

# VEGETABLES

Order the 6 steps vegetables take from the farm to your dinner table and then color them!

PARENT QUIZ!

**TRUE**  
OR  
**FALSE?**

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!

False! Bacteria can survive freezing temperatures, so freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper temperature is the best way to kill harmful bacteria. Be sure to follow package cooking instructions for safety and quality.

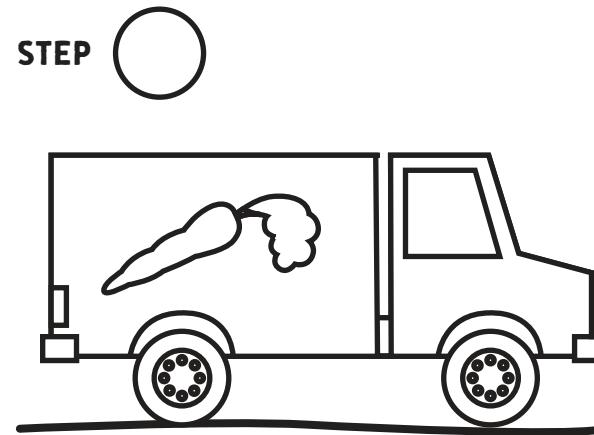
False! Fruits and vegetables are an important part of a healthy diet and, like other raw foods, they may carry a risk of foodborne illness. Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten.

STEP



For Sale at Your Grocery Store

STEP



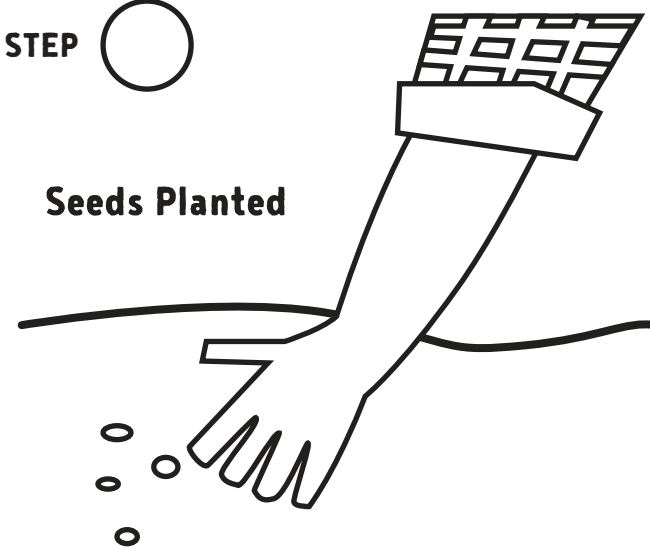
Food is Transported

STEP



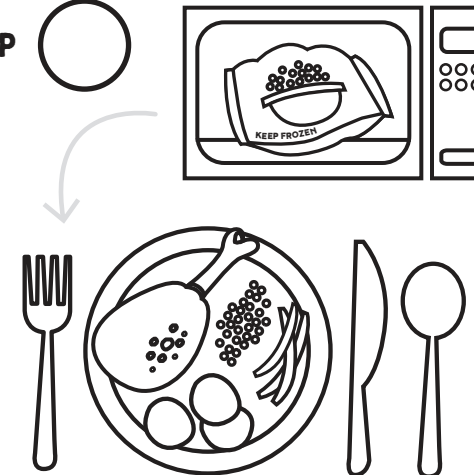
Food Grows

STEP



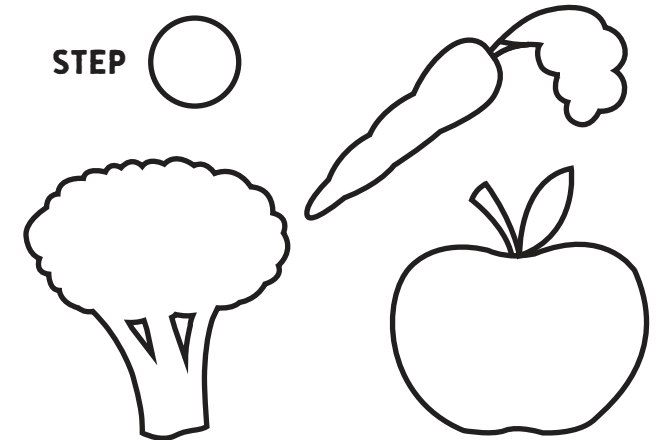
Seeds Planted

STEP



You Safely Prepare Food at Home

STEP



Produce is Harvested and Flash Frozen to Lock In Nutrients

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

## CORE FOUR RULES OF HOME FOOD SAFETY



**CLEAN**

Wash hands and surfaces often.



**SEPARATE**

Don't cross-contaminate.



**COOK**

Cook to the safe internal temperature.



**CHILL**

Refrigerate or freeze promptly.

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](http://StoryOfYourDinner.org).

BROUGHT TO YOU BY:

