

This book belongs to:

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Activity Book for Level 1

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**Activity Book for Level 1**

# FIGHT BAC!® FOR SAFE FOOD WORD FIND

E C O D E B L M N X L N O G  
L A C H I L L O G C A X E L  
A B O L M G C E D A P S Q R  
M C L E N E B G O M N W E X  
G A D L C J O N C I L B D E  
W A R G C S O P R K L M O X  
B A C C L E A N O H E L T A  
C O O X I P G L A R M N S O  
G A T H O A P Q R C L A E N  
B A C T E R I A W A O T E R  
A B C O W A S H R A S O A P  
T H E R O T E M A T E R K L  
N O T T H E R M O M E T E R  
K L E A N T O M O M E T R E

Find the underlined words in the puzzle above. Circle each one when you find it.

Wash your hands by rubbing them together using soap and warm running water.  
Always do this before you touch food.

Clean kitchen counters before you make food on them.

Rinse fruits and veggies before you eat them.

Chill foods like milk, eggs and meats by keeping them in the refrigerator.

Keep cold foods cold.

Separate raw meats from your other foods.

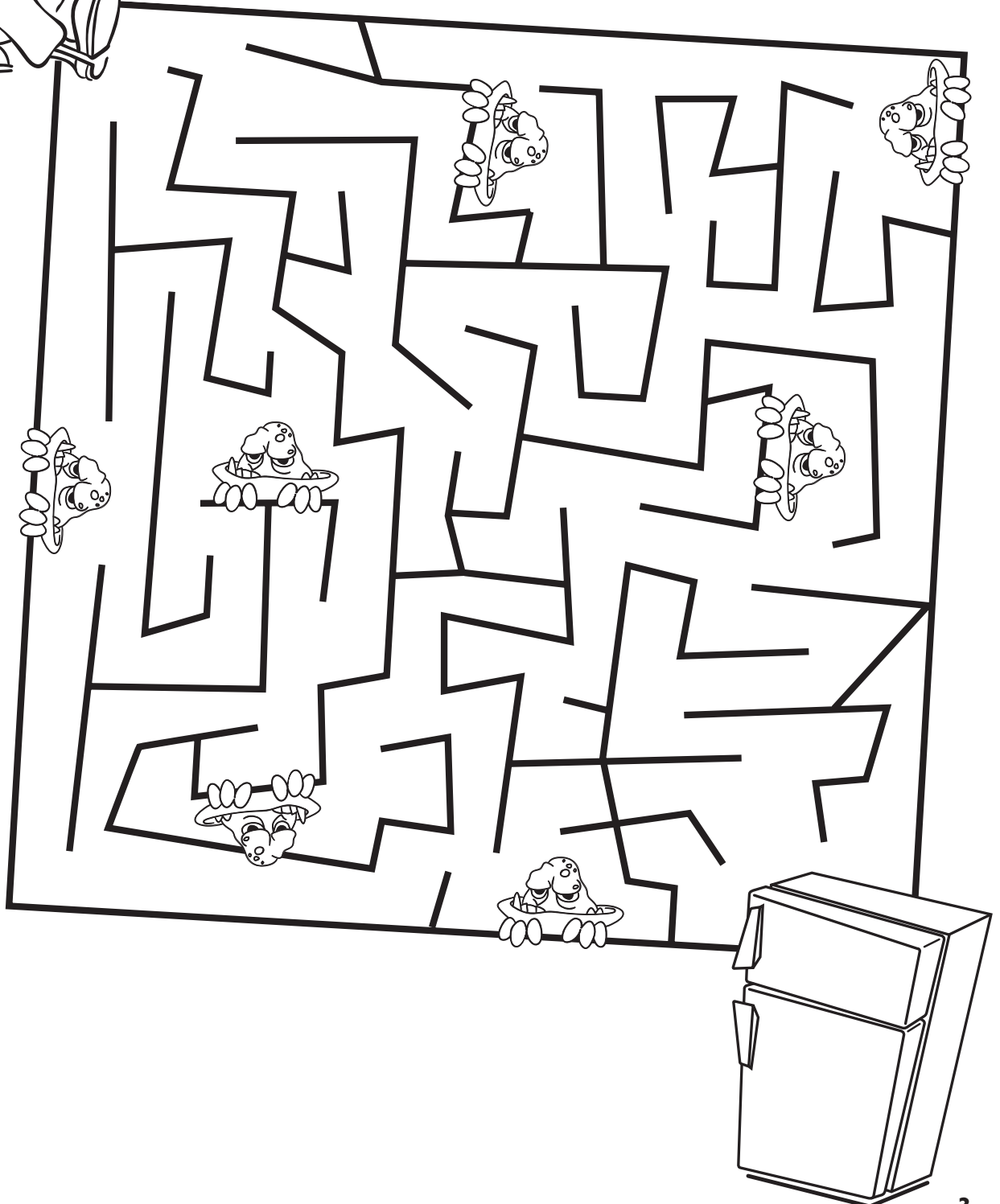
When you cook foods like meats, poultry and eggs, the heat can kill harmful bacteria.

