



**Step 1:** Put an X over the items below that are not healthy

**Step 2:** Circle the items below that are healthy and draw a line to the correct food group



Answer key : Cheese: Dairy, Turkey: Protein Foods  
Carrot: Vegetables, Apple: Fruits, Slice bread : Grains

## Test Your Knowledge

1. Hands should be washed with water and soap for at least:

- a. 5 Seconds
- b. 20 Seconds



2. Food should not be left at room temperature for more than:

- a. 2 hours
- b. 10 hours



3. The only way to be sure foods are cooked long enough to kill harmful bacteria is to:

- a. Use a food Thermometer
- b. Use a timer



4. Is it safe to put cooked food on a plate that held raw meat, poultry or seafood?

- a. Yes
- b. No



Answers: 1. b; 2. a; 3. a; 4. b