

THE **story**
OF YOUR
dinner

PARENT QUIZ!
**TRUE
OR
FALSE?**

VEGETABLES

Order the 6 steps the vegetables take from the farm to your dinner table. Then color them!

☐ Freezing food kills bacteria, so it isn't that important to cook frozen vegetables.

☐ I eat a vegetarian diet, so I don't have to worry about food poisoning.

Turn your placemat upside down to learn the answers!

False! Bacteria can survive freezing temperatures, so freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper temperature is the best way to kill harmful bacteria. Be sure to follow package cooking instructions for safety and quality.

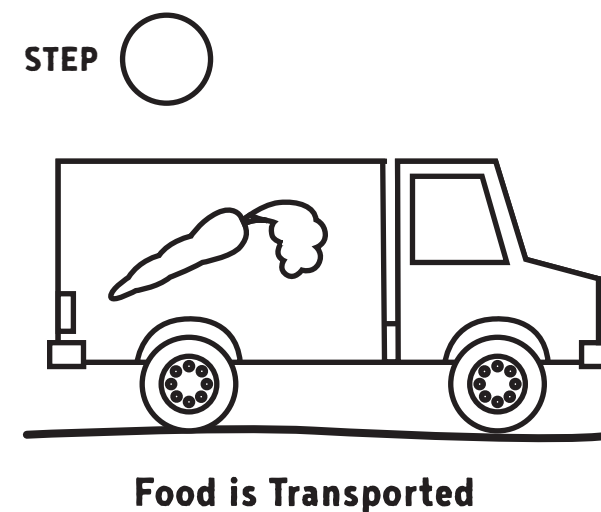
False! Fruits and vegetables are an important part of a healthy diet, and like other raw foods, they may carry a risk of foodborne illness. Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten.

STEP ☐



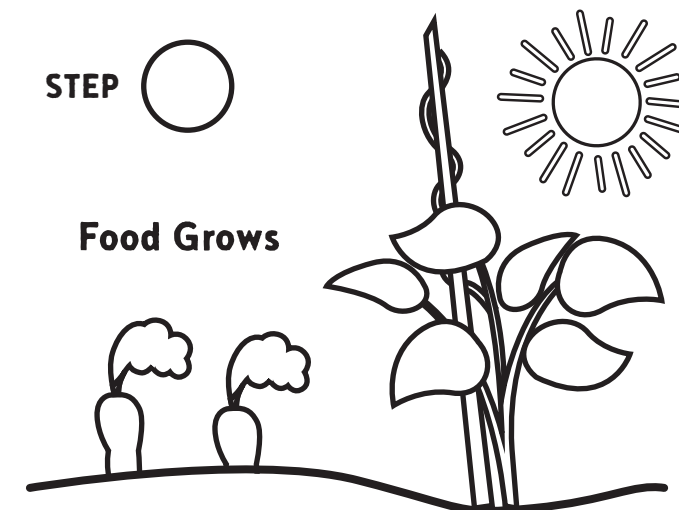
For Sale at your Grocery Store

STEP ☐



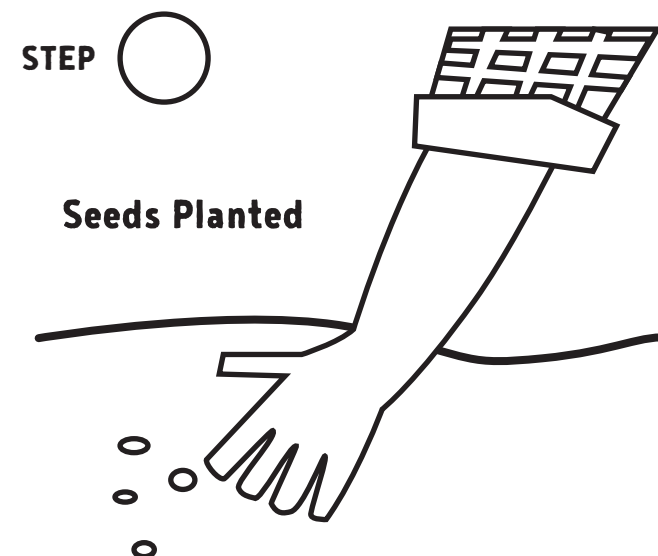
Food is Transported

STEP ☐



Food Grows

STEP ☐



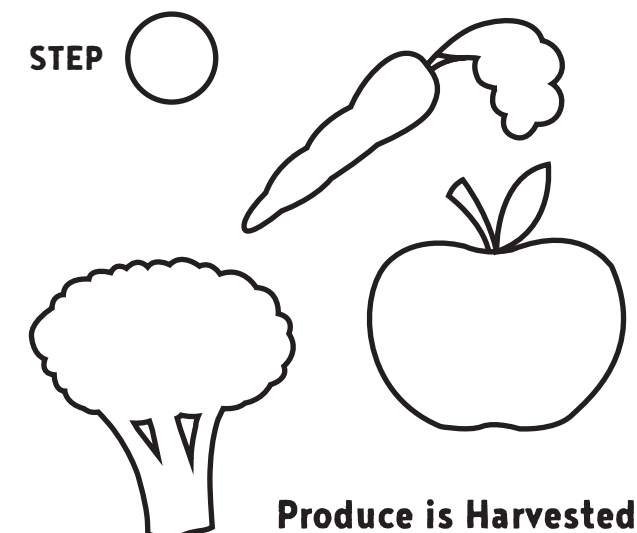
Seeds Planted

STEP ☐



You Safely Prepare Food at Home


STEP ☐




Produce is Harvested

1. Seeds Planted 2. Food Grows 3. Produce is Harvested 4. Food is Transported 5. For Sale at your Grocery Store 6. Your Dinner Table


CORE FOUR RULES OF HOME FOOD SAFETY




CLEAN
Wash hands and surfaces often.



SEPARATE
Don't cross-contaminate.



COOK
Cook to the safe internal temperature.



CHILL
Refrigerate or freeze promptly.

Fruits and vegetables make healthy snacks. Be sure to rinse whole fresh produce properly before you eat!

Learn more about food safety at StoryOfYourDinner.org

Partnership for Food Safety Education 2016

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