Once a hamburger turns brown in the middle it is cooked to a safe internal temperature.

**FACT**: You cannot use visual cues to determine whether food has been cooked to a safe internal temperature. The ONLY way to know that food has been cooked to a safe internal temperature is to use a food thermometer. Ground meat should be cooked to a minimum internal temperature of 160° F, as measured by a food thermometer.

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**Week's Highlight Message:**
**COOK** -- Cook to proper temperature as measured with a food thermometer.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.