



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 4

Keep your child safe

Young children are at the highest risk of getting sick from foodborne illness, also called food poisoning. Bacteria grow quickly if food is not handled properly, especially if not kept at the right temperature. See "The Danger Zone" in this newsletter.

Wash hands, check the "sell by" date



- Wash hands with soap and running water for 20 seconds. Wash between fingers, under nails and up to the wrists.
- Wash cutting boards with hot water and soap. Sanitize the cutting board (kill bacteria) with the following: 1 tablespoon of bleach to 1 gallon of water. This sanitizing mixture can be used to sanitize kitchen surfaces, too.
- When shopping, check food packages to make sure the "sell by" date hasn't passed. This is the last date that a store should sell a product.



Leftovers: handle them right!

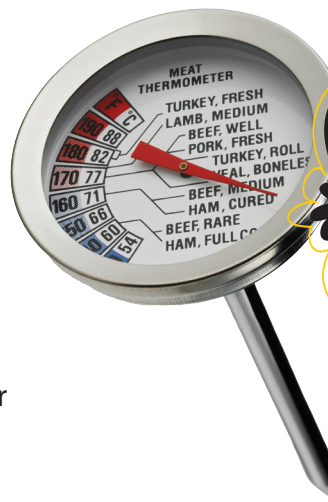
- Put leftovers in the refrigerator right away.
- Use shallow containers for quick cooling.
- *Using taste to see if old leftovers are safe to eat?* Foods may taste and smell OK but not be safe to eat if they are old leftovers.



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Danger Zone!

Bacteria multiply rapidly between 40 and 140 degrees F — this is called the Danger Zone. Above 160 degrees, heat destroys most bacteria. Refrigerating foods below 40 degrees slows their growth. Freezing stops bacterial growth, but it doesn't kill bacteria. Never leave food in the Danger Zone for more than two hours or more than one hour when temperatures are above 90 degrees.



Note: Use a meat thermometer to check for these temperatures!

Cook eggs until yolks and whites are firm.

165 degrees F	-----	} Whole poultry, turkey, chicken Poultry breasts, thighs, wings, roasts Stuffing, ground poultry
165 degrees F	-----	
165 degrees F	-----	
160 degrees F	-----	Ground beef, pork, veal, lamb, egg dishes
145 degrees F	-----	Beef, veal, lamb, pork, raw/fresh ham
140 degrees F	-----	Hold HOT foods! Reheating pre-cooked ham
<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 20px;">↑</div> <div style="text-align: center;"> <h2 style="margin: 0;">Danger Zone</h2> <p style="margin: 0;">Between 40 and 140 degrees F</p> </div> <div style="margin-left: 20px;">↓</div> </div>		
40 degrees F	-----	Refrigerator temperatures
0 degrees F	-----	Freezer temperatures