

## BE FOOD SAFE IN THE CLASSROOM

## 4 FOOD SAFETY PRINCIPLES

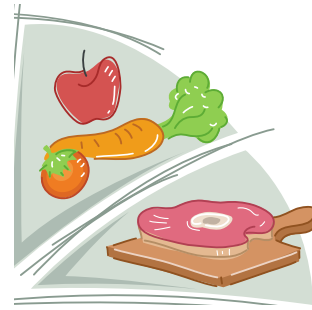


## CLEAN



- Wash hands often - always wash hands with soapy water, for at least 20 seconds, before and after handling any food.
- Wash surfaces and utensils after each use.
- Wash vegetables and fruit before preparing and eating.

## SEPARATE



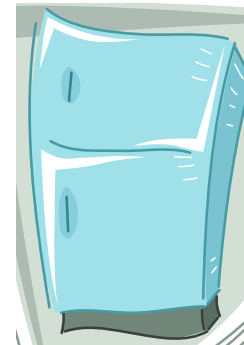
- Use separate cutting boards when preparing raw meats, poultry and seafood to prevent bacterial cross-contamination of other foods.
- Keep meat, poultry, seafood and eggs separate from each other and all other foods in the fridge.

## COOK



- Cook foods to the proper internal temperatures - use a meat thermometer to be sure.
- Keep cold foods cold at or below 4 °C (40 °F) and keep hot foods hot at or above 60 °C (140 °F).

## CHILL



- Refrigerate perishables, prepared foods and leftovers within 2 hours. Freeze any surplus foods so they don't spoil.
- Defrost frozen foods in the refrigerator or microwave, not on the counter.

Following these guidelines will lead to a safe and rewarding learning/cooking experience that will encourage students to build on their food skills for life.

[Learn more](#) about food safety