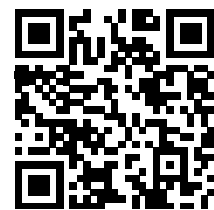


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Safe Food Storage Practices



In every kitchen, the importance of storage cannot be overstated. Proper food _____ is crucial for maintaining freshness and preventing contamination. Items like _____ should always be kept in the refrigerator, ensuring they are safe to consume. Fruits and _____, on the other hand, might require different conditions. For instance, while apples stay fresh in the _____, bananas thrive at room temperature.

It's also vital to separate _____ foods from cooked ones to avoid cross-contamination. This principle helps in keeping harmful _____ at bay. Containers play a significant role in this context; they should be _____ to keep food items fresh longer. Moreover, understanding the _____ dates on products aids in consuming them safely.

Temperature control is another cornerstone of food _____. The refrigerator should operate at or below 40°F (4°C), and the _____ at 0°F (-18°C). Such conditions slow down the growth of harmful _____. Regular cleaning of the storage areas, including shelves and _____, is imperative to maintaining a hygienic environment. Lastly, ensuring the kitchen is equipped with a good _____ system helps control humidity and temperature, further safeguarding against the growth of mold and bacteria.

Adopting these _____ can significantly reduce the risk of foodborne illnesses and promote a healthier lifestyle. It's not just about keeping food _____; it's also about respecting the process from farm to fork, understanding that good hygiene and storage go hand in hand in ensuring the _____ of those we feed.

- expiry
- airtight
- storage
- safety
- meat
- freezer
- bacteria
- ventilation
- microorganisms
- vegetables
- containers
- safe
- well-being
- raw
- fridge
- practices