To tell when your foods are safely cooked, use a food thermometer.

# THE A-MAZE-ING REFRIGERATOR FIGHTS BAC!®



Help Raji get the lunch meat back into the refrigerator where it will be cold and safe from BAC!

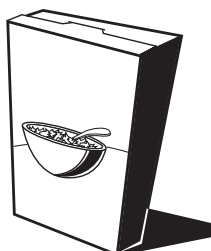


## FIGHT BAC!® FOOD STORAGE MATCH UP

Draw a line from each food to the place where you can safely store it to Fight BAC!®



**CANNED FOODS**



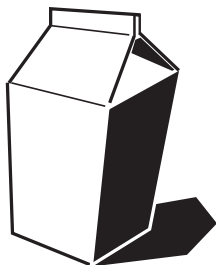
**CEREAL**



**EGGS**



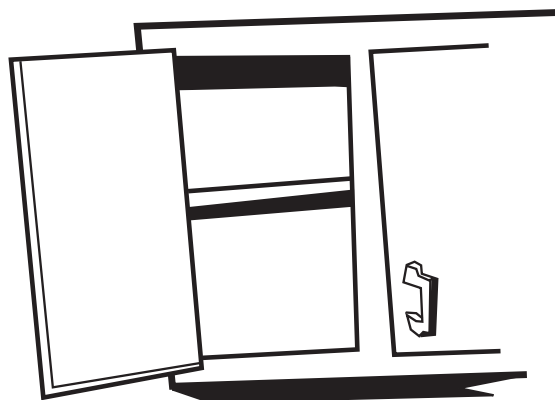
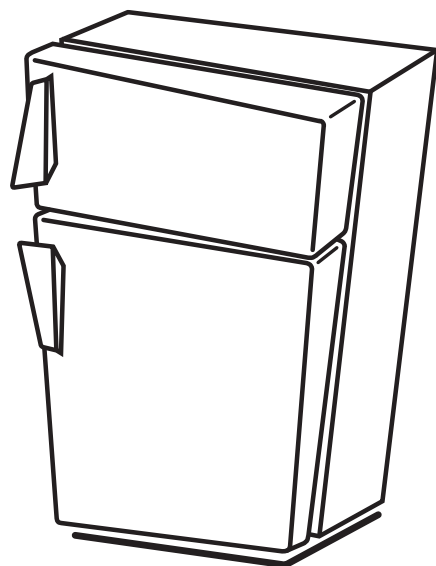
**FRUIT**



