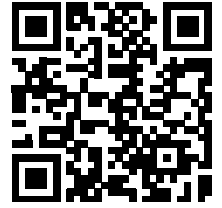


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Food Safety and Hygiene



In every _____, cleanliness is key to ensuring food safety and preventing illness. Bacteria and other harmful _____ can easily spread through unclean surfaces, utensils, and hands. It's essential to wash _____ thoroughly with soap and water before handling any food. Cross-contamination is a major concern, especially when dealing with raw _____. Separate cutting boards should be used for meat, vegetables, and other _____. Temperature plays a crucial role in food safety. Refrigerators should be set below 40°F to keep perishable items like dairy and _____ safe. Cooking food to the right temperature is equally important, especially for items like _____ and fish. The use of a food thermometer can be a great aid in this. Cleaning is not just about the tools and surfaces; it also includes the _____ of the kitchen. Regularly disinfecting countertops, stoves, and sinks is necessary. Don't forget to regularly clean the refrigerator and pantry, as these are common places for bacteria to _____. Proper storage of food is another critical aspect. Ensure that food is covered and stored in clean, dry _____. Lastly, understanding and following expiration dates helps in minimizing the risk of consuming spoiled _____. By adopting these practices, one can significantly reduce the risks associated with foodborne illnesses and enjoy a safe culinary _____.

ingredients

experience

environment

containers

hands

microorganisms

meat

thrive

kitchen

poultry

eggs

food