



# “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        | instructions | food safety |
| below        | chill      | elderly      | overstuff   |
| microwave    | cold water | rinsed       | thermometer |
| clean        | suds up    | cold spots   |             |

- Start out with a   work surface to avoid foodborne illness.  
3 17
- It is best to use a food  to ensure your frozen food has reached a safe internal temperature.  
2
- Follow stirring steps and standing times to avoid   in foods.  
15 6
- After a meal, leftovers and unused food should go into the refrigerator to .  
16
- Before cooking,   your hands with warm water and soap for at least 20 seconds.  
4 13
- Raw poultry and meat should not be  before cooking.  
7
- Following all package cooking or recipe    can ensure food is properly cooked.  
18 5 12
- Your  should be kept  40 °F to avoid the growth of harmful bacteria.  
10 19
- Do not  your refrigerator! Cold air must circulate to keep food safe.  
9
- The Core Four are steps to help you practice .
- If thawing in  replace water every 30 minutes.  
14
- If cooking food in the  follow the instructions on the package.  
20
- One in six Americans get sick from foodborne illness each year. Children and the  are at the highest risk!  
11
- Only  food that contains flour when it is fully cooked.”  
1

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

BROUGHT TO YOU BY:



Phrase: The Story of Your Dinner

ANSWERS: 1. Eat 2. Thermometer 3. Cold spots 4. Chill 5. Suds up 6. Rinsed 7. Instructions 8. Refrigerator, below 9. Overstuff 10. Food safety 11. Elderly 12. Microwave 13. Elderly 14. Eat