

You should always throw food away
If you drop food on the floor,
A wooden cutting board is
You need to wash raw
A beef steak is safe to eat
It's important to keep uncooked
If you eat once a day
If you eat carbs

- They are bad for you
- food below cooked food in your fridge.
- more hygienic than a plastic one.
- It's a good way to lose weight
- after the "best before" date.
- chicken before you cook it.
- it's safe to eat if you pick it up quickly
- if only the outside is brown.