Freezing food kills bacteria, so it isn’t 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!

Ingredients under storage: No bacteria, no germs

Ingredients under freezing: Bacteria can survive freezing temperatures, so they’re still present in frozen foods.

Fruits and vegetables make healthy snacks. Be sure to rinse whole fresh produce properly before you eat and follow the package instructions on frozen vegetables.

Learn more about food safety at StoryOfYourDinner.org

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

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

CLEAN Separate

Don’t cross-contaminate.

COOK Cook to the safe internal temperature.

CHILL Refrigerate or freeze promptly

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Partnership for Food Safety Education 2017