



1.6 – Food Safety Trivia for Kids!



Let's see what you remember about the four food safety steps.

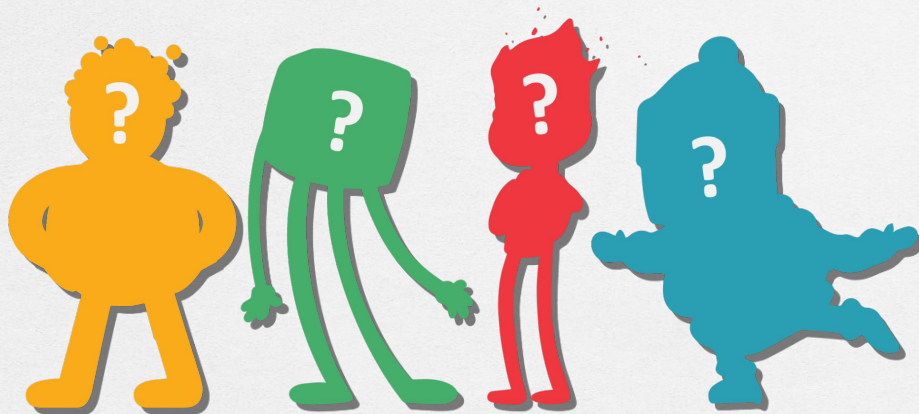
Try to answer each question as best you can!

The answers will be revealed after each question.



Let's get started!

Question



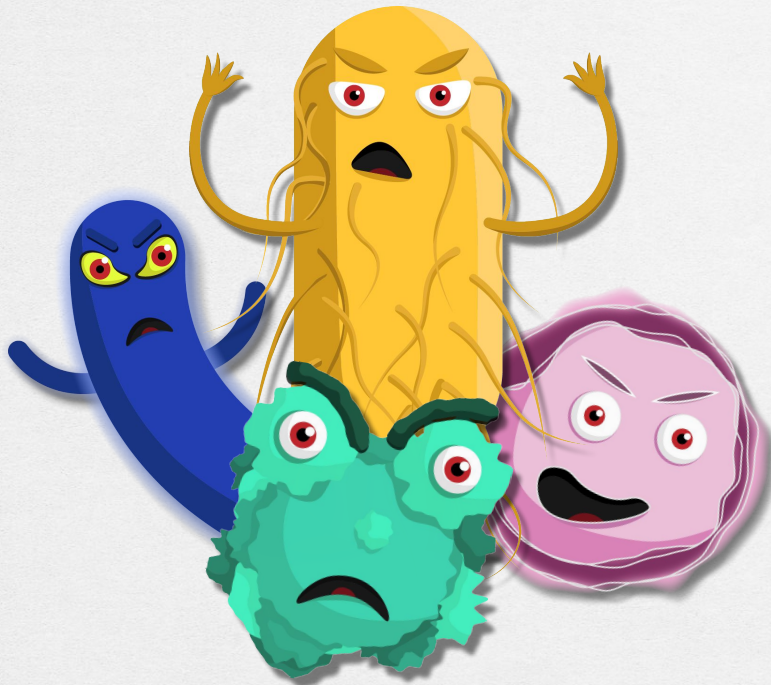
What are the four food safety steps?

Answer

- Clean
- Separate
- Cook
- Chill



Question



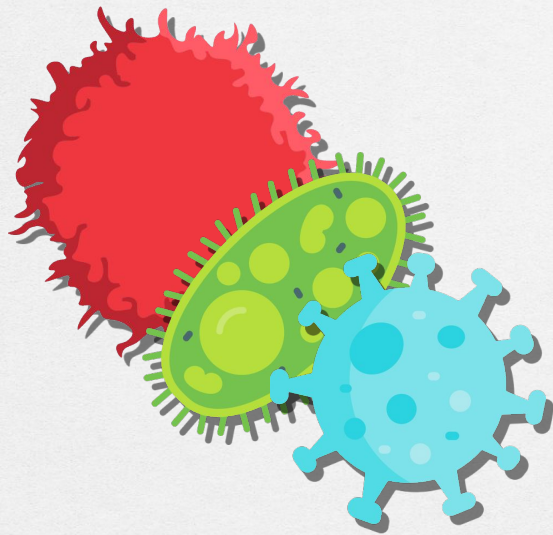
Can you smell, taste or see harmful microorganisms in food?

Answer

No, microorganisms are too tiny to be seen. They have no smell or taste.



Question



Are all microorganisms harmful?

Answer

No, most don't harm us. Some microorganisms live in our body and are helpful.

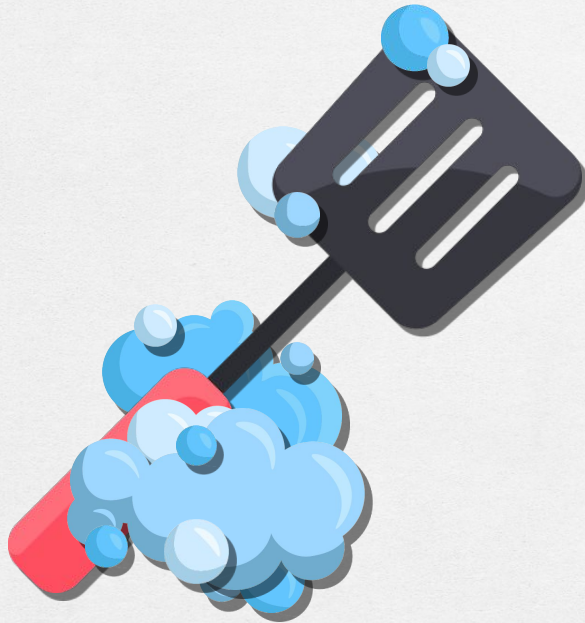




★ **CLEAN** ★



Question



When should you clean or change cooking utensils?

Answer

After every use.
For example, when
switching between raw and
ready-to-eat foods, when
switching between food
items and after cooking.



Question



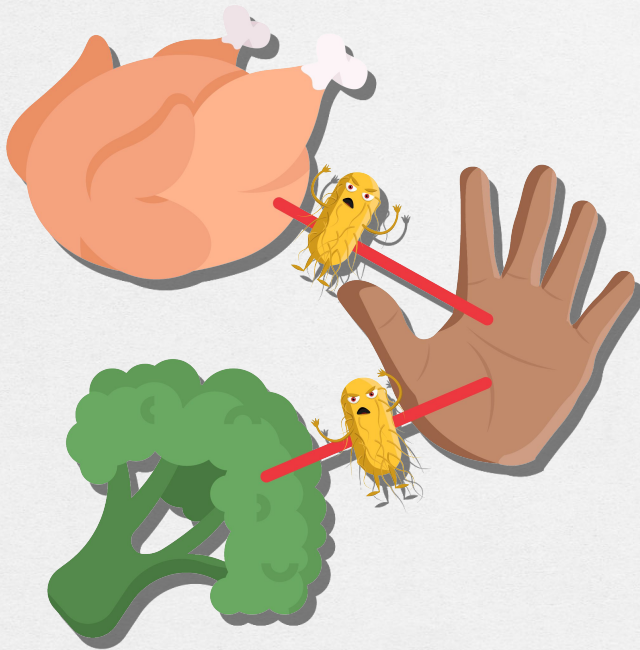
Should you use soap to wash fruits and vegetables to make them extra clean?



Answer

No. For delicate fruits and vegetables, rinse them under cool running water. For firmer fruits and vegetables, scrub them under cool running water using a clean produce brush.

Question



What is the best way to avoid cross-contamination in your kitchen?

Answer

Keep your hands,
kitchen surfaces,
cutting boards, plates
and utensils clean.



Question



How long should you wash your hands for?

Answer

Wash your hands with warm soapy water for at least 20 seconds. Also, remember to dry them!



Question



If you touch a pet while cooking, do you need to wash your hands again?

Answer

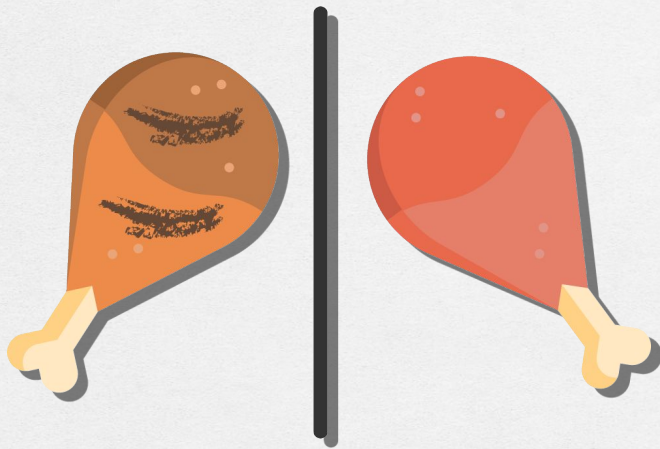
Yes, it is important that your hands are clean. You don't want to transfer harmful germs from your pet to your food!





SEPARATE

Question



Why is it important to separate raw and ready-to-eat foods when preparing meals?

Answer

It helps avoid cross-contamination from the harmful microorganisms that may be on raw foods.



Question



Where should you store raw meat in your fridge?

Answer

You should store raw meat on the bottom shelf in a container large enough to catch any raw juices that may leak.



Question



Is it okay to cut vegetables and raw meat on the same cutting board?

Answer

No, you should wash cutting boards after each use or use a different one—especially for raw meats.



Question




When grocery shopping, how should you bag raw meat and ready-to-eat foods?

Answer

You should pack raw meats in separate bags to prevent cross-contamination.



A colorful cartoon illustration of a kitchen. On the left, a character made of fire with a human-like body stands on a light green countertop, pointing upwards. The kitchen features green upper and lower cabinets, a yellow stove with a white pot, and a grey range hood. A window in the background shows a bright sun and green hills. A large, semi-transparent white circle is overlaid on the left side of the image, containing the word 'COOK' in a stylized, dark blue font. The letter 'C' is shaped like a flame, the two 'O's are circles with flames inside, and the 'K' has a flame at its base.

COOK

Question



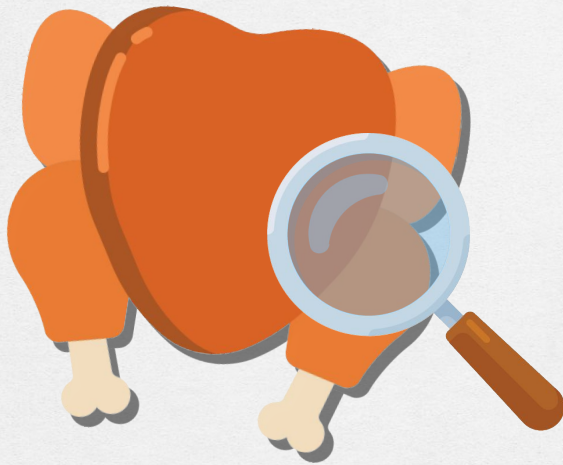
Where do you place the digital food thermometer to check the internal temperature of meat?

Answer

Place it in the thickest part of the meat. Check each piece of meat you cook. Ask a trusted adult for help!



Question



Can you tell if chicken is cooked by looking at it?

Answer

No, you should use a digital food thermometer to check that the food is cooked to the recommended safe internal temperature.



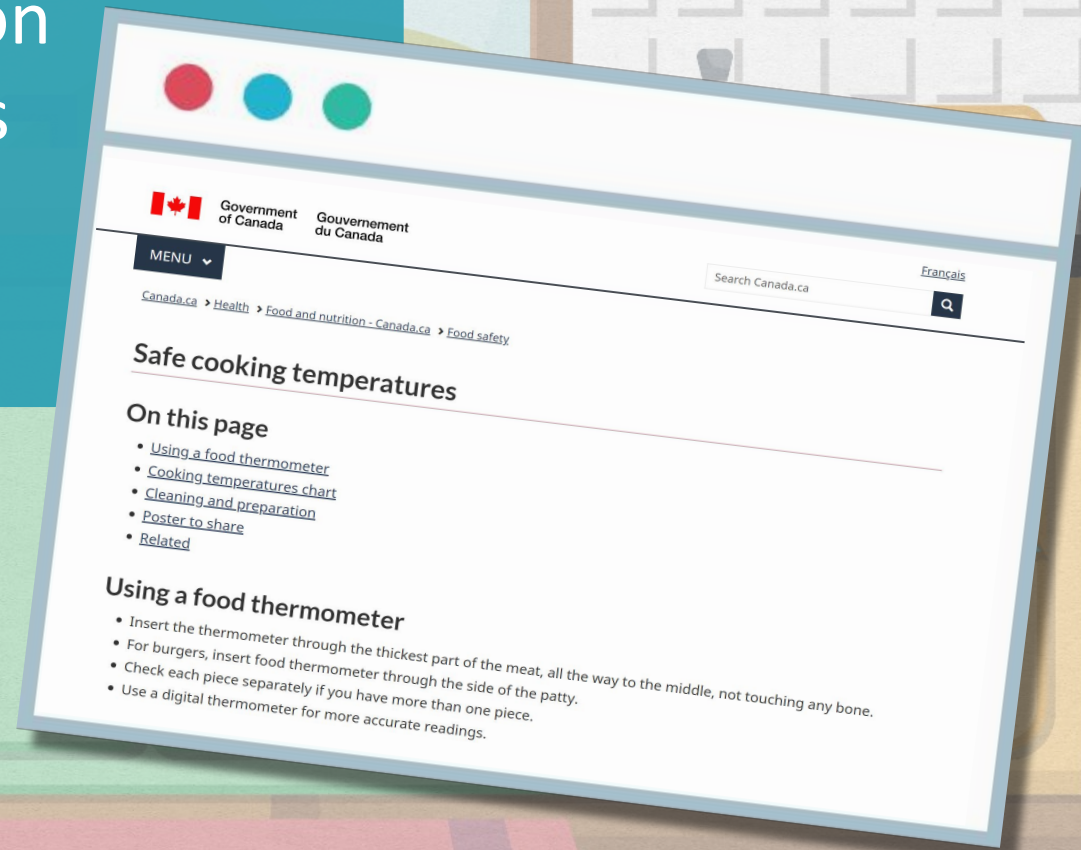
Question



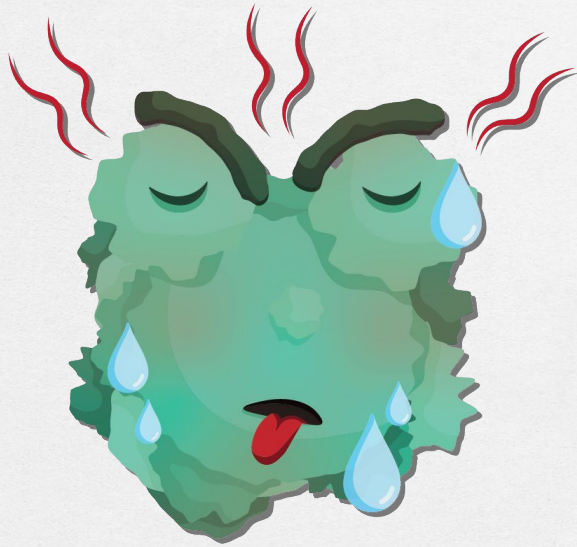
Do you need to know all of the recommended internal cooking temperatures before you cook food?

Answer

No, you don't. You can find this information on Health Canada's website.



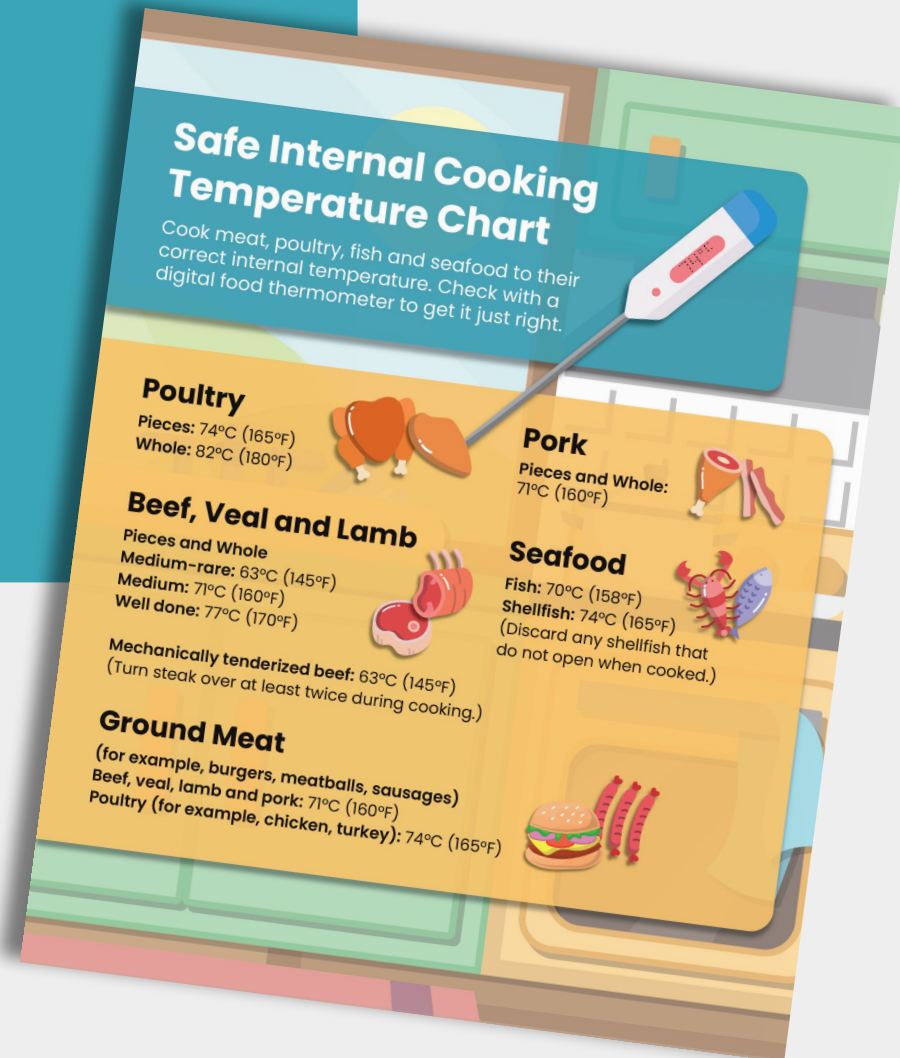
Question



How do we know that we have killed harmful microorganisms during the cooking process?

Answer

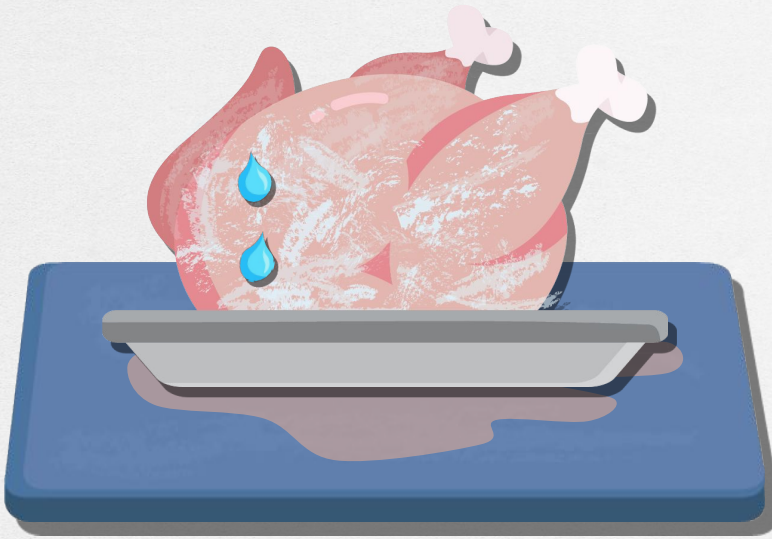
We know food is safe to eat when it is cooked to a safe internal cooking temperature.



CHILL



Question



Is it safe to let frozen food defrost on the counter?

Answer

No, the safest way to defrost food is in the refrigerator or in the microwave using the defrost function. Never defrost at room temperature.



Question



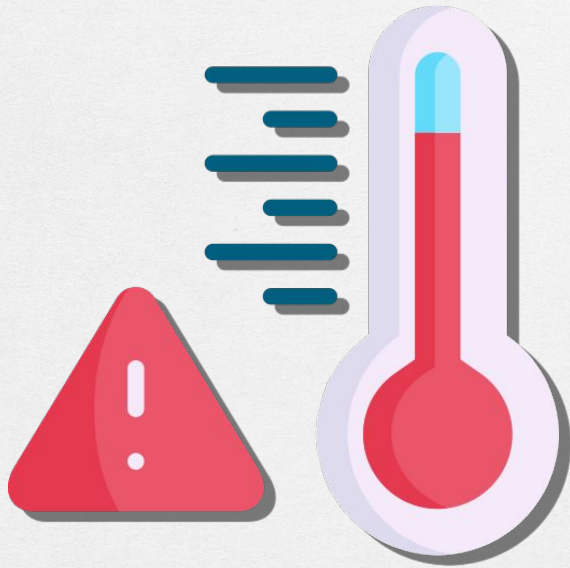
How can we keep cold foods cold while out of the house?

Answer

Put an ice pack in an insulated container to keep cold foods cold.



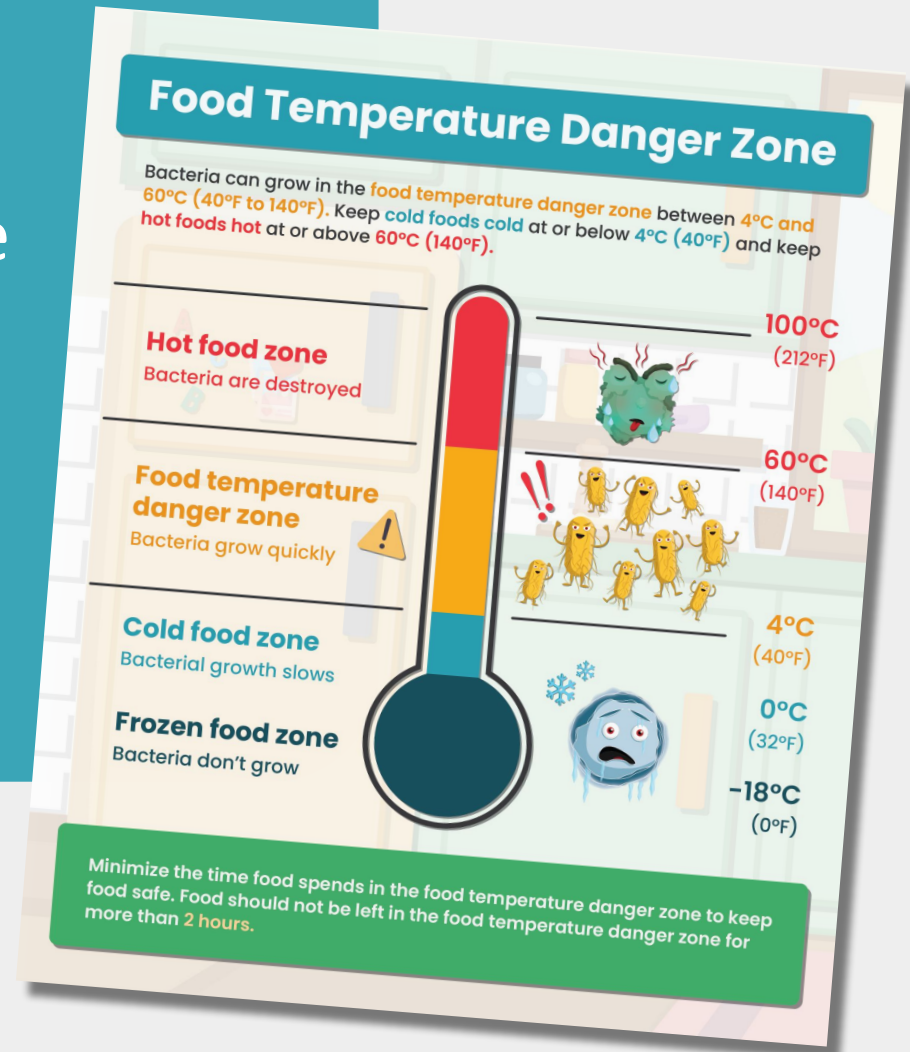
Question



What is the food temperature danger zone?

