

## Keeping Your Family's Food Safe

**Go to:** [www.fightbac.org](http://www.fightbac.org) . Click on each section of the Fight BAC picture (clean, separate, cook, chill). After reading one section, use the back button to return to the Fight BAC picture, and click on the next section. Then, answer the questions below.

**Number Match-Up:** Draw a line to match the statement with the correct number.

**Clean:** Wash your hands for \_\_\_\_\_ seconds  
Using hot soapy water. 40

**Chill:** Set your refrigerator to \_\_\_\_\_ ° F to keep  
bacteria from growing. 2

**Chill:** Refrigerate or freeze prepared food or  
leftovers within \_\_\_\_\_ hours. 160

**Cook:** Reheat your leftovers to \_\_\_\_\_ ° F to kill  
harmful bacteria. 20

**Cook:** Cook ground beef to \_\_\_\_\_ ° F, or until it  
is no longer pink inside. 165



**Separate:** Name two ways that you can avoid cross-contamination of your family's food.

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This institution is an equal-opportunity provider. 1-800-WIC-FOR-U (1-800-942-3678).