

## Chef Solus Food Safety Word Challenge



meat thermometer temperature 2 hours refrigerator defrost separate 20 seconds wash

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O'MAN AND AND AND AND AND AND AND AND AND A	8. Food should be stored in the refrigerator within	foods in the re	6. Always use a	5. Wash your hands for	4. The best way to make sure meat is cooked is by checking the	your hands before a	2. Leftovers should be stored in the	1. Keep raw meat
More Nutrition Fun www.ChefSolus.com Copyright © Nourish Interactive, All Rights Reserved		foods in the refrigerator not on the counter.	when cooking meat.	to remove all germs.	is cooked is by checking the	your hands before and after touching food.		from cooked meat.
	or else it will begin to spoil.							

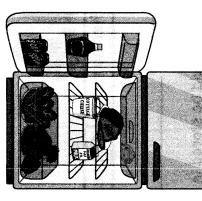


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2 hours	
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20 seconds	
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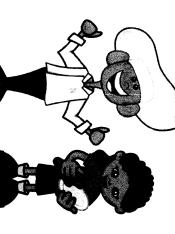
Defrost foods in the refrigerator not on the counter.	6. Always use ameatthermometerwhen cooking meat.	5. Wash your hands for20 seconds to remove all germs.	4. The best way to make sure meat is cooked is by checking the	Wash your hands before and after touching food.	2. Leftovers should be stored in therefrigerator	1. Keep raw meatseparate from cooked meat.
	<del>.+</del>		temperature			



8. Food should be stored in the refrigerator within

2 hours

or else it will begin to spoil.



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