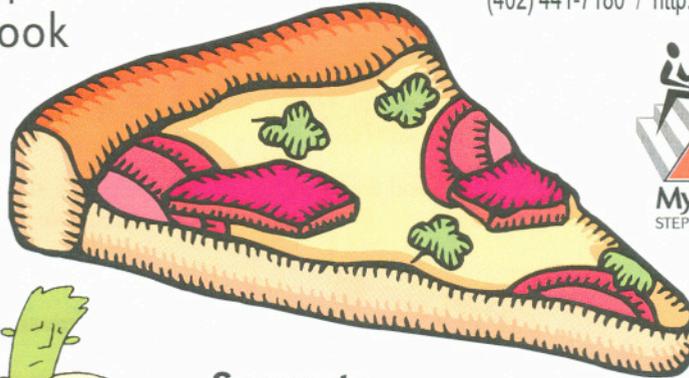
Separate

SEPARATE raw, cooked, and ready-to-eat foods while shopping, preparing or storing foods. This prevents bacteria on one food from making another food unsafe to eat!

Use different cutting boards. Use one cutting board for raw meat, poultry and seafood ... and a separate one for fresh produce.

Use clean plates. NEVER serve foods on a plate that previously held raw meat, poultry or seafood unless the plate has first been washed in hot, soapy water.

Separate — Don't cross-contaminate.

Cook

COOK foods to a safe temperature to kill bacteria. You can't tell by looking at food if it is safe to eat — 1 out of 4 hamburgers turns brown before it has been cooked to a safe internal temperature.

The ONLY way to know food has been cooked to a safe internal temperature is to use a food thermometer. There are many types of food thermometers. Read the instructions for YOUR thermometer. To place a food thermometer:

• Place in the thickest part of food.
• Do NOT touch bone, fat, or gristle.
• Begin checking temperature toward the end of cooking, but before the food is expected to be "done."
• For irregularly shaped food, check the temperature in several places.

Cook — Cook to proper temperatures.

Steaks & Roasts	Fish	Pork	Ground Beef	Egg Dishes	Chicken Breasts	Whole Poultry
145 °F	**145 °F**	**160 °F**	**160 °F**	**160 °F**	**165 °F**	**165 °F**

For more information about using food thermometers, visit this Web site, www.IsItDoneYet.gov

Chill

CHILL (refrigerate) "perishable" foods promptly and defrost foods properly. The following foods are "perishable" and spoil more readily:
- Meat, poultry, fish, eggs, tofu
- Pasta, rice, cooked vegetables
- Fresh, peeled/cut fruits and vegetables
- Dairy products

Refrigerate perishable foods so TOTAL time at room temperature is less than TWO hours (only ONE hour when temperature is above 90 degrees F). Bacteria multiply rapidly between 40 and 140 degrees F. Even if you heat perishable food left out too long, some bacteria can form a heat-resistant toxin which cooking won't destroy — and could make you sick.

Cool food in shallow containers — limit depth of food to 2 inches or less. It's OK to refrigerate foods while they're still warm. Leave container cover slightly cracked until the food has cooled.

Recommended temperature for refrigerators is 40 degrees F and for freezers, 0 degrees F. Place an appliance thermometer in the refrigerator AND freezer! Check temperature regularly.

Chill
Refrigerate Promptly

A multiplication quiz
The number of bacteria can double in 20 minutes!

How many bacteria will grow from 1 BACTERIA left at room temperature 7 hours?

Answer: 2,097,152!

0°F   40°F

Plan ahead to defrost foods. The best way to thaw perishable foods is in the refrigerator! Refrigerated leftovers may become unsafe within 3 to 4 days.

When in doubt, toss it out!

Game: Keep or Toss

Should you KEEP or TOSS ...

1. Tacos left on the kitchen counter overnight?
2. Hamburger thawed all day on the kitchen counter?
3. Leftover pizza which was stored in the refrigerator within TWO hours after it was served?
4. Cut or peeled fruits and vegetables left at room temperature for more than TWO hours?
5. Leftovers kept in the refrigerator for over a week?

1. Toss! 2. Toss! 3. Keep! 4. Toss! 5. Toss! 6. Toss!