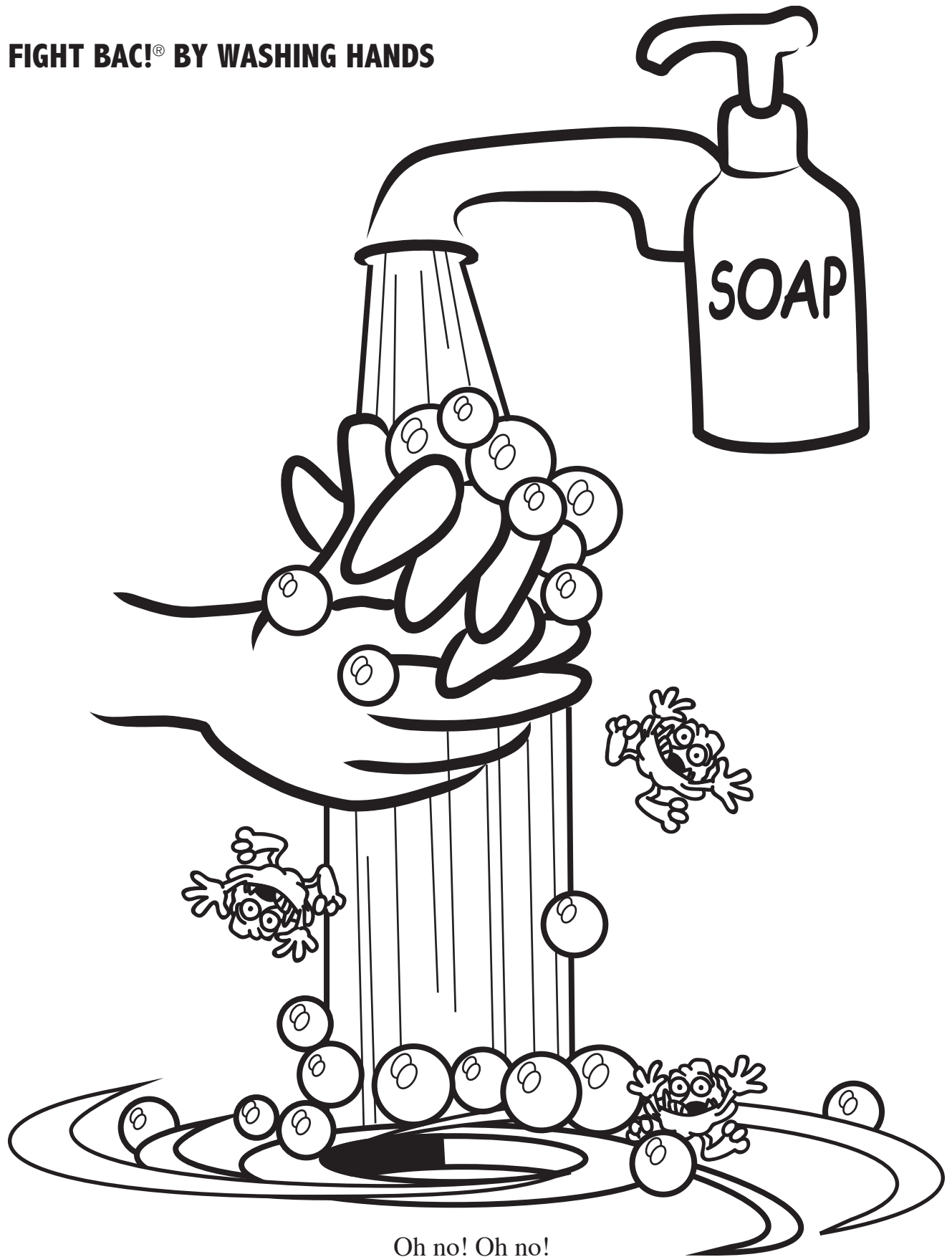
**CARTON OF MILK**



**LUNCH MEAT**

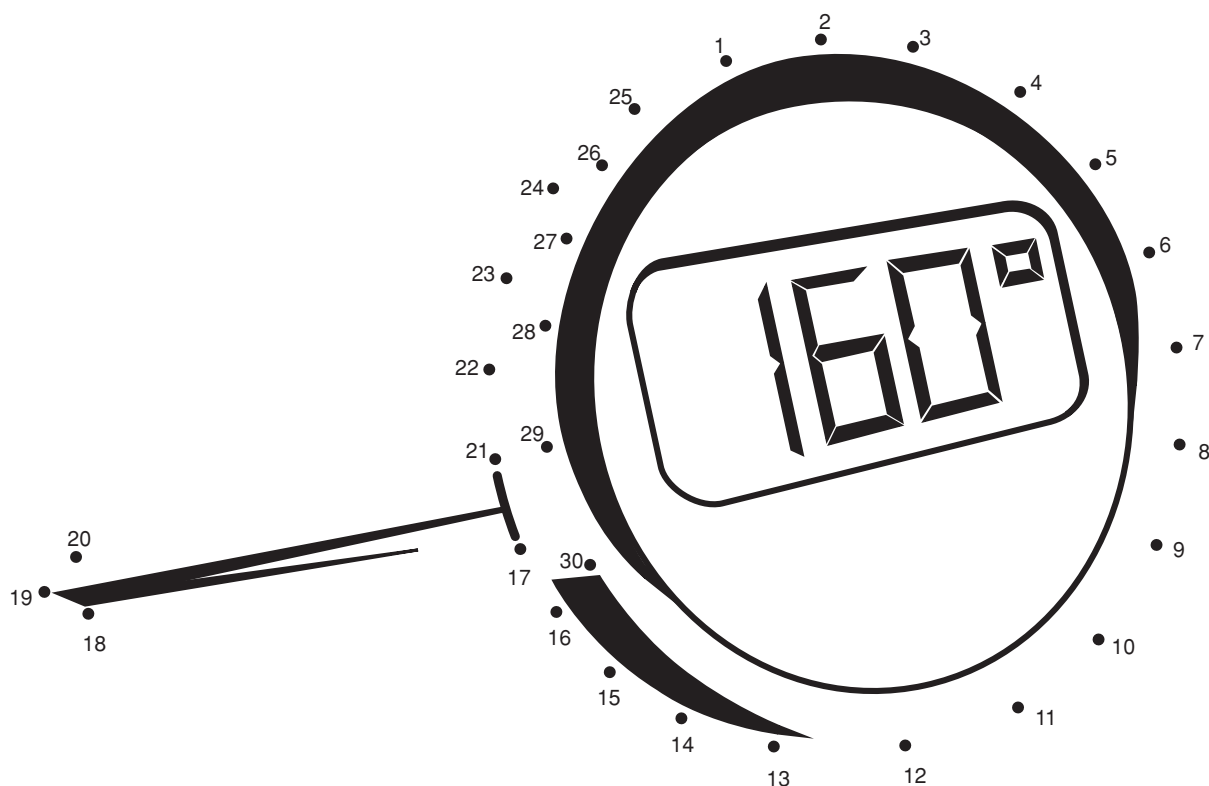


**FIGHT BAC!® BY WASHING HANDS**



Oh no! Oh no!  
Not water and soap!  
When you use them, there's not much hope!

