

Directions for Mythbuster Exhibit

- Open file entitled, “Food Safety Mythbusters Exhibit.pdf”.
- Print each slide on 8-1/2 x 11 inch cardstock and laminate, except for “Lift for Answer” cards. These should remain bendable so people can bend them up to see answers. To print correctly, you may need to select “Scale to Fit Paper” or under your printer “properties” tab, you may need to select “Page Set-up” and then select “Fit to Page Printing”.
- Refer to the directions showing exhibit set-up for how to arrange exhibit pieces.
- “Lift for Answer” cards should be placed so they cover the answer sheets.
- Place your university, school or business logo sign in the lower left corner of exhibit board.



Myth or Fact?

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Lemon juice and salt will clean and sanitize a cutting board.

Myth or Fact?

Putting chicken in a colander and rinsing it with water will remove bacteria like *Salmonella*.

Myth or Fact?

Once a hamburger turns brown in the middle, it is cooked.

Myth or Fact?

You should not put hot food in the refrigerator.

Lift for Answer

Food Safety MYTHBUSTERS September is National Food Safety Education Month!

MYTH: Lemon juice and salt will clean and sanitize a cutting board.

FACT: If reducing the number of germs on a surface is your goal, the best way to sanitize a cutting board is with a diluted bleach solution. First, wash the board with soap and water. Then, use a diluted bleach solution (1/2 cup of bleach per gallon of water) to clean the board. Rinse with clean water and dry with a clean towel. Bleach kills germs, so a cutting board that has been cleaned with bleach is free of germs.

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Lift for Answer

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MYTH: Putting chicken in a colander and rinsing it with water will remove bacteria like *Salmonella*.

FACT: Rinsing raw poultry can only spread germs around your kitchen. Poultry should be cooked to a safe internal temperature. Use a food thermometer to check the temperature. The safe internal temperature for poultry is 165°F. Rinsing poultry with water does not remove germs and can cause cross-contamination.

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Lift for Answer

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MYTH: Once a hamburger turns brown in the middle, it is cooked.

FACT: You cannot tell whether food has been cooked to a safe temperature. The only way to know if a hamburger is cooked to a safe temperature is to use a food thermometer. Cook to a minimum of 160°F, as measured with a food thermometer.

COOK: Cook to a safe temperature as measured with a food thermometer.

Lift for Answer

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MYTH: You should not put hot food in the refrigerator.

FACT: Hot food can raise the temperature of the refrigerator, which can allow germs to grow. Instead, let hot food cool to room temperature before putting it in the refrigerator. To speed up the cooling process, divide large amounts of food into smaller containers.

CHILL: Chill food to 40°F or below. Bacteria do not grow at 40°F or below.

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