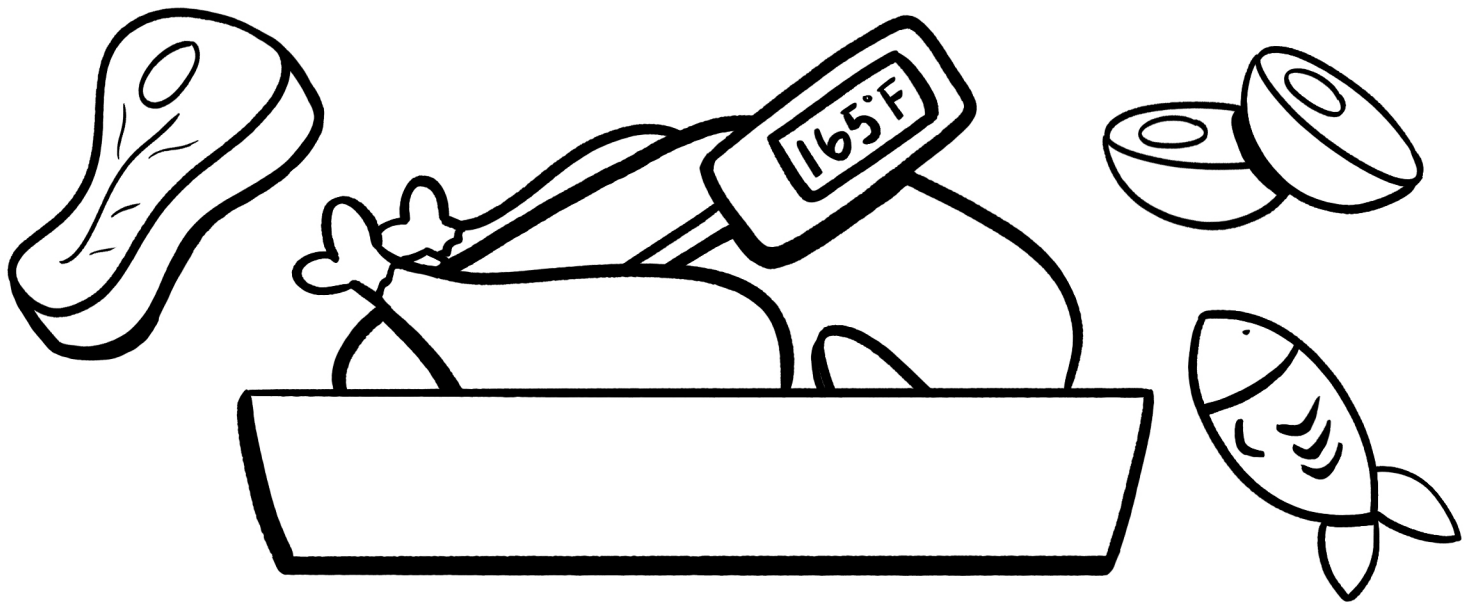# Kids Fight BAC-teria!

Cook raw meats, poultry, seafood, and eggs until they reach a safe internal temperature on a food thermometer.

Beef and pork (roast, steaks and chops)	145 °F with a three-minute "rest time" after removal from the heat source
Fish	145 °F
Ground beef and pork	160 °F
Eggs and egg dishes	160 °F
Chicken and turkey (whole, parts or ground)	165 °F
Leftovers	165 °F

Partnership for Food Safety Education