IF YOU WANT TO  
FIGHT BAC!<sup>®</sup>....  
**COOK!**



The only way to know when a hamburger is safely cooked is to use one of these.

WHAT AM I?

---

# KEEP FOOD SAFE! FIGHT BAC!<sup>®</sup>



Clean, Separate, Cook and Chill!  
If you don't do this, Bac can make you ill.  
So Clean, Separate, Cook and Chill!

# IT ALL ADDS UP TO SAFE FOOD

Write the answer in the blank.

- |                      |   |                       |   |
|----------------------|---|-----------------------|---|
| 1. $10 + 5 =$ _____  | E | 11. $10 - 10 =$ _____ | N |
| 2. $7 + 6 =$ _____   | P | 12. $17 - 7 =$ _____  | H |
| 3. $6 + 4 =$ _____   | K | 13. $19 - 14 =$ _____ | R |
| 4. $5 + 6 =$ _____   | L | 14. $14 - 12 =$ _____ | T |
| 5. $9 + 7 =$ _____   | I | 15. $17 - 8 =$ _____  | S |
| 6. $9 + 5 =$ _____   | A | 16. $15 - 12 =$ _____ | O |
| 7. $12 + 7 =$ _____  | C | 17. $16 - 8 =$ _____  | U |
| 8. $4 + 8 =$ _____   | M | 18. $12 - 5 =$ _____  | F |
| 9. $11 + 6 =$ _____  | W | 19. $17 - 13 =$ _____ | G |
| 10. $3 + 15 =$ _____ | X | 20. $19 - 18 =$ _____ | B |

Look at the blanks below. Each blank has one of the answers to the addition and subtraction facts you just worked. Find the letters above that go with each answer. Write the letters in the blanks to answer the riddle.

Example: 1.  $10 + 5 =$  15 E

Find all the blanks that have 15 listed below them and write the letter “E” in the blank.

What should you do to keep food safe from BAC?

$\frac{19}{19}$   $\frac{11}{3}$   $\frac{15}{3}$   $\frac{14}{10}$   $\frac{0}{10}$  '  $\frac{9}{19}$   $\frac{15}{10}$   $\frac{13}{16}$   $\frac{14}{11}$   $\frac{5}{11}$   $\frac{14}{11}$   $\frac{2}{11}$   $\frac{15}{11}$  '  
 and !

## BLOCK OUT BACTERIA!!!

G	H	T	F	I	B	C	T	R	A
B	F	I	G	H	T	B	A	C	R
N	A	E	L	C	O	O	P	T	H
S	O	S	E	P	A	R	A	T	E
G	A	O	A	C	H	I	D	L	P
B	O	S	N	H	O	D	H	B	A
C	H	I	L	L	B	O	C	E	T
S	E	L	P	A	C	O	K	L	E

There are five things you can do to keep food safe hidden in the puzzle above. Find them and draw a circle around each one. Count how many blocks each one has.

Hint - here are the five things to find:

1. FIGHT BAC
2. CLEAN
3. SEPARATE
4. COOK
5. CHILL

1. FIGHT BAC= \_\_\_\_\_ blocks

2. CLEAN = \_\_\_\_\_ blocks

3. SEPARATE = \_\_\_\_\_ blocks

4. COOK = \_\_\_\_\_ blocks

5. CHILL = \_\_\_\_\_ blocks

# FIGHT BAC!®



To keep me out of your food,  
clean, separate, cook and chill!!!

