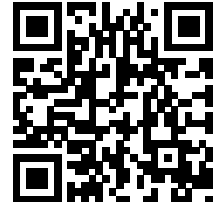


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Battling Foodborne Illnesses



In the world of food safety, one of the most important battles is against _____ illnesses. These are caused by consuming contaminated food, which can harbor dangerous _____, viruses, or parasites. The symptoms of a foodborne illness can range from mild discomfort to severe _____ and even hospitalization. To ensure the safety of what we eat, proper _____ practices must be followed, both in the kitchen and during the food preparation process. This includes washing _____ thoroughly, using clean utensils, and making sure that food is cooked to the right _____. Another crucial step is the proper storage of food. _____ that need to be refrigerated should not be left out for too long, as this can lead to the growth of harmful _____. It's also important to pay attention to _____ dates on packaged foods. Eating food past its expiration date can increase the risk of foodborne illnesses.

_____ on food safety is essential for everyone, from those who prepare food at home to the professionals in the food service _____. Simple actions, such as avoiding cross-contamination by keeping raw meat separate from other _____, can significantly reduce the risk of illness. Moreover, being aware of the most common sources of foodborne _____, like undercooked meat, unpasteurized dairy products, and contaminated fruits and _____, can help everyone make safer food choices. Finally, reporting suspected foodborne illness to health _____ can help prevent outbreaks and protect public health. By understanding and implementing food safety _____, we can all contribute to a healthier community.

- Foods
- hands
- groceries
- hygiene
- bacteria
- bacteria
- industry
- foodborne
- illnesses
- practices
- temperature
- Education
- expiration
- dehydration
- vegetables
- authorities