Never wash raw chicken. Washing raw meat and poultry can spread germs around the kitchen. Germs are killed during cooking when chicken is cooked to an internal temperature of 165°F (74°C). So washing doesn’t help.


Even though the kitchen might look clean, your hands, the countertops, and the utensils you use could still contain lots of bacteria that you can’t even see.

Always wash your hands with water and soap before preparing any food.

Keep raw meats and their juices away from other foods in the refrigerator and on countertops.

This resource has been created from information shared on https://kidshealth.org/en/teens/food-safety.html. Check it out for more directions on how to make sure you are staying food safe!