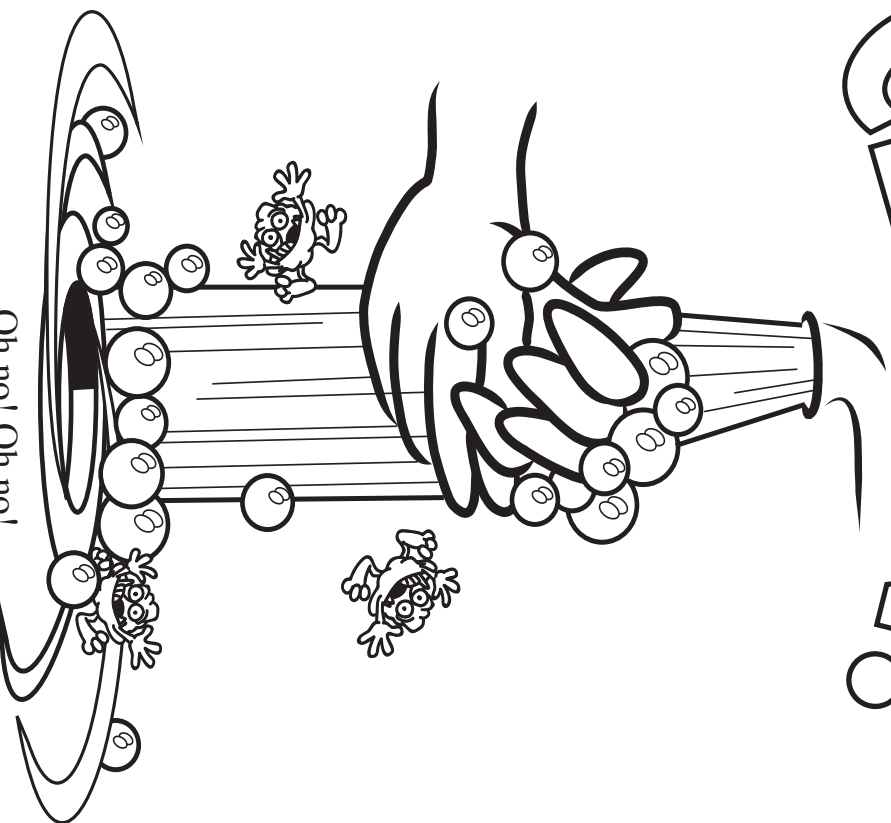
## Make your own Fight BAC!® book!

1. Write your name on the sign worn by the boy in the picture.
2. Carefully cut out this page and the next two pages along the black line.
3. Punch holes in each page at the black circles.
4. Put string or yarn through the holes to hold the pages together. Tie the string at the X.
5. Fold your book at the dotted line so that your name is on the front.

# FIGHT BAC!®



# CLEAN!



Oh no! Oh no!

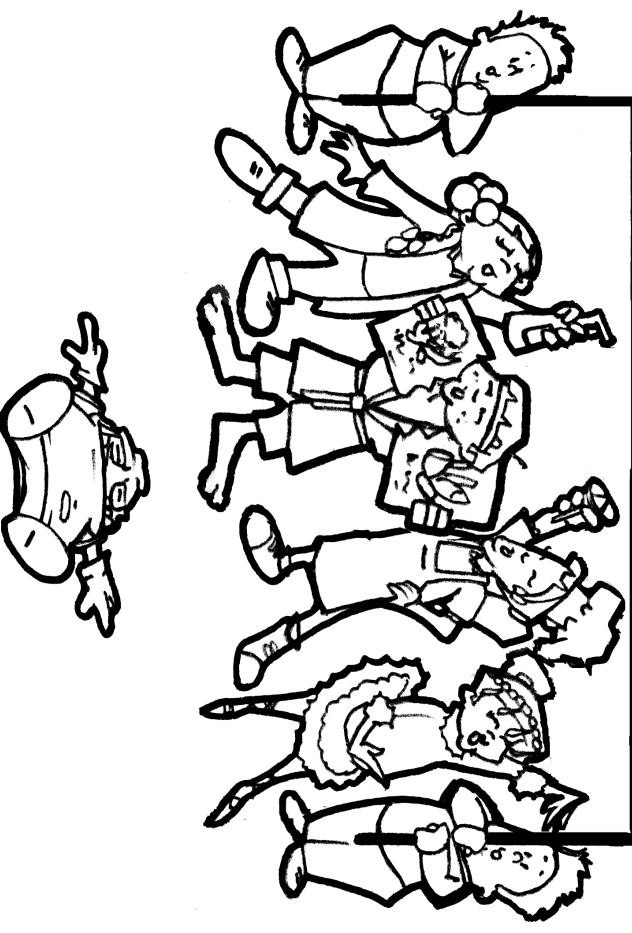
Running water and soap...

When you use these...

I don't have much hope!

