

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

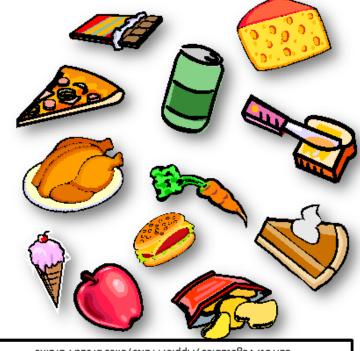












Answer key: Cheese: Dairy, Turkey: Protein Foods Carrot: Vegetables, Apple: Fruits, Slice bread: Grains

## **Test Your Knowledge**

- 1. Hands should be washed with water and soap for at least:
  - a. 5 Seconds
  - b. 20 Seconds



- 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



- 2. Food should not be left at room temperature for more than:
- a. 2 hours
- b. 10 hours



- 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