



# “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        | instructions | food safety |
| below        | chill      | elderly      | overstuff   |
| microwave    | cold water | rinsed       | thermometer |
| clean        | suds up    | cold spots   |             |

- Start out with a   work surface to avoid foodborne illness.  
3 17
- It is best to use a food  to ensure your frozen food has reached a safe internal temperature.  
2
- Follow stirring steps and standing times to avoid   in foods.  
15 6
- After a meal, leftovers and unused food should go into the refrigerator to .  
16
- Before cooking,   your hands with warm water and soap for at least 20 seconds.  
4 13
- Raw poultry and meat should not be  before cooking.  
7
- Following all package cooking or recipe   can ensure food is properly cooked.  
18 5 12
- Your  should be kept  40 °F to avoid the growth of harmful bacteria.  
10 19
- Do not  your refrigerator! Cold air must circulate to keep food safe.  
9
- The Core Four are steps to help you practice .
- If thawing in  replace water every 30 minutes.  
14
- If cooking food in the  follow the instructions on the package.  
20
- One in six Americans get sick from foodborne illness each year. Children and the  are at the highest risk!  
11
- Only  food that contains flour when it is fully cooked.”  
1

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

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