# FLIGHT BAC!

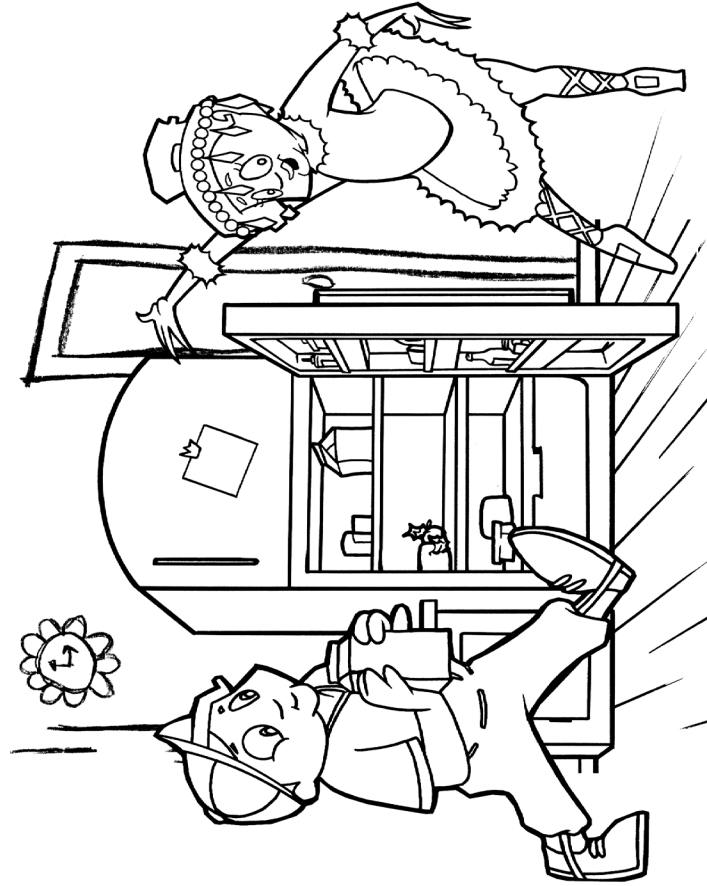
**CLEAN, SEPARATE  
COOK & CHILL**



Clean! Separate! Cook! And Chill!...

So BAC Won't Be Able to Make You Ill!

# CHILL!



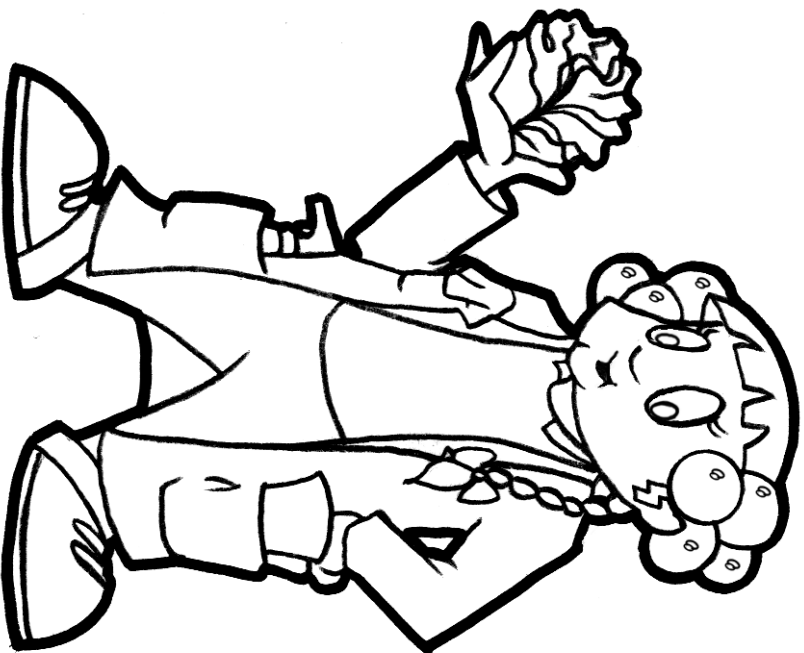
Put cold foods and leftovers away as soon as you can.  
BAC hates the cold!  
BRRRR!!!

# CLEAN!



Wash counters and tables  
before you put food on them and  
when you finish.

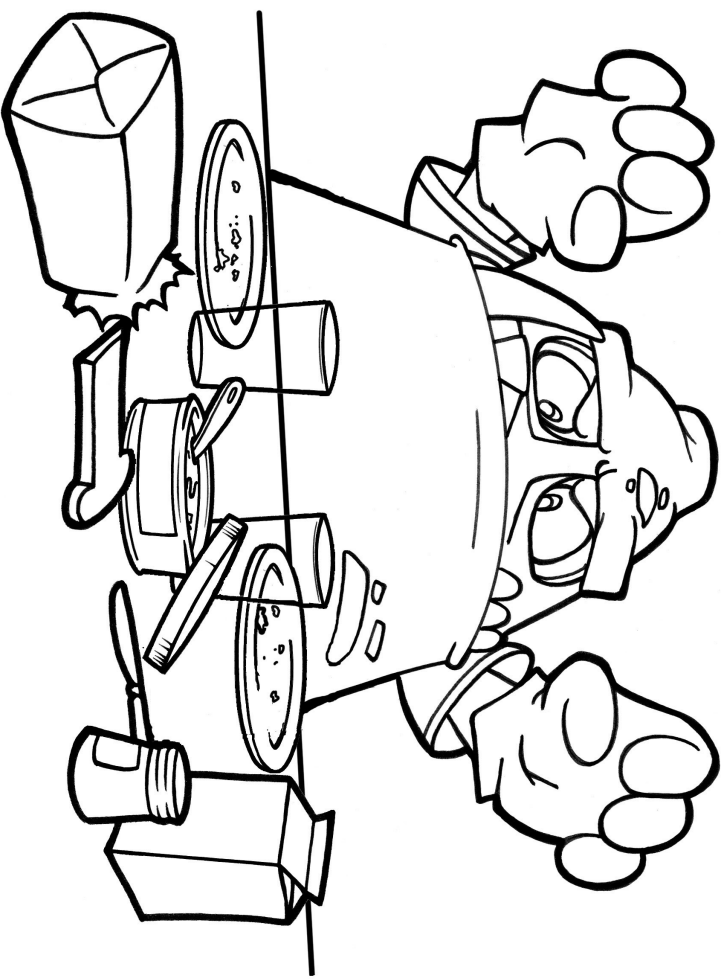
# CLEAN!



