

# • FOOD SAFETY MATTERS •

For these tips and more check out: <https://kidshealth.org/en/teens/food-safety.html>

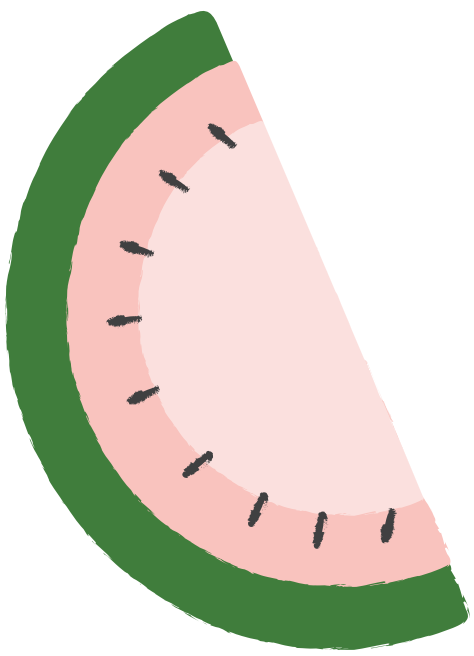
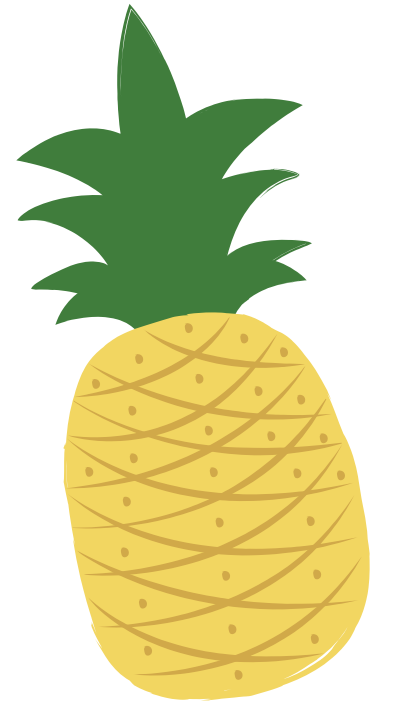
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## SMART SUPERMARKET SHOPPING

In your cart, separate any raw meat, fish, or poultry from vegetables, fruit, and other foods you'll eat raw.

Check eggs before buying them. Make sure that none of the eggs are cracked and that they are all clean.

Don't buy or use fish or meat that has a strong or odd odor. Follow your nose and eyes — even if the expiration date is okay, pass on any fresh food that has a strange smell or that looks unusual.



**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.

**Use a food thermometer when cooking meat and poultry.** Check out <https://kidshealth.org/en/teens/food-safety.html> for a listing of safe internal temperatures for different types of meat.

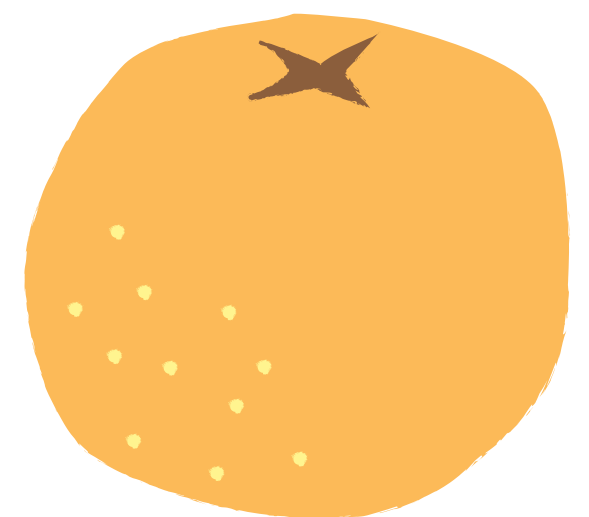
## IN THE KITCHEN

## CLEANING UP

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!