



“CHILL” IN THE BLANK

Use the word bank to complete the sentences below. Place the highlighted letters in the puzzle at the bottom of the page to reveal the mystery phrase.

WORD BANK:

- | | | | |
|--------------|------------|--------------|-------------|
| refrigerator | eat | instructions | food safety |
| below | chill | elderly | overstuff |
| microwave | cold water | rinsed | thermometer |
| clean | suds up | cold spots | |

- Start out with a work surface to avoid foodborne illness.
3 17
- It is best to use a food _____ to ensure your frozen food has reached a safe internal temperature.
2
- Follow stirring steps and standing times to avoid _____ in foods.
15 6
- After a meal, leftovers and unused food should go into the refrigerator to _____.
16
- Before cooking, _____ _____ your hands with warm water and soap for at least 20 seconds.
4 13
- Raw poultry and meat should not be _____ before cooking.
7
- Following all package cooking or recipe _____ _____ can ensure food is properly cooked.
18 5 12
- Your _____ should be kept _____ 40 °F to avoid the growth of harmful bacteria.
10 19
- Do not _____ your refrigerator! Cold air must circulate to keep food safe.
9
- The Core Four are steps to help you practice _____ .
- If thawing in _____ replace water every 30 minutes.
14
- If cooking food in the _____ follow the instructions on the package.
20
- One in six Americans get sick from foodborne illness each year. Children and the _____ are at the highest risk!
11
- Only _____ food that contains flour when it is fully cooked.”
1

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Learn more about food safety at StoryOfYourDinner.org

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