Rinse your fruits and veggies, too!

2

# CHILL!



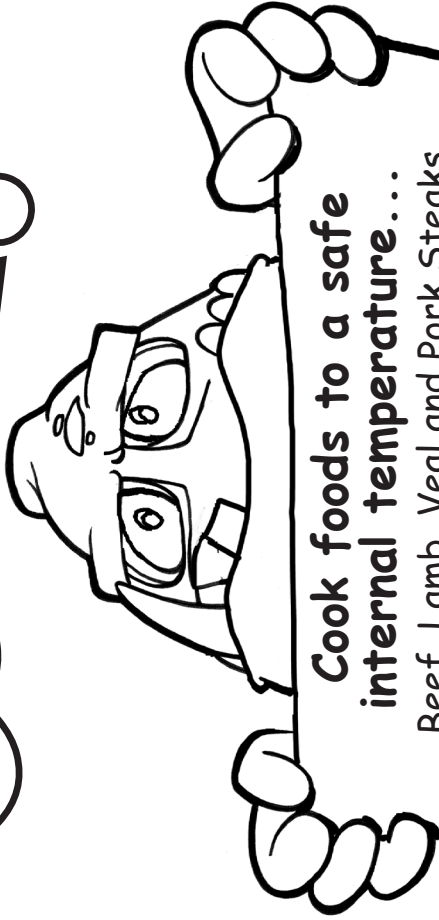
When cold food gets warm...

I wake from my nap...

I can grow in your food and give you a  
ZAP!

7

# COOK!



**Cook foods to a safe  
internal temperature....**

Beef, Lamb, Veal and Pork Steaks,

Roasts and Chops: 145°F\*

Ground Beef, Pork, Veal and Lamb;

Egg Dishes: 160°F

Chicken and Turkey

(Whole, Pieces, Ground): 165°F

Leftovers and Casseroles: 165°F

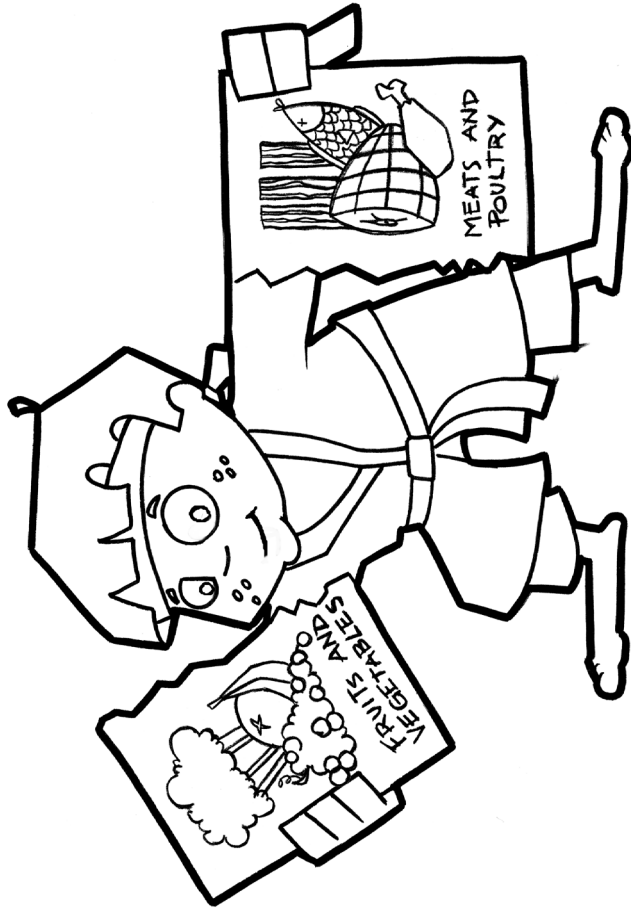
\*allow meat to rest for 3 minutes before  
carving or serving

Oh no! Oh no! Say it isn't so...

When the temperature is high...

I gotta go! I can't take the heat!!!

# SEPARATE!

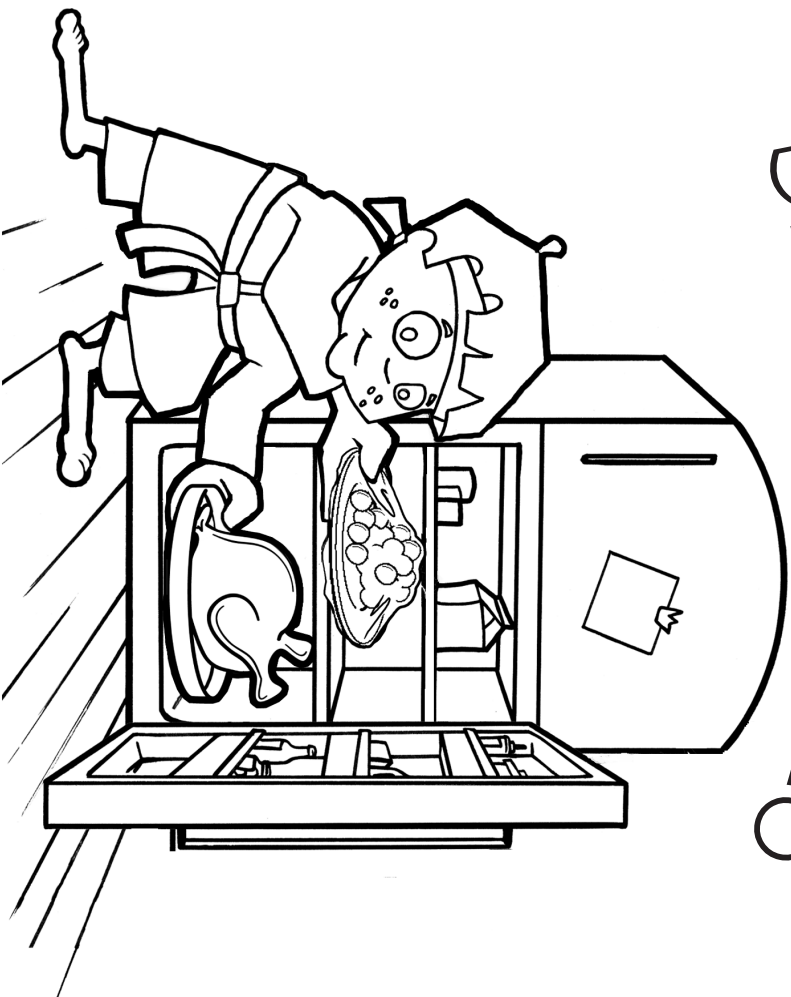


Keep raw meats away from foods

that you can safely eat raw like apples or lettuce.

Also keep raw meats away from foods that have already  
been cooked. HI-YAAAAHHHHH!

# SEPARATE!

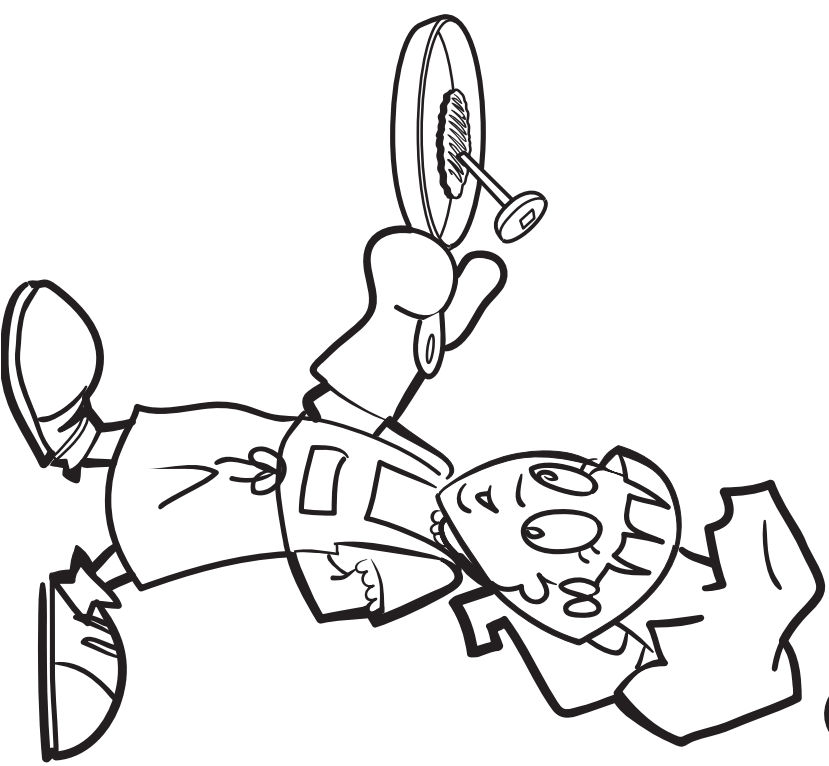


Place foods so raw meats and their juices  
stay away from other foods.

HI-YAHHHHHH!

4

# COOK!



Make sure grown-ups use a food thermometer  
to know when foods are safely cooked!

5



**CLEAN!**



**SEPARATE!**



**COOK!**



**CHILL!**