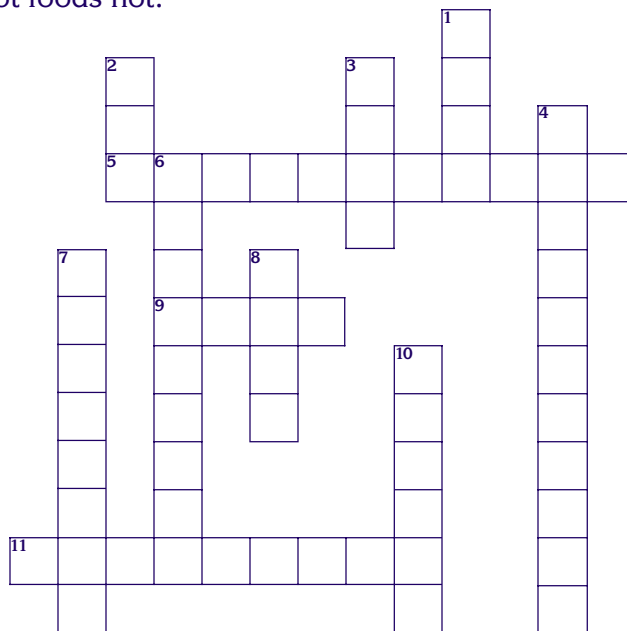
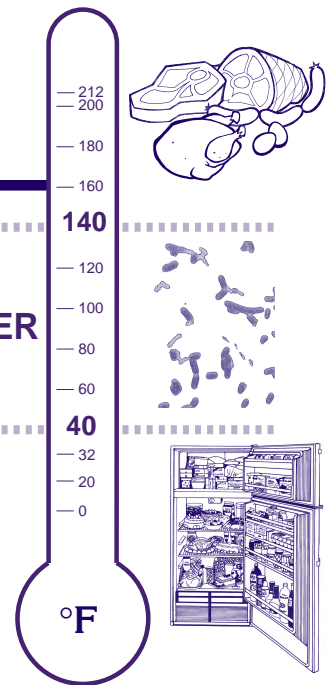


# Cook It SAFELY

- Keep food safe from bacteria.
- You can't see, smell, or taste bacteria, but they can be on and in your food and make you sick.
- Cooking your food destroys the bacteria.
- Bacteria grows rapidly in the "Danger Zone", the temperatures between of 40 °F and 140 °F.
- Take your food's temperature by using a food thermometer.
- Make sure your thermometer is clean. Wash it after every time you take a temperature.
- A hamburger's temperature should be 160 °F.
- Make sure your leftovers are safe. Reheat them to 165 °F.
- Be sure sauces, soups, and gravies come to a boil.
- Let food sit for a few minutes after cooking in a microwave.
- For food safety, keep hot foods hot.

## THE DANGER ZONE



### DOWN

1. Keep food \_\_\_\_\_ from bacteria.
2. Keep hot foods \_\_\_\_\_.
3. \_\_\_\_\_ your food to destroy bacteria.
4. Use a food thermometer to take your food's \_\_\_\_\_.
5. Cook a \_\_\_\_\_ to 160 °F.
7. You can't see, smell, or taste them.
8. Not cooking food thoroughly can make you \_\_\_\_\_.
10. The temperatures between 40 °F and 140 °F are in the \_\_\_\_\_ zone.

### ACROSS

5. Make sure you clean it after every time you use it.
9. Sauces and soups need to come to a \_\_\_\_\_ to be safe.
11. After being cooked in a \_\_\_\_\_, allow food to sit for several minutes.