"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
below          chill
microwave      cold water
clean          suds up
instructions   food safety
elderly        overstuffed
rinsed         cold spots
thermometer

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

Learn more about food safety at StoryOfYourDinner.org