

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 safely cleaned surface to a safe illness. Lemon juice and salt is not a sanitizer. A cutting board should be cleaned with a diluted bleach solution. First wash it with soap and water, then use a diluted bleach solution (one part bleach to ten parts water) and let it sit for 10 minutes. Rinse with clean water and dry with a clean towel. A cutting board that is not cleaned properly, doesn't mean it 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 will not remove bacteria. Rinsing poultry can only spread bacteria around your kitchen. Poultry should be cooked to a safe temperature. The only way to ensure poultry is safe is to cook it to the proper internal temperature, measured with a food thermometer. Rinsing poultry 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 ensure food is safe is to use a food thermometer. Cooked to a minimum of 160°F, as measured with a thermometer.

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

Lift for Answer

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

FACT: Hot food should be cooled to room temperature before being placed in the refrigerator. Placing hot food in the refrigerator can raise the temperature of the refrigerator, which can allow bacteria to grow.

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

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