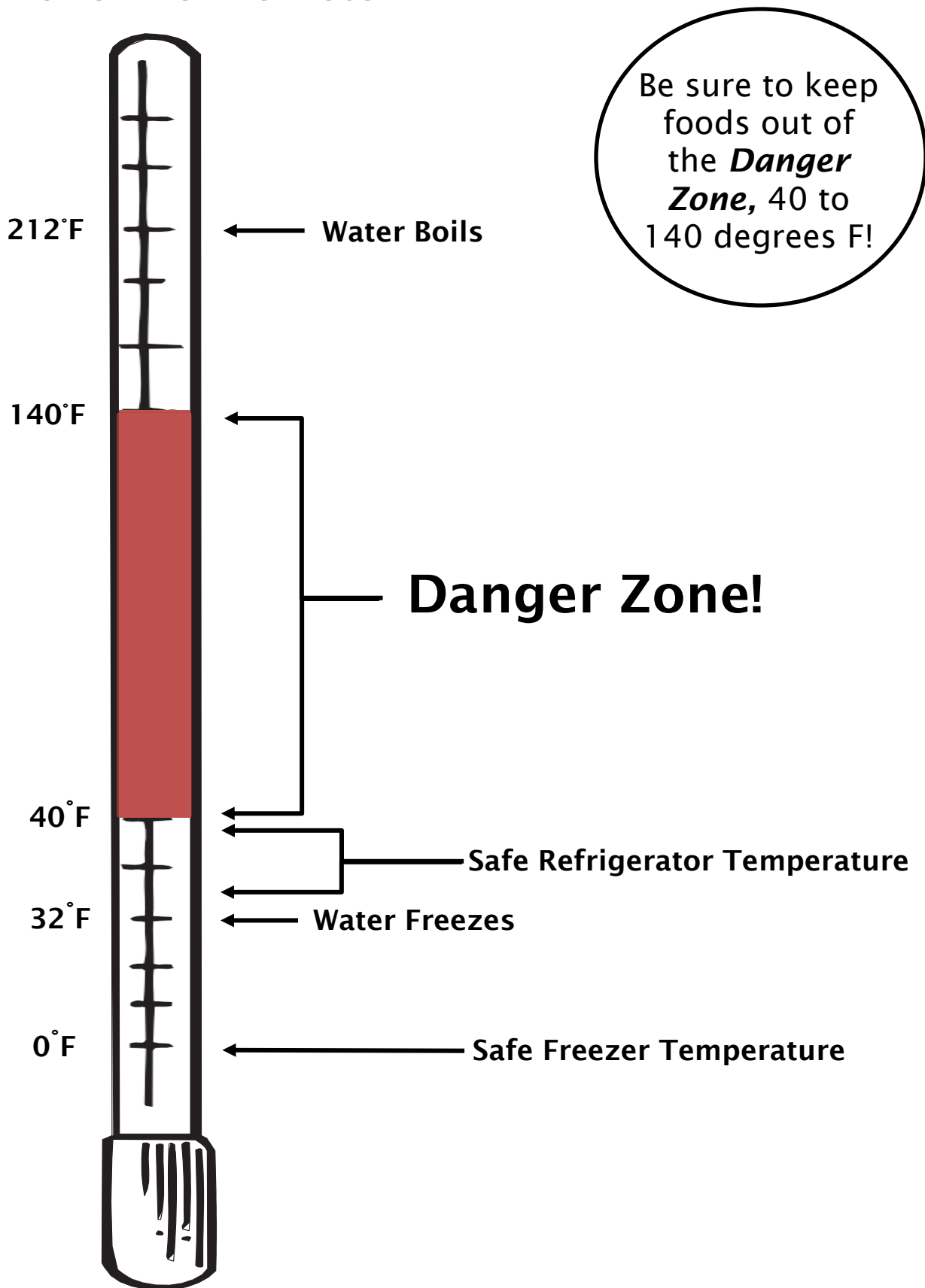


# Danger Zone Thermometer





# **T**hermy Rules!

- 1. Always use a food thermometer when you cook.**

A food thermometer will help you make sure your food has reached a high enough temperature to kill harmful bacteria.

- 2. The color of cooked meat—whether it's pink or brown inside—can fool you.**

The only way to be sure cooked food is safe to eat is by using a food thermometer.

- 3. Place the thermometer in the thickest part of most foods, away from any bones and fat.**

- 4. Cook food to a safe internal temperature.**

145 °F—Beef, lamb, and veal steaks and roasts.

160 °F—Ground beef, pork, veal, and lamb. Pork chops, ribs, and roasts. Egg dishes.

165 °F—Ground turkey and chicken. Stuffing, casseroles, and leftovers.

170 °F—Chicken and turkey breasts.

180 °F—Chicken and turkey: whole bird, legs, thighs, and wings.

Temperatures are in degrees Fahrenheit (°F).

- 5. Check the temperature in several places to be sure the food is cooked evenly.**

- 6. Wash the food thermometer with hot, soapy water after using it.**

Unscramble each of the clue words. Copy the letters in the numbered cells to the other cells with the same number.

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Answers: thermometer, food, cooking, temperature, degrees, get thermy