

## MYTHBUSTERS 2011 Story: On the Road to Food Safety

*[Sean and Curtis have a rap group called Sayf-T. The guys are on the road more than 200 days a year doing concerts and special appearances. This makes it a challenge to eat right, particularly for Sean who sticks to a strict vegetarian diet. Curtis eats pretty much anything he can get his hands on, but he is concerned about food safety because if either one of them gets food poisoning, they'll have to cancel a tour date and disappoint their fans.]*

### Paragraph 1

The members of Sayf-T have just arrived in Chicago. Their schedule is jammed today -- they have to check into their hotel, race across town to do a late afternoon radio interview, and then check out the venue for tonight's concert. They haven't had any time to eat except for small bags of pretzels on the airplane. When they get to the radio station, it's just after 4pm. A staff assistant leads Sean and Curtis to a waiting room. Sean immediately pounces on a bowl of fresh fruit that's sitting out on a table.

### Paragraph 2

As Sean wipes a piece of fruit on his sleeve and starts to bite into it, Curtis reminds him that he should rinse it first under cool running water to reduce any harmful bacteria that may be on it. Sean replies that one of the things that's great about being a vegetarian is that you don't have to worry about getting food poisoning because fruits and vegetables aren't potentially dangerous the way meat and poultry are.

### Paragraph 3

The concert is over and it's 1am. Sean and Curtis head back to their hotel. They're going to be in the city for a week, so they made sure to get a hotel suite with a small kitchen which the hotel staff has stocked with groceries. Peering inside the freezer, Curtis is thrilled to find a package of his favorite sliced deli meat. The package has been opened, but there's still plenty of meat left to make a hearty sandwich. Curtis isn't sure how long the meat sat opened in the refrigerator before it was frozen - maybe as long as a week -- but he figures any harmful bacteria that may have been present have now been killed by freezing.

### Paragraph 4

The next day Sean decides to make a vegetable stir-fry for lunch. Rooting around in the kitchen, he finds a sharp knife and a plastic cutting board. After washing the vegetables for the stir-fry, he starts to cut them up on top of the cutting board. Curtis walks in and asks Sean if he washed the cutting board with hot water and soap before he began using it. Sean tells him that he rinsed off the board and that's good enough. After all, "plastic cutting boards don't hold on to bacteria the way wooden boards can."

#### Paragraph 5

The week in Chicago has gone by fast and their friends, Sandra and Ray, invite Sean and Curtis over for a farewell BBQ before they head to Detroit for the next leg of their tour. As the guys walk up to the front door, Curtis turns to Sean and says, "Well, we certainly don't have to worry about getting food poisoning tonight - Sandra only cooks with organic ingredients."