

# Keeping Food Safe

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Kaya] Hi kids! Welcome to CDC Kidtastics Radio! I'm Kaya Kidtastic! Today, we're going to talk about food safety.

[Chris] Food safety? You mean food has to look both ways before crossing the street?

[Kaya] No. Food safety means keeping food safe - before, during, and after it's served. If we don't, bad germs can grow.

[Kids] Eeeewww!!!

[Karmen] So how *do* we keep food safe?

[Kaya] To start with, some foods need to be stored in the refrigerator or freezer and some foods need to be cooked so germs don't grow.

[Caydan] What happens if a bad germ stays on the food and I eat it?

[Kaya] You *could* get *very* sick.

[Caydan] Oh no!

[Kaya] I'm going to teach you some *great* food safety tips so *you* can help your parents and other adults be 'food safe' in the kitchen!

[Kids] Cool!

[Kaya] Kids, you should always have an adult with you when you're making something in the kitchen. OK. There are four words you need to remember: CLEAN, SEPARATE, COOK, CHILL.

[Kids] CLEAN, SEPARATE, COOK, CHILL

[Kaya] So, what's the first word?

[Chris] CLEAN!

[Kaya] Right! Make sure everyone *cleans* their hands with warm, soapy water. Then, have an adult clean *all* the surfaces that foods touch, like counters and cutting boards.

[Kids] OK!

[Kaya] What's the next word?

[Karmen] SEPARATE!

[Kaya] Good! Make sure you and your parents keep cooked foods separate from uncooked foods. Don't use the same fork, knife, or spoon on cooked foods that was used on uncooked foods, unless it's washed first with hot, soapy water. Do the same thing with plates. A *cooked* hamburger should *never* be put on the same plate it was on *before* it was cooked.

[Kids] Right!

[Kaya] Who knows the third word?

[Caydan] I do! I do! COOK!

[Kaya] Make sure you and your parents cook all foods to the proper temperature. You can find temperature information at [www.usda.gov](http://www.usda.gov). Use a meat thermometer when cooking any type of meat. *Never, ever* eat raw foods that are supposed to be cooked, like cookie dough. Cookie dough has raw eggs in it, so wait until the cookies are totally baked before eating them.

[Chris] Aww man, I love cookie dough!

[Kaya] I know. But you can get *really* sick if you eat the dough before it's cooked.

[Chris] OK, I won't eat cookie dough.

[Kaya] What's the last important word?

[Kids] CHILL!

[Kaya] Right. Chill foods right away after using them. Never leave food out of the refrigerator for more than two hours. When you bring your lunch to school, use an ice pack to keep the food cold.

[Karmen] Ok, I've got it. We need to tell everyone the four food safety words they need to remember: CLEAN,

[Caydan] SEPARATE

[Chris] COOK, and

[Kids] CHILL!

[Kaya] Right! It sounds like you know all about food safety! Now go spread the words, not the germs!

[Kids] YAY!

[Kaya] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then, be a safer, healthier kid!

*[Announcer] For more health information, go to [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*