Hey Kids . . .

Thermy™

"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

Thermy Rules!

1. **Always use a food thermometer when you cook.**

A food thermometer will help you make sure your food has reached a high enough temperature to kill harmful bacteria.

2. **The color of cooked meat— whether it's pink or brown inside—can fool you.**

The only way to be sure cooked food is safe to eat is by using a food thermometer.

3. **Place the thermometer in the thickest part of most foods, away from any bones and fat.**

4. **Cook food to a safe internal temperature.**

145 °F—Beef, lamb, and veal steaks and roasts.
160 °F—Ground beef, pork, veal, and lamb. Pork chops, ribs, and roasts. Egg dishes.
165 °F—Ground turkey and chicken. Stuffing, casseroles, and leftovers.
170 °F—Chicken and turkey breasts.
180 °F—Chicken and turkey: whole bird, legs, thighs, and wings.

Temperatures are in degrees Fahrenheit (°F).

5. **Check the temperature in several places to be sure the food is cooked evenly.**

6. **Wash the food thermometer with hot, soapy water after using it.**

Unscramble each of the clue words. Copy the letters in the numbered cells to the other cells with the same number.

RETMRETMOHE   ☐☐☐☐☐☐☐☐☐☐☐
_5_   _2_ _4_

FODO   ☐☐☐☐

NIOKOGC   ☐☐☐☐☐☐☐

RURTEMPATEE   ☐☐☐☐☐☐☐☐☐☐☐
_8_   _6_   _3_

GERSEED   ☐☐☐☐☐☐☐
_1_ _7_

☐☐☐ ☐☐☐☐☐Y
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U.S. Department of Agriculture
Food Safety and Inspection Service
www.fsis.usda.gov/thermy

Answers: thermometer, food, cooking, temperature, degrees, get thermy