Safe Food Handling Web Activity

Go to the following website: http://www.hc-sc.gc.ca/fn-an/securit/kirchenm-cuisine/index-ang.php (or Google Health Canada safe food handling tips), and complete the following:

**Tips for Eggs**
1. Which food borne illness can you get from eggs?
2. Who is more susceptible to this illness?
3. List the shopping tips for eggs:
   •
   •
   •
4. How long can cooked and raw eggs be kept in the refrigerator?

**Internal Cooking Temperatures**
1. Why is it important to make sure your food is properly cooked?
2. Which food borne illnesses can be killed with heat?
3. What is the only method you should use to check for doneness?
4. Briefly explain how to check internal temperatures.

**Leftovers**
1. Explain how to cool leftovers
2. How long should leftovers be kept in the fridge?

3. What should you do with uneaten reheated leftovers?

**Reusable Grocery Bags and Bins**

1. What is the health concern over the use of reusable bags?

2. How should you pack fresh/frozen meat and produce?

3. Why should you wash the counters where you placed your bags?

Go to the [Produce Safety site](#) and answer the following:

1. How can produce become contaminated?

2. Which food borne illnesses are associated with fresh produce?

**Melons**

1. How do melons become contaminated?

2. What makes cantaloupe even more susceptible to bacteria?
3. How long can uncut melons be stored? Cut melons?

4. What should you do to melons before cutting?

5. How many cases of food borne illness are there in Canada each year?

Leafy Greens
1. How long can leafy greens be stored in the fridge?

2. How should you clean leafy greens?

Tomatoes
1. Why pick firm tomatoes at the grocery store?

2. How should tomatoes be stored?

Mushrooms
1. How should you select mushrooms at the store?

2. How should mushrooms be stored?

3. How do you clean mushrooms?

Finally, go to Safe Food Handling, Your Interactive Guide. Read the Flash Player versions of both Safe Food Handling Practices in Your Home and Safe Food Handling Practices at the Grocery Store. Record 5 tips from each that you didn’t know before or that you think are most important. Remember that the Safe Food Handling at Home has sections for Kitchen, Fridge and Dining Room, so, in all, you will have 20 tips listed. Use the back of this handout.