“CHILL” IN THE BLANK

Use the word bank to complete the sentences below. Place the highlighted letters in the puzzle at the bottom of the page to reveal the mystery phrase.

WORD BANK:
- refrigerator
- eat
- below
- microwave
- clean
- instructions
- food safety
- eat
- chill
- cold water
- suds up
- elderly
- rinsed
- cold spots
- thermometer

1. Start out with a __ __ __ work surface to avoid foodborne illness.

2. It is best to use a food __ __ __ __ __ __ __ to ensure your frozen food has reached a safe internal temperature.

3. Follow stirring steps and standing times to avoid __ __ __ __ __ __ __ in foods.

4. After a meal, leftovers and unused food should go into the refrigerator to __ __ __ __ __ __ __.

5. Before cooking, __ __ __ __ your hands with warm water and soap for at least 20 seconds.

6. Raw poultry and meat should not be __ __ __ __ __ before cooking.

7. Following all package cooking or recipe __ __ __ __ __ __ __ can ensure food is properly cooked.

8. Your __ __ __ __ __ __ __ __ __ should be kept __ __ __ __ 40 °F to avoid the growth of harmful bacteria.

9. Do not __ __ __ __ __ __ your refrigerator! Cold air must circulate to keep food safe.

10. The Core Four are steps to help you practice __ __ __ __ __ __ __.

11. If thawing in __ __ __ __ __ __ __ replace water every 30 minutes.

12. If cooking food in the __ __ __ __ __ __ __ follow the instructions on the package.

13. One in six Americans get sick from foodborne illness each year. Children and the __ __ __ __ __ __ are at the highest risk!

14. Only __ __ __ food that contains flour when it is fully cooked.”