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.