

Food Safety: Five Ways of Keeping Food Safe

Match the main idea with the supporting idea.

					
Main ideas	Keep clean.	Cook foods thoroughly.	Separate raw and cooked foods.	Keep food at safe temperatures.	Check the expiry date.
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Supporting ideas	Do not use the same knife or any other utensil for raw and cooked foods. Store and prepare meat, poultry, seafood and eggs separately from other foods to prevent cross-contamination.	Wash your hands thoroughly with soap before handling food.	Make sure that you eat the food in the cans, bottles and packages before the expiry date.	Make sure that meats, seafood and vegetables are completely cooked to kill the bacteria. Please bear in mind that bacteria can cause food poisoning.	Germs grow rapidly between 4°C and 60°C. Bacteria starts to enter food two hours after it is prepared.

Glossary: **Bacteria** are microscopic, single-celled organisms that thrive in diverse environments.

Temperature is an objective measurement of how hot or cold an object is.