Answer

The food temperature danger zone is the range from **4°C (40°F) to 60°C (140°F)**, where harmful microorganisms can grow quickly!



Question



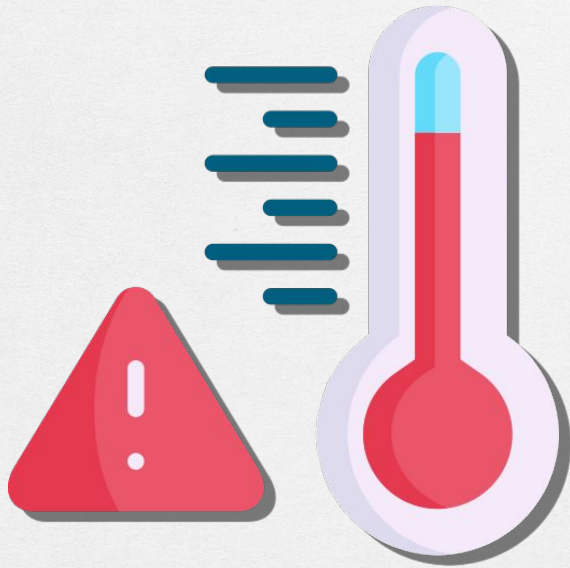
Is it okay to leave leftovers out of the fridge until the next morning?

Answer

No, leftovers need to be placed in the fridge within 2 hours of being served.



Question



What is the best way to avoid the food temperature danger zone?

Answer

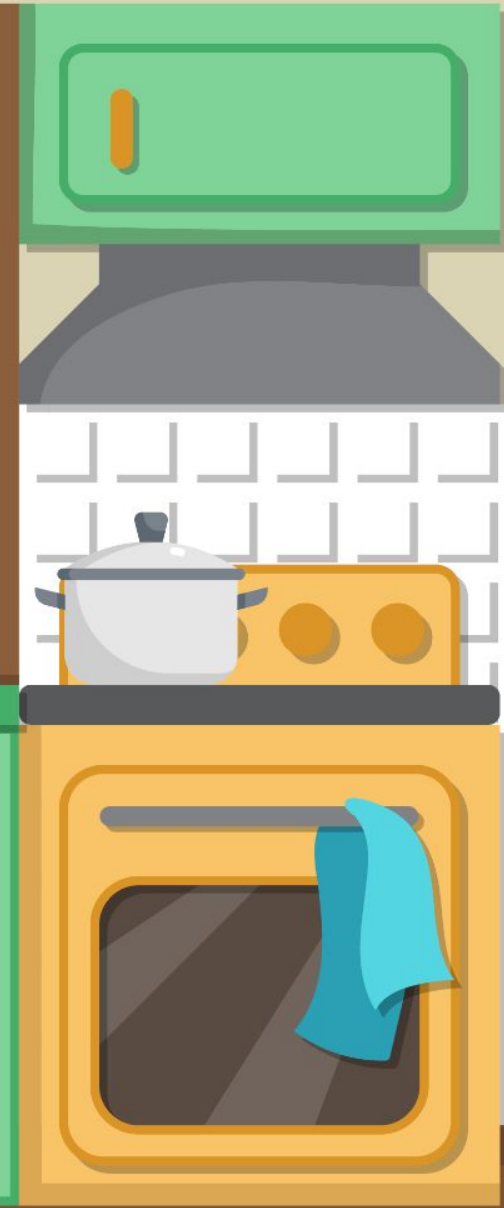
Keep cold foods cold
and hot foods hot.



Game Over!

You have done a great job reviewing the four food safety steps:

- Clean
- Separate
- Cook
- Chill





Remember that you have
the knowledge to keep
yourself, your friends and
your family safe from
harmful microorganisms in
your food. You are ready to
use the four food safety
steps in your kitchen